

# Simulation of the Implementation of Nursing Discharge Planning to Reduce Patient Recurrence Rates in Hospitals

Suradi Efendi<sup>1</sup>, Nour Sriyanah<sup>2</sup>, Ayu Sri Wahyuni<sup>3</sup>, Elni Putri Olofia Kumape<sup>4</sup>, Viralin Abbas<sup>5</sup>

<sup>1, 2, 4, 5</sup> Sekolah Tinggi Ilmu Kesehatan Makassar

<sup>3</sup> Instiut Kesehatan dan Bisnis St. Fatimah Mamuju

Email corespondensi author : [atolnurse@gmail.com](mailto:atolnurse@gmail.com)

Email Co Author : [nsnoursriyanah@gmail.com](mailto:nsnoursriyanah@gmail.com), [nsayu198903@gmail.com](mailto:nsayu198903@gmail.com), [elniputri0810@gmail.com](mailto:elniputri0810@gmail.com), [viralinabas@gmail.com](mailto:viralinabas@gmail.com)

## ABSTRACT

Discharge planning is part of the nursing process and the main function of care that must be carried out by nurses in a structured manner starting from the time the patient enters the hospital. Discharge planning is a regulatory process that helps clients prepare to leave a better level of care, both inside and outside their health facility with the aim that patients and their families can manage post-discharge care independently. The purpose of discharge planning focuses on providing health education to patients to discuss nutrition, drugs, activities or training and special instructions regarding the signs and symptoms of the patient's illness. Before going home, patients and families are given education to be able to manage their condition and/or during recovery. Discharge planning in accordance with the standards must be carried out in the hospital, because discharge planning is an important element in nursing services which aims to make the client independent after leaving the hospital. The method of this community service is the counseling method in the form of direct presentation of lecture material, direct simulation and measuring the level of knowledge of nurses in evaluating the application of nursing discharge planning in order to reduce the recurrence rate of patients in hospitals with the number of nurses in this study namely 28 people.

**Keywords:** Nurse, Knowledge, Discharge Planning

Received: 15.12.2022	Revised: 25.12.2022	Accepted: 27.12.2022	Available online: 30.12.2022
-------------------------	------------------------	-------------------------	---------------------------------

### Suggested citations:

Efendi, S., & et al. (2022). Simulation of the Implementation of Nursing Discharge Planning to Reduce Patient Recurrence Rates in Hospitals. *International Journal of Community Service*, 01 (02), 237-242. DOI: 10.55299/ijcs.v1i2.284

Open Access | URLs:

<https://ejournal.ipinternasional.com/index.php/ijcs/OpenAccessPolicy>

## INTRODUCTION

The demand for quality health services is getting higher day by day. Health services are currently no longer carried out only when the patient is in the treatment room at the hospital but continue to be carried out until the patient returns home and does not need treatment. The process of preparing patients when they leave the hospital and are at home is an important part of health services (Petrus et al., 2018)

Discharge planning is part of the nursing process and the main function of care that must be carried out by nurses in a structured manner starting from the patient's admission to the hospital (Irmawati et al., 2022) . Discharge planning / discharge planning is a regulatory process that helps clients prepare to leave a better level of care, both inside and outside their health facility with the aim that patients and families can carry out post-discharge care management independently (Soliha et al., 2022)

The purpose of discharge planning focuses on providing health education to patients to discuss nutrition, drugs, activities or training and special instructions regarding the signs and symptoms of the patient's illness. Before going home, patients and families are given education to be able to manage their condition and/or during recovery. Teaching or providing education to patients and families is the duty and role of nurses as part of an integrated service center that has an important role in the system to support the life of patients and their families in the future (Cecillia et al., 2021) . Discharge planning according to standards must be carried out in the hospital, because discharge planning is an important element in nursing services which aims to make clients independent after being discharged from the hospital (Nanang et al., 2021)

Discharge planning model LIMA consists of several processes, namely 1). involve the patient and family in the discharge planning process, 2). identification of patient and family discharge planning needs, 3). use of the 3-step method in discharge planning (when the patient is first admitted to the hospital, one day before the patient goes home, and on the day of the patient's discharge), 4). analysis and evaluation of patient and family readiness (Fitri et al., 2020)

The problems experienced by nurses when carrying out discharge planning with patients include nurses forgetting when they are busy and nurses are lazy to explain so they only ask for signatures without educating them and also there are also some patients who cannot really understand the education sheet given by nurses because of color blindness and can't read so it's hard for nurses to judge whether patients understand or not even though they have been educated according to the patient's return plan according to the SOP and also patients sometimes want to rush home because they have been picked up and when asked if they understand they just say yes. There will also be misinformation when the patient is in control and it will also be dangerous for the patient because at home they do not get proper care so that it will have an impact on the patient being hospitalized again (Chrisnawati et al., 2022)

