

A comprehensive analysis of the patient's readiness for hospital discharge.

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Background

The discharge from hospital is considered a particularly critical phase in the treatment and care pathway for patients. However, the risk of interruptions in care and other crisis-like developments after hospitalization can be reduced by discharge planning prior to the patient's discharge. The DNQP expert standards are the primary quality assurance tool in German nursing care. In the 2019 revision of the expert standard "Discharge Management in Nursing" they recommend to integrate the assessment of readiness for discharge from the patient's perspective into discharge planning.

Aims of the project

The aim of this thesis is (1) to promote theoretical clarity in nursing science and practice by providing a comprehensive analysis of the concept of discharge readiness. Another aim is (2) to empirically identify the associated causes, characteristics and consequences of patient's readiness for hospital discharge within the clinical context to enable application in clinical practice, to ensure that scientific knowledge reaches patients and therefore, in terms of health services science, to improve the quality of care.

Working hypothesis

The central hypothesis is that in-hospital clinical assessment of patients' readiness for discharge can identify patients' needs, improve the quality of discharge planning, and thus have the potential to improve the quality of discharge and transition to care.

Methods

In the first sub-study, a generic hybrid concept analysis of patient's readiness for discharge from hospital is conducted. The second study follows an analytical cross-sectional study design to further analyse the concept of discharge readiness and to identify determinants and outcomes.