Discharge Process in CVSSU for Post-PCI Patients
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**Background**
- Adherence is a key factor in preventing the progression of CAD.
- High risk of readmission, relapse & mortality have been reported due to lack of ongoing control of CV risk factors.
- Studies show patients adhere to treatment, make lifestyle changes, participate in cardiac rehab, and take their medication when nurses use a combination of strategies such as comprehensive DC instructions, social support, & follow up phone calls.

**Purpose**
- This evidence-based practice project aimed to improve the discharge process by evaluating effectiveness of the post-PCI teaching. Patients’ adherence to discharge instructions and patient satisfaction with care was assessed through a follow-up phone call.

**Methods**
Setting/Sample: Patients who had undergone PCI and were discharged from CVSSU.
Procedure: Patients who were discharged home received a standard phone call to which additional questions were added to assess adherence to instructions and satisfaction with their care.

**Results**
- 92% rated discharge instructions as excellent; 5% as very good.
- 95% indicated that they were very satisfied with the care they received, 3% were satisfied.
- Adherence to drinking sufficient fluid:
  - 28% had insufficient amounts
  - 31% had missing data
  - 40% had sufficient but varying amounts of intake

**Discussion**
Patients are extremely satisfied with their care and their discharge education but adherence to instructions is not optimal. Recommendations include identifying an evidence-based standard for amount of intake developing a handout of lifestyle changes and stressing need to get new prescriptions in a timely manner.

**Implications for Practice**
Assessing patient adherence to instructions after discharge provides an opportunity to reinforce and clarify education. Nurse education, the use of a standardize scripts, and additional handouts can address deficits and be measured for effectiveness.

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References available upon request.