Complications or failure to provide discharge planning will put the risk of disease severity, life threatening and physical dysfunction, apart from that patients who do not receive discharge planning before going home, especially patients who require home

care such as health counseling or outreach and community services, will usually return to the emergency room within 24-48 hours. In this condition, of course, it is very detrimental to patients, families and hospitals. Therefore patients need to be prepared for discharge (Yati et al., 2019)

## METHOD

The method of this community service is the counseling method in the form of direct presentation of lecture material and measuring the behavior of nurses' knowledge in evaluating the application of nursing discharge planning in order to reduce the recurrence rate of patients in the hospital with the number of nurses in this study namely 28 people.

## RESULTS AND DISCUSSION

Community service activities carried out in the form of counseling in increasing knowledge and evaluating the application of nursing discharge planning in order to reduce the recurrence rate of patients in hospitals. To measure the level of knowledge of nurses in this study, a pre-post test questionnaire was given.

**Table 1. Distribution of Nurse Knowledge Levels in the Implementation of Nursing Discharge Planning**

Knowledge category	Pre Test		Posttest	
	n	%	n	%
Not enough	18	64,3	6	21,4
Well	10	35,7	22	78.6
Amount	28	100.0	28	100.0

source : primary 2022

In the table above, the results obtained before education were that there were 18 nurses (64.3%) who still lacked knowledge , while 10 nurses (35.7%) had good knowledge. So counseling about the application of nursing discharge planning is very important to do, after carrying out this counseling, it is obtained that the knowledge of nurses who are still lacking is 6 people (21.4%) while nurses who have a good increase in knowledge are 22 people (78.6%). So it can be concluded that there is an increase in knowledge obtained by nurses after the discharge planning counseling given.

The level of knowledge can also affect the performance of nurses. Knowledge is information obtained by a person on an object that can be remembered and learned by someone. Knowledge that nurses need to know about discharge planning includes: definition, goals, benefits, principles, procedures for discharge planning (Saputra et al., 2020) . Knowledge of discharge planning will make a nurse aware of the importance of discharge planning and know the dangers that can occur if discharge planning is not carried out continuously (Nurjihaduddin & Darliana, 2018) .

**Table 2. Implementation of Discharge Planning by Nurses**

Implementation of discharge planning	n	%
Not enough	19	67,9
Well	9	32,1
Amount	28	100.0

source : primary 2022

In the table above, there are still 19 people (67.9%) lacking discharge planning, while 9 people (32.1%) have good discharge planning, so it is important to socialize and increase the knowledge of nurses regarding the implementation of discharge planning to reduce patient recurrence in the hospital thereby minimizing the increase in patients returning to the hospital with the same or increasing complaints due to a lack of nurse preparation and education given to patients or patient families in continuing care at home.

Discharge planning (discharge planning) is basically a program of providing information or providing health education to patients which includes nutrition, activities/rest, medicines and special instructions, namely understanding, complications, signs and symptoms of the patient's disease. The role of nurses as educators in providing health education for patients has become one of the most important roles for nurses in providing nursing care, one of which is in the implementation of discharge planning. Implementation of discharge planning is limited to documentation, explanation of taking medication, only control dates when going home, not yet explaining in detail including disease, symptoms, home care, how to seek help, diet arrangements and assistive devices needed (Rezkiki & Fardilah, 2019)

*discharge planning* is a centralized, coordinated and multidisciplinary process that ensures that the patient has a plan for continuing care after leaving the hospital (Sumah, 2018)

The impact if the nurse does not explain the things that must be done while at home is the possibility of recurrence or unwanted conditions for the patient after returning from the hospital (Noprianty et al., 2019)

## CONCLUSION

This community service as a whole is very effective, so that an increase in knowledge is obtained after socialization and evaluation of the application of nursing discharge planning in order to reduce the recurrence rate of patients in the hospital

### Thank-you note

The servant thanks Alla SWT for his grace so that we can carry out this useful activity , as well as thanks also to the nurses who are involved in community service for their support in carrying out this community service.

## REFERENCES

- Cecillia, agustinawati heni, Asnet, bunga leo, & kusumaningsih indriati. (2021). Studi Fenomenologi Peran Perawat pada Pelaksanaan Discharge Planning dalam Asuhan Keperawatan di RS X. *The Indonesian Journal of Health Promotion*, 2(1), 56–61.
- Chrisnawati, Anastasia, M., Lucia, chismilasari andi, Septi, M., Champaca, N., & edwin. (2022). Edukasi untuk perawat rumah sakit dalam upaya meningkatkan kepatuhan pelaksanaan perencanaan pulang (discharge planning ). *Jurnal Pengabdian Masyarakat Kasih Stikes Dirgahayu*, 4(1), 7–10.
- Fitri, E. Y., Andini, D., & Natosba, J. (2020). Pengaruh Discharge Planning Model LIMA terhadap Kesiapan Pulang pada Pasien dengan Diabetes Melitus. *Jurnal Kepemimpinan Dan Manajemen Keperawatan*, 3(1), 15. <https://doi.org/10.32584/jkkm.v3i1.443>
- Irmawati, N. E., Dwiantoro, L., & Santoso, A. (2022). Pelaksanaan discharge planning di Rumah Sakit: Literature review. *NURSCOPE: Jurnal Penelitian Dan Pemikiran Ilmiah Keperawatan*, 7(2), 181. <https://doi.org/10.30659/nurscope.7.2.181-185>
- Nanang, wakhdi miftakhul, Hanny, H., Tuti, A., & Nurdiana. (2021). PENGEMBANGAN PELAKSANAAN DISCHARGE PLANNING DENGAN PENYUSUNAN PANDUAN BERBASIS KNOWLEDGE MANAGEMENT SECI MODEL. *Journal of Telenursing*, 3(2), 611–620.
- Noprianty, R., Noviyanti, S., & Hafsa. (2019). Pelaksanaan Discharge Planning oleh Profesional Pemberi Asuhan (PPA) di Ruang Rawat Inap. *Jurnal Kesehatan Vokasional*, 4(3), 139. <https://doi.org/10.22146/jkesvo.48638>
- Nurjihaduddin, A., & Darliana, D. (2018). Pengetahuan perawat pelaksana dengan pelaksanaan discharge planning di rsud meuraxa banda aceh. *Jurnal Ilmiah Mahasiswa Fakultas Keperawatan*, 1(3), 1–5. <http://jim.unsyiah.ac.id/FKep/article/view/1488>
- Petrus, tage siaga kanisius, Enie, N., & suhendri ade. (2018). Optimalisasi Pelaksanaan Discharge Planning Terstruktur Dan Terintegrasi. *Chmk Nursing Scientific Journal*, 2(1), 16511.
- Rezkiki, F., & Fardilah, V. N. (2019). Deskripsi Pelaksanaan Discharge Planning Di Ruang Rawat Inap. *Real in Nursing Journal*, 2(3), 126–136. <https://doi.org/10.32883/rnj.v2i3.566>
- Saputra, M. G., R. N. V., Kusdiana, A., & Rateh, N. (2020). Hubungan Pengetahuan Perawat Tentang Discharge Planning Dengan Pelaksanaan Discharge Planning : Literature Review. *Jurnal Keperawatan*, 1(2), 1–8.
- Soliha, Novita, W., & handayani indah nor. (2022). HUBUNGANANTARAPELAKSANAANDISCHARGEPLANNINGDENGANKE SIAPAN PULANGPADAPASIENIBUNIFASDIRSUANNAMEDIKAMADURA. *Jurnal Ilmiah Ilmu Keperawatan*, 2(1), 174–185.
- Sumah, D. F. (2018). Hubungan Pengetahuan Perawat dengan Pelaksanaan Discharge Planning di RSUD DR. M. Haulussy Ambon. In *Analisis pendapatan dan tingkat kesejahteraan rumah tangga petani* (Vol. 53, Issue 9, pp. 1689–1699).
- Yati, S., Tri, K., Luknis, S., Muhammad, H., & suminarti tini. (2019). PENERAPAN

DISCHARGE PLANNING TERHADAP KEPUASAN PASIEN PADA ASUHAN KEPERAWATAN. *Jurnal Keperawatan Silampari*, 4(2), 544–553.

#### Copyright and License



This is an open access article distributed under the terms of the Creative Commons Attribution 4.0 International License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

© 2022 Suradi Efendi<sup>1</sup>, Nour Sriyanah<sup>2</sup>, Ayu Sri Wahyuni<sup>3</sup>, Elni Putri Olofia Kumape<sup>4</sup>, Viralin Abbas<sup>5</sup>

Published by IPI Global Press in collaboration with the Inovasi Pratama Internasional Ltd