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Preliminary study on the effectiveness of discharge planning caring model for patients with Covid-19 in a regional hospital in northern Taiwan

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Objective

The confirmed with COVID-19 inpatients often face all kinds of physical discomforts and psychological pressures after being discharged from hospital and returning to their life.

This study aims to construct a caring model for patients confirmed with Covid-19 who are discharged from the hospital and to analyze the services effectiveness.

Method

The study period is from January 2021 to December 2022.

The nurse in the dedicated ward conducts a needs assessment for patient confirmed with Covid-19 after admission.

The discharge planning nurses contact the resources after discharge according to the assessment results.

- In the first week after discharge from the hospital, a telephone interview will be conducted, 30 minutes each time.

- The interview content includes physical condition, medication and self-care condition.

- The second week telephone interview includes social function assessment.

- Continue to follow up with telephone interviews in the first, third and sixth months to track the situation and provide assistance.

- Home visits or referrals to special outpatient clinics for direct medical care for cases that cannot be handled directly by telephone.



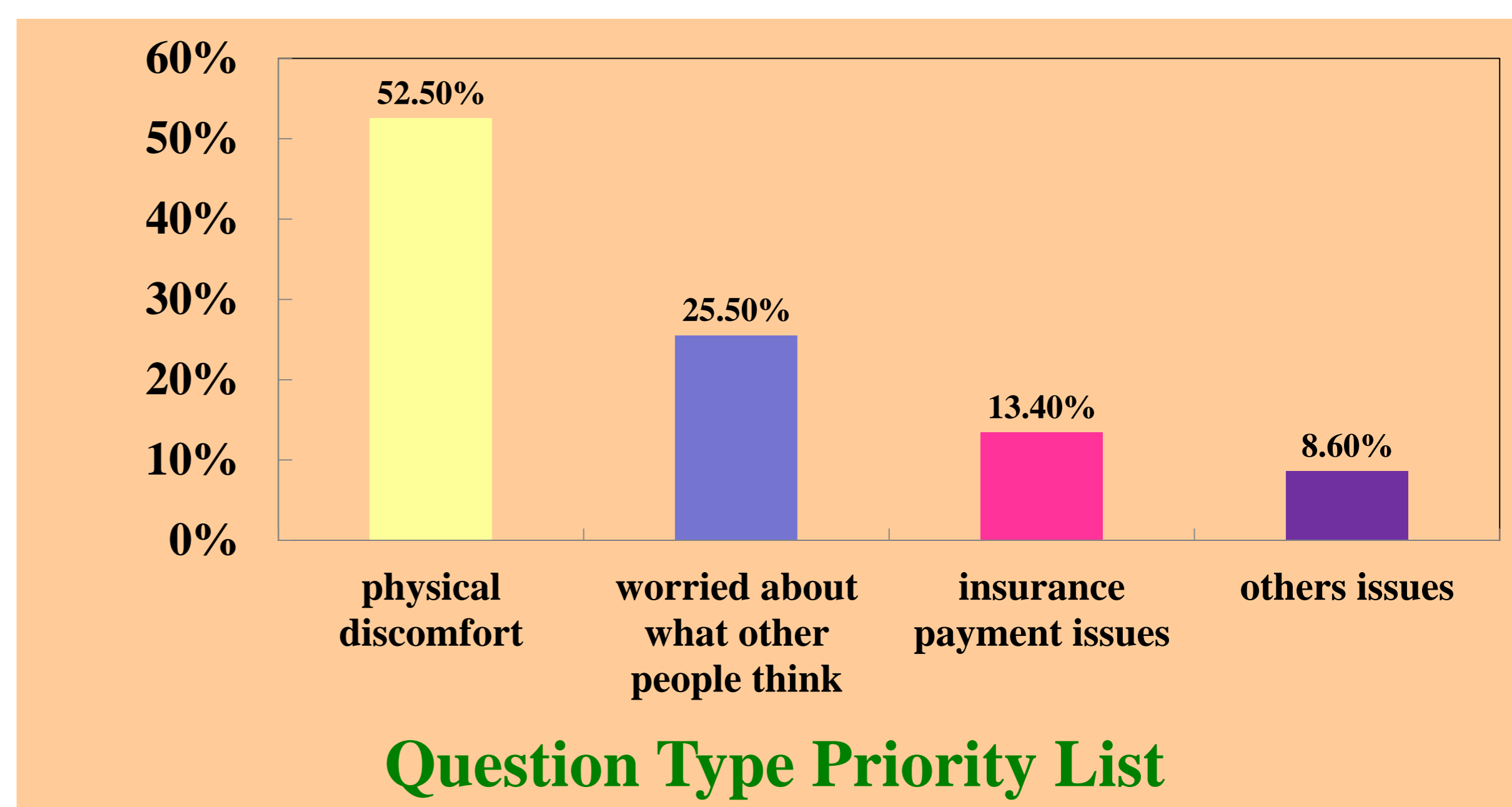
Result

During the study period, a total of 903 confirmed cases were received, including 416 females (46.1%) and 487 males (53.9%), with an average age of 64.5 years old.

- According to the results of the telephone interview, the most questions are the physical discomfort (52.5%), worried about what other people think (25.5%), insurance payment issues (13.4%) and others (8.6%).

- A total of 67 cases (13.5%) were assisted in referral to special outpatient clinics for cases with uncomfortable symptoms.

- The unplanned readmission rate within 14 days after discharge was 0%. The average satisfaction rate of confirmed cases with the discharge planning caring model was 97.5%.



Conclusion

The research results show that the use of the discharge planning caring model allows patients to feel cared for, and helps to teach how to solve problems and empower patients, to avoid the pressure of patients returning home due to social isolation during hospitalization, so that patients can seamless transition return to normal life.

Relevance to HPH

The discharge planning caring model for confirmed patients with Covid-19 can indeed increase the quality of life care after discharge from the hospital. The research topic is fit with the agenda of the conference on the COVID-19 lessons learnt, preparing for pandemic and crises.