The Effects of Exercise Intervention on Readmission Rates for Patients with Congestive Heart Failure

Seth Flask, Kayla Hoolihan, Mitchell Elston

Kent State University – Trumbull, Warren, OH

Background

• According to the CDC, about 5.7 million adults in the U.S. alone suffers from congestive heart failure (CHF).
• The amount of people being affected by CHF is increasing along with the financial costs related to treatment.
• Non-pharmacologic treatments for CHF, such as exercise, are underestimated and can play a key role in managing the condition
• **PICO Question:** In adult patients with congestive heart failure, how does implementing exercise into treatment compared to not implementing exercise into treatment affect readmission rates?

Method

• Information was collected using a variety of research databases including CINAHL, Medline, National Guideline Clearinghouse, Pubmed, and Cochrane.
• **Search Terms:** Exercise, heart failure, congestive heart failure, heart failure therapy, physical activity, hospital readmission, and non-pharmacologic interventions.
• **Inclusion criteria:** Peer reviewed research articles with full text, no older than 5 years.

Synthesis of Literature

• Implementation of exercise as a treatment for patients with CHF decreases the risk for hospital readmission, reduces annual healthcare costs, and improves patient quality of life.

Analysis of the collected data shows that there is a greater benefit than risk for patients who use exercise as part of treatment for CHF. Therefore, this information can be used to promote change of current practice.

Results

Plan for Implementation:

• Introduce idea to healthcare staff as a guideline for care for patients with CHF in scheduled meetings.
• Decide on exercise techniques that would be most beneficial for patients outside of healthcare setting.
• Provide direction and reinforcement for patients during hospital discharge to use established exercise techniques along with normal medicinal regimen.
• Evaluate effectiveness of exercise techniques for patients and adjust based on patient needs.