

Rowan University

## Rowan Digital Works

---

Rowan-Virtua Research Day

28th Annual Research Day

---

May 2nd, 12:00 AM

### Impact of Diabetic Education on Reducing Hospital Readmission Rates: A Literature Review of Adults with Diabetes

Frank Camarda  
*Rowan University*

Follow this and additional works at: [https://rdw.rowan.edu/stratford\\_research\\_day](https://rdw.rowan.edu/stratford_research_day)



Part of the [Behavior and Behavior Mechanisms Commons](#), [Endocrine System Diseases Commons](#), [Endocrinology, Diabetes, and Metabolism Commons](#), [Internal Medicine Commons](#), [Nutritional and Metabolic Diseases Commons](#), [Preventive Medicine Commons](#), and the [Public Health Education and Promotion Commons](#)

Let us know how access to this document benefits you - share your thoughts on our [feedback form](#).

---

Camarda, Frank, "Impact of Diabetic Education on Reducing Hospital Readmission Rates: A Literature Review of Adults with Diabetes" (2024). *Rowan-Virtua Research Day*. 25.  
[https://rdw.rowan.edu/stratford\\_research\\_day/2024/may2/25](https://rdw.rowan.edu/stratford_research_day/2024/may2/25)

This Poster is brought to you for free and open access by the Conferences, Events, and Symposia at Rowan Digital Works. It has been accepted for inclusion in Rowan-Virtua Research Day by an authorized administrator of Rowan Digital Works.

# Impact of Diabetic Education on Reducing Hospital Readmission Rates: A Literature Review of Adults with Diabetes



Virtua Health College  
of Medicine & Life Sciences  
of Rowan University

By Frank Camarda

## Background

According to 2018 data from the Diabetes Institute Foundation, adults in the U.S. diagnosed with diabetes accounted for 17 million emergency department visits.<sup>6</sup> The readmission rate for patients with diabetes far exceeds the general readmission rates for hospitalized patients. While there is recognition of the need for diabetic education to reduce hospital readmissions, optimizing long-term self-management of diabetics remains a focus of ongoing research.<sup>8</sup>

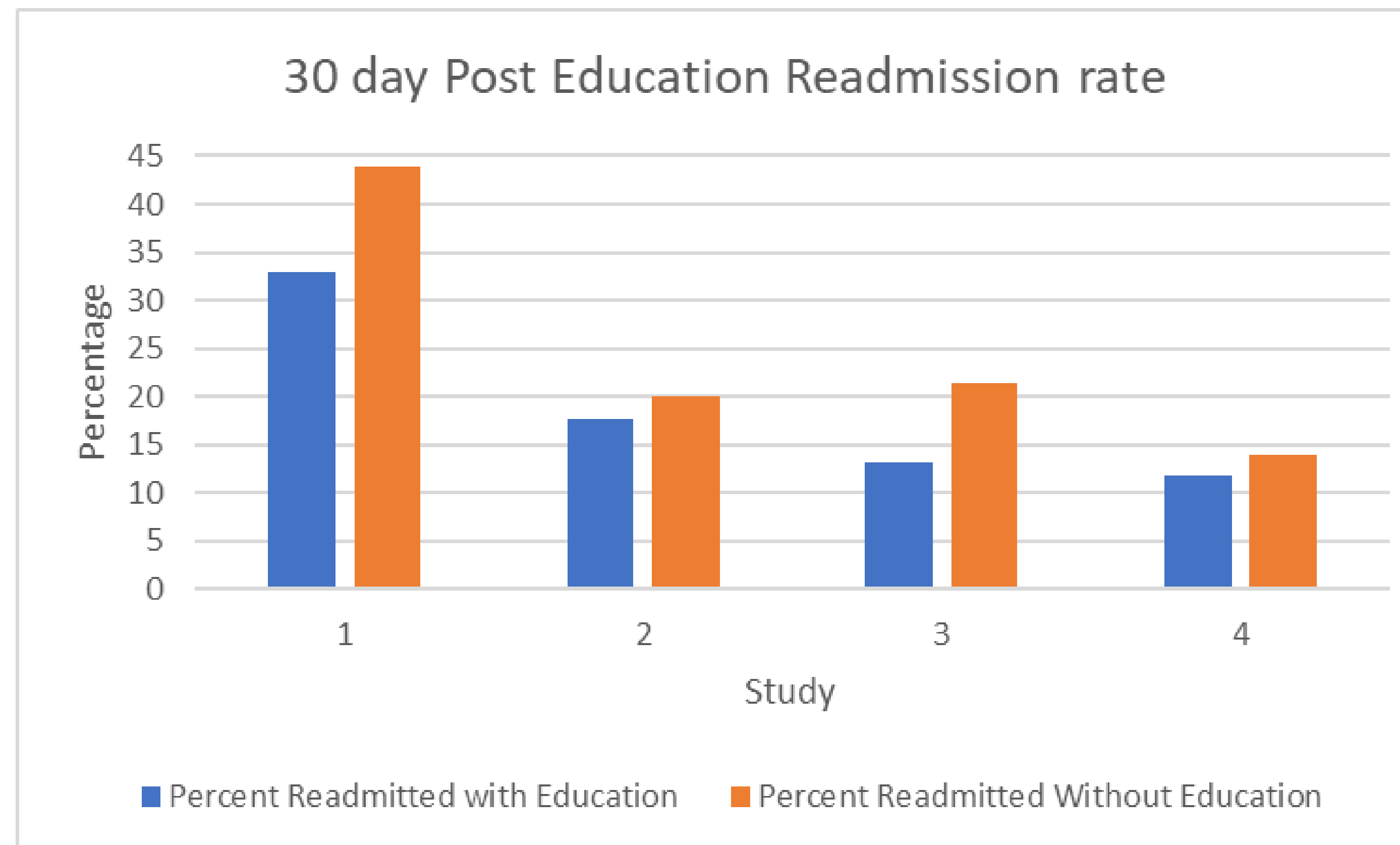
## Significance

- Investigate the impact of diabetic education on diabetic readmissions.
- Focus on understanding the relationship between education programs and diabetes management.
- Provide insights into the effectiveness of education programs in reducing readmissions.
- Aim to contribute valuable information for improving diabetes care and patient outcomes.

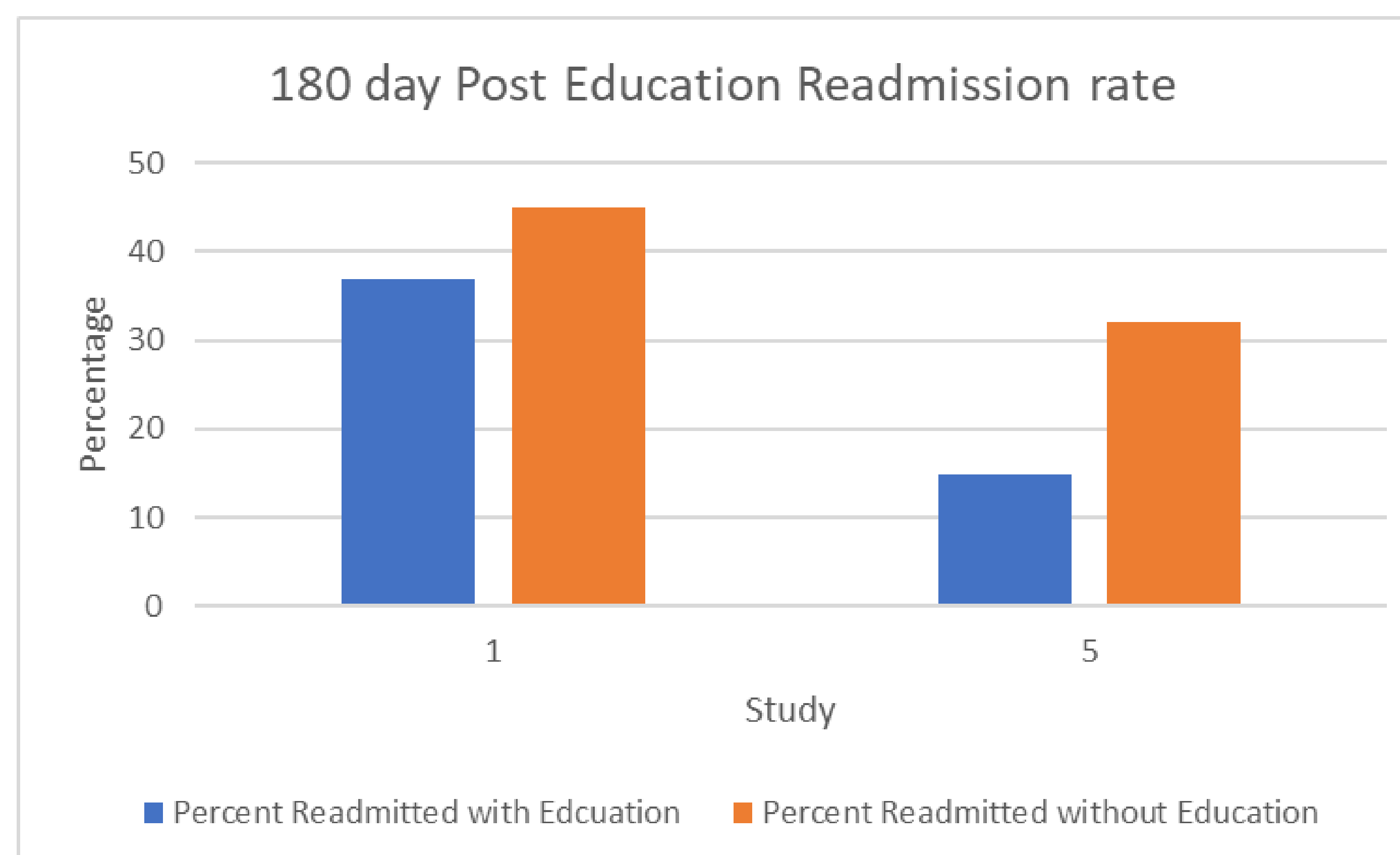
## Methods

<b>Databases</b>	Pubmed, Embase, Scopus, Google Scholar
<b>Keywords</b>	"Inpatient diabetes education on hospital readmission rates", "Hospital readmission rates for patients with Diabetes", and "Effect of glycemic control education on diabetic hospital readmission"
<b>What was included</b>	Primary surveys, review articles, retrospective cohort study. Participants included patients who were previously diagnosed with diabetes mellitus and admitted due to diabetic complications.

## Results



**Figure 1: Comparison of patients who received educational training on management of diabetes on 30 day hospital readmission rates.**  
Associated study number correlates to reference page.



**Figure 2: Comparison of patients who received educational training on management of diabetes on 180 day hospital readmission rates.**  
Associated study number correlates to reference page.

## Limitations:

- Duration of follow up:*
- Limited data exists that follows diabetic patients that engaged in education passed 180 days.
- Comparing differences in educational approaches:*
- Variations in content, duration, and delivery modes hinder educational comparison.

## Discussion:

*Benefits of diabetic education training in acute care settings include:*

- Improved patient self-management and reduced chances of readmission for 30 and 180 days.<sup>1, 2, 3, 4, 5, 9, 10, 13</sup>
- Improved glycemic control and enhanced quality of life post hospital stay.<sup>12</sup>
- Decreasing hospital costs by preventing need for emergency admission and treatment.

*Successful programs often employ a multi-approach strategy by:*

- Incorporating verbal discharge paperwork instruction explanations.
- Utilizing primary care provider communication and prearranged follow-up appointments.
- Considerations of socioeconomic disadvantages and lack of private insurance.<sup>11</sup>

## Future Directions:

*Future studies should incorporate:*

- Standardized hospitalization training for diabetes management, involving doctors, mid-level providers, nursing staff, pharmacists, social workers, and dieticians.
- Incorporate interdisciplinary meetings to enhance awareness of each other's training limitations.

## References:

