

# The Effect of a Discharge Education Program on Parents of Infants with Complex Congenital Heart Disease- The Interstage Transition

AUTHORS

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AFFILIATIONS



## Background and Significance

- Infants with cyanotic congenital Heart Disease (CCHD) have a high risk of morbidity and mortality during their interstage period.
- National standards call for home surveillance with remote monitoring and complex discharge education tasks are required for caregivers
- Discharge education lacks consistent caregiver discharge readiness evaluation
- Use of multimedia educational tools for patient specific education are unavailable in electronic medical record (EMR) for 24/7 access to engaging education

## Objective

Develop, implement, and evaluate a comprehensive infant family-centered education program aimed at improving caretaker competency and discharge readiness upon enrollment in the High-Risk Infant & Single Ventricle Home Monitoring Program (SV-IHMP).

### PICOT Question

"In caregivers of infants with cyanotic congenital heart disease (P), does implementation of a discharge educational program using an educational video (I) improve caregiver competency and discharge readiness (O) during the 24-hour discharge stay through the first week post-discharge (T)

## Literature Insights

- Caregiver anxiety is prevalent, especially in mothers.
- Higher education level = more anxiety.
- Visual aids and structured content enhance preparedness and reduce stress.

## Project Design



Quality Improvement project  
Pre/Post Test Design

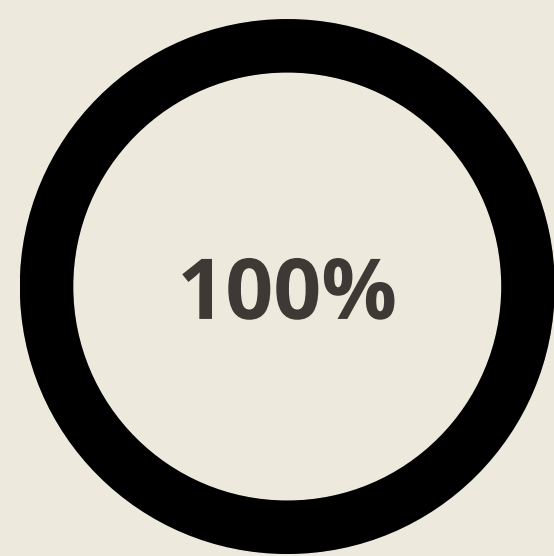
### INTERVENTION

1. Enhanced Discharge Educational Model with EMR embedded video education
2. Use of 24 Hour Caregiver Competency Checklist prior to hospital discharge

### MEASURES

1. 24 hour checklist completion rate
2. Frequency of caregiver contact with medical team following discharge (Day 0- Day 7)
3. Caregiver Video viewing frequency

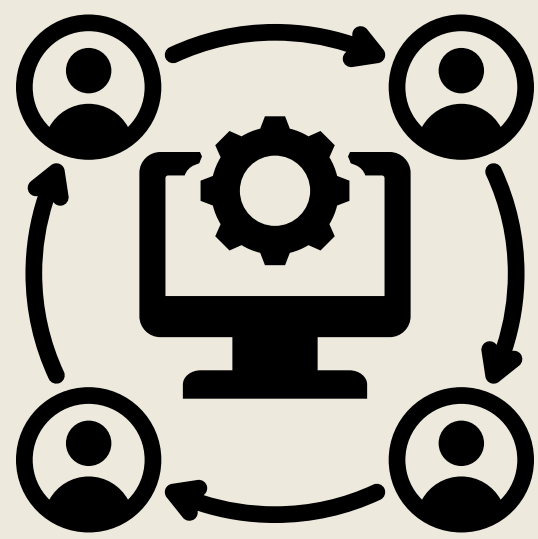
## Results



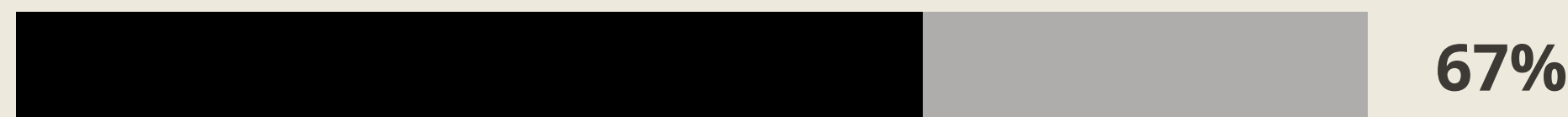
24-HR checklist  
completion Rate  
100% improvement



Caregiver Contact Frequency  
increased by 23% in the  
post-intervention phase



Video Viewing Frequency  
67% of video views occurred within the  
first 2 weeks of receiving EMR  
educational content



## Discussion

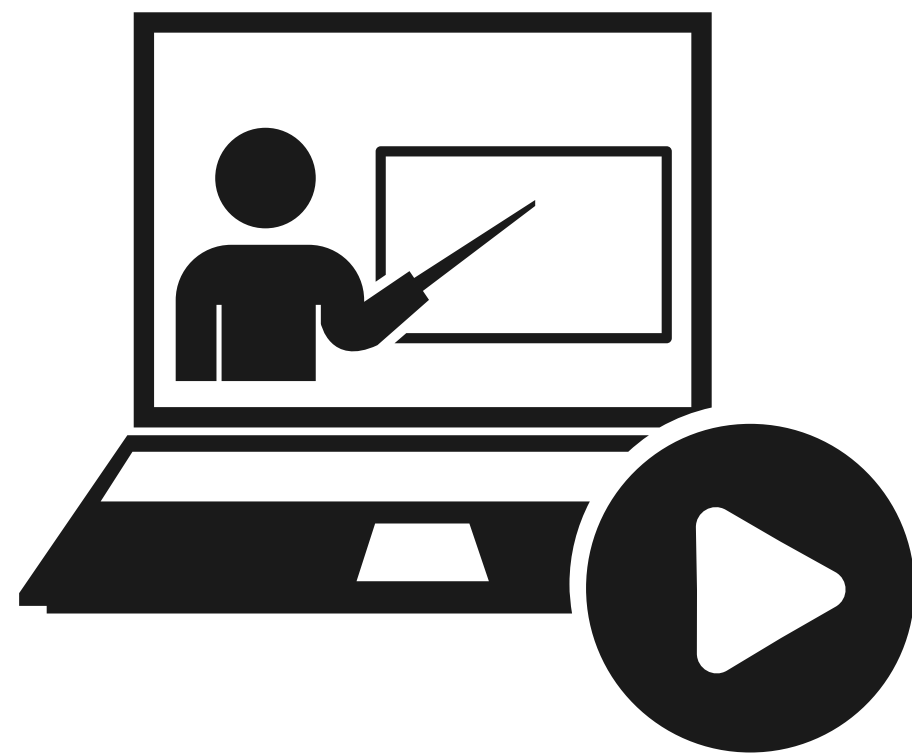
Caregiver **discharge readiness** and **competency** improved after the intervention → enhanced caregiver engagement and preparedness for managing infant's complex medical needs at home with access to 24/7 virtual education.



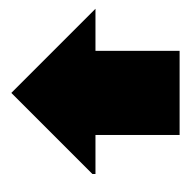
Checklist completion  
rate increased 100%



Increase in  
unplanned post-  
discharge  
communication-->  
Increase in caregiver  
engagement



Educational Video  
Content embedded  
into the EMR  
Allows for 24/7  
availability of critical  
discharge information  
at caregivers  
convenience



Scan for References

## Conclusion

Incorporating structured and accessible multimedia education and competency assessments into discharge protocols for infants with CCHD can:

- Enhance caregiver preparedness
- Promote safer transitions from hospital to home,
- Reduce healthcare utilization related to preventable complications.

