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Trend of Media Based Discharge Planning Implementation on the Quality of Life of Heart Failure Patients A Bibliometric Analysis

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Abstract

Heart failure is one of the diseases with the highest mortality in the world, accounting for 17.8 million deaths annually, equivalent to one in three global deaths. One of the leading causes of the increase in heart failure cases is the lack of public awareness regarding the importance of prevention, such as healthy eating patterns, sufficient physical activity, and early detection of heart failure. This study analyses bibliometrics regarding the effectiveness of implementing media-based discharge planning. This study supports nursing roles in patient education, self-care, and reducing readmissions through media-based discharge planning. This study uses the Scopus database as a publication source. The Scopus database has become the primary study source for evaluating research related to the implementation of discharge planning using media from 2014 to 2023. Bibliometric analysis was carried out using VOSviewer 