30-day readmission rate is 7.7% for commercially insured patients
20% for Medicare & Medicaid patients
Diabetes is the 7th leading cause of death in the US
Re-hospitalization is not only costly, it can also be life threatening
Patients with diabetes may be at higher risk for readmissions

**Background**

- 30-day readmission rate is 7.7% for commercially insured patients.
- 20% for Medicare & Medicaid patients.
- Diabetes is the 7th leading cause of death in the US.
- Re-hospitalization is not only costly, it can also be life threatening.
- Patients with diabetes may be at higher risk for readmissions.

**Conceptual Model**

- System Characteristics
  - Need for education
  - Rural/urban hospital
- Intervention Characteristics
  - Endocrinology Consult
  - Hemoglobin A1C level.
  - Medication (Oral)
  - Medication (Non)
  - Race (White)
- Patient Characteristics
  - Age
  - Race
- Outcomes
  - 30-day readmission

**Results**

Race, Diabetes Self-Management Education (DSME), medications, and comorbidities are significant factors of 30-day readmission in patients with type II diabetes who are at least 65 years of age.

**Research Questions**

1. What aspects of patient’s characteristics correlate with hospital readmissions for patients with type II diabetes? 
2. Is there a relationship between patient’s disease management and readmission? 
3. Is there a relationship between readmission and patient’s level of Hemoglobin A1C on discharge?
4. Is there a relationship between readmission and length of stay? 
5. What are the comorbidities that associate with patient readmissions?

**Study Design and Methods**

- Retrospective descriptive correlational study.
- 400 sample; patients hospitalized with a primary or secondary diagnosis of diabetes as defined by ICD-9CM who are at least 65 years of age or older.
- The samples were analyzed using descriptive and association statistics, and logistic regression.

**Purpose**

Identify the factors associated with 30-day hospital readmissions in patients with type II diabetes.

**Implications**

- Findings from this study have important implications for policy development and implementations of evidence-based practices to prevent 30-day readmission.
- Identification of the 30-day readmission factors in patients with type II diabetes will enable the healthcare team to make better assessments and provide the best possible care to prevent 30-day readmissions.

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**Diabetes Stats**

25.8 million
More than 6 percent of the U.S. population has been diagnosed with diabetes.

79 million
Approximately 35 percent of adults, 30 and older, have prediabetes — most have not been diagnosed.

71,382
The number of deaths directly attributed to diabetes annually in the United States. Diabetes also contributes to another 231,404 deaths per year.

2050
The year by which 1 in 3 Americans will have diabetes.

Source: houstonmethodist.org/diabetes