

The Effectiveness of Discharge Instructions Towards Medication Compliance Among Adult Service Cardiac Patients of the Philippine Heart Center (2016)

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Background of the Study: Effective discharge planning is very crucial to care continuity. Compliance with medical recommendation is a complex challenge for every discharged patient as far as patient safety is concerned. Failure to conform with instruction can lead to worse medical repercussions, hence, excellent planning and good follow-up can improve patient's health, reduce readmissions and decrease healthcare costs.

Objective: To determine the effectiveness of medication discharge instructions among adult cardiac service patients.

Methods: Descriptive research design was used to evaluate significant difference in comprehension and compliance on discharge instructions among cardiac patients. The study considered total enumeration of adult social service patients diagnosed with cardiac disease. Survey adapted Test for Knowledge Questionnaire used by Clarke including Discharge Instruction Evaluation; Test for Medication Compliance; and Guideline to Measure the Knowledge of Patients to Medications. Comparison of pretest and post-test knowledge scores were compared using dependent t-test. Factors associated with compliance were analyzed using logistic regression analysis.

Results: Findings of this study showed a remarkable increase in knowledge and compliance with discharge instruction on medications (p -value=0.001). Home medication regimen among the respondents ($n=24$) exhibited more comprehensive understanding with anti-hypertension, anti-coagulants, cardiac glycosides, diuretics, and cholesterol lowering medications.