

## **Optimization Of Discharge Planning Implementation by Giving Media Leaflet to Patients Discharging in the Internal Disease Room RSUD Raden Mattaer Jambi**

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### **Abstract**

Background: Discharge planning is a nursing process that should be carried out continuously and started as soon as possible when the patient is admitted to the hospital, when the patient is being treated until the follow-up plan. Method: case study report with observation and interviews. Analysis: implementation was carried out for 4 days, where the leaflet making process was carried out together with the hospital's health promotion for 3 days and the submission of leaflets to the room head and the implementation of health education for patients who were going home were carried out for one day. Results: leaflets were available in the inpatient ward and the provision of educational media was carried out during the implementation of health education. Conclusion: during the implementation of discharge planning, nurses gave several leaflets to patients and families. Discharge planning using educational media in the inpatient ward of internal medicine at Raden Mattaer Jambi Hospital.

**Keywords:** Discharge, planning, media, education, leaflet.

### **Introduction**

Returning a patient from the hospital to home is not an easy process and has the potential to cause several problems. The role of nurses is needed to prepare patients to go home through a process called discharge planning. Currently, charge planning is an important part of health services because it is a continuous process that must be applied in nursing care.<sup>1</sup>

Discharge planning is an important process in the transition of patient care from hospital to home, aimed at increasing patient and family readiness for continued care at home. Discharge planning must be made from the beginning when the patient comes to the health service.<sup>2</sup> According to WHO (World Health Organization), discharge planning has long been a global problem. Global data reports that as many as 34% of nurses in southwest England and as many as

23% in Australia do not carry out the discharge planning process from the start of hospital admission.<sup>3</sup>

In Indonesia, all hospital nursing services have designed various forms of discharge planning formats, but in reality, only the important stages are implemented in discharge planning. Small details of homecoming planning are often overlooked in their implementation.<sup>4</sup> In Indonesia, 54% of nurses working in hospitals in Bandung and 61% of nurses in hospitals in Yogyakarta do not implement complete discharge planning.<sup>3</sup>

Previous research revealed that the implementation of discharge planning in one of the hospitals in Jambi City was included in the fairly good category because the implementation of discharge planning in the room was limited to providing education which was usually given when the patient was going home. This is one of the factors that causes the implementation of discharge planning to still be in the fairly good category and not optimal.<sup>5</sup>

Raden Mattaher Regional Hospital is a hospital owned by the Jambi Provincial Government. This hospital was founded in 1948 with a type C which is located in the city of Jambi and is affiliated with the Jambi Army Health Service (DKT). This hospital was built on a land area of + 75,000 M2 with a building area of + 41,590 M2. Raden Mattaher Regional Hospital since November 2009 is a class B educational hospital with a capacity of 321 beds.

One of the efforts made to maintain hospital quality is to prevent readmissions by carrying out discharge planning which begins when the patient first enters the hospital and is documented in the patient's initial assessment. The discharge planning process is carried out continuously by involving professionals.<sup>6</sup> Discharge planning programs provided when patients enter the hospital can improve the development of health conditions and help patients achieve optimum quality of life before being discharged.<sup>7</sup> Patient readiness for discharge is a determining factor in the success of care at home and after hospitalization. Before the patient is discharged, the family must know how to manage the provision of care at home and what to expect in monitoring ongoing physical problems.<sup>8</sup> The introduction Repeated treatment can be prevented by providing an understanding of the problems experienced by the patient. One of the objectives of implementing discharge planning is to influence knowledge, attitudes and behavior, namely by providing health education. Health education is a planned effort to influence others, so that they are able to do what is expected by the health education or promotion practitioners.<sup>9</sup>

In delivering health education, it will be more effective if assisted by using media. Media functions as an intermediary or channel between the source of the message and the recipient of the message or information. Media is used to help transmit educational content. One form of printed media is leaflet media.<sup>10</sup>

## **Methods**

The design of this scientific paper uses a case study report method with observation and interviews. The implementation was carried out for 4 days, where the leaflet making process was carried out together with the hospital's health promotion team for 3 days and the handover of leaflets to the ward head and the implementation of health education for patients who were going home were carried out for one day.

## **Results**

In connection with the problems found, there needs to be efforts to improve the implementation of the nursing process to make it more optimal, especially in the application of nursing care in the implementation of education when implementing discharge planning for patients who are going home.

Discharge planning is something that is considered an important part of health services because it is a continuous process that must be applied in nursing care. Discharge planning is a series of planned and structured steps to ensure the patient's transition from the hospital facility to the outside environment is effective.

In implementing this process, collaboration between patients, families, and the health care team is key to optimizing the patient's long-term care outcomes, which can be in the form of referrals or continued care at home as needed to help patients and families improve and maintain their health.

The method of implementing nursing care related to discharge planning or homecoming planning has been running and carried out well, but during the management, leaflets or educational media were not provided, especially leaflets containing information that may have been explained, but with leaflets, it is easier for patients and families to remember the explanations given by nurses regarding matters related to the disease experienced or related to patient care at home.

An alternative to solving this problem is to discuss the importance of providing leaflet media when providing health education to patients and their families and by making leaflets related to the most prevalent diseases in the internal medicine room so as not to cause an increased risk of complications and prevent the possibility of repeated treatment. It is hoped that nursing staff on duty in the room can carry out discharge planning more optimally than before.

## **Discussion**

### **Nursing Problem Analysis with Related Case Concepts**

Observation and assessment of nursing in the field of nursing management has been carried out from November 25, 2024 – November 30, 2024 in the Internal Medicine Inpatient Room of Raden Mattaher Jambi Regional Hospital.

This study was conducted for 6 days, by conducting a survey and collecting data related to nursing management in the internal medicine inpatient ward through observation and interviews with the head of the ward. The assessment was conducted on the on-duty ward nurses, the assessment conducted was regarding general data and problems related to nursing management related to M1, M2, M3, M4, and M5.

Based on the results of observations and interviews, it can be seen that the implementation of discharge planning has been routinely carried out on patients and families in the treatment room, however, during the implementation of health education, patients and families were not given educational media in the form of leaflets due to the unavailability of such media. When discussions or interviews were conducted with the team heads and implementing nurses, it was found that currently there are only a few leaflets available. The implementation of discharge planning will be better if educational media in the form of leaflets is provided to make it more optimal.

Discharge planning is a complex process that aims to prepare patients for the transition from hospital to home. Good Discharge Planning should include patient assessment, development of a plan appropriate to the patient's needs, provision of services including family education and referral services, and follow up in the form of evaluation.<sup>11</sup>

Discharge planning programs provided when patients enter the hospital can improve the development of health conditions and help patients achieve an optimum quality of life before being discharged. Ignorance or inability of patients and families regarding home care methods has an impact on health problems or the patient's unpreparedness for returning home after being treated

in hospital. This leads to an increased risk of complications and results in rehospitalization.<sup>12</sup> Effective discharge planning should include ongoing assessment to obtain information and prevent potential repeat admissions.<sup>13</sup>

### **Alternative Problem Solving**

An alternative to solving this problem is to discuss the importance of providing educational media in the form of leaflets during discharge planning in providing health education to patients and families, and by making leaflets related to diseases in the internal medicine inpatient ward.

It is hoped that PKRS can always provide educational media so that nursing staff in the room can carry out discharge planning more optimally than before by providing educational media in the form of leaflets when carrying out discharge planning. So by providing leaflets containing information about the disease, it makes it easier for patients and families to remember the explanation that the nurse has given.

After the creation of educational media in the form of leaflets for patients and families in the inpatient room, the discharge planning process was carried out by nurses in the room who were on duty, and it became more optimal. And it is hoped that in the future it will reduce the level of readmission in internal medicine inpatients at Raden Mattaaher Jambi Regional Hospital.

### **Limitations**

The limitation in this scientific work is time, because of time constraints so that it is not possible to make leaflets in large quantities and it takes quite a long time to make leaflets with the health promotion party so that the observation of the results of the implementation of providing leaflets to patients is only in one day and cannot be monitored optimally regarding the implementation of discharge planning carried out by nurses in the inpatient ward of internal medicine at Raden Mattaaher Hospital. So the author cannot evaluate optimally

### **Conclusion**

Nurses better understand the flow diagram in implementing discharge planning. The availability of educational media in the form of leaflets related to diseases that often appear in the room, for the implementation of discharge planning in the Internal Medicine Inpatient Room of Raden Mattaaher Jambi Regional Hospital such as Chronic Kidney Disease (CKD) and Diabetic Ulcer Wound Care in Diabetes Mellitus (DM) patients. The implementation of discharge planning is in accordance with the theory of implementing discharge planning.

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