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A cross-sectional study about the quality of discharge teaching in depression patient

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Successful self-management of recovery at home benefits from high quality of discharge teaching associated with accurately discharge teaching quality assessment. The Quality of Discharge Teaching Scale (QDTS), identified 2-factor structure (content and delivery) has been used in various patients without depression patients. A cross-sectional study, conducted to measure the quality of teaching discharge in depression patients, enrolled 370 depressions in patients by accidental sampling at a psychiatric department of a tertiary comprehensive hospital in China. The results showed that the average item score of QTDS (7.94±1.58), delivery (7.97±1.78), needed content (7.88±1.90) and received content (7.16±2.26). There was a significant difference in needed content and received content ($p<0.05$). Depression patients received less informational content than they perceived they need. Nowadays the difference between received content and needed content in depression patient's perception should be gradually decreased by nurse through giving more knowledge and skill to ensure high quality of discharge teaching.

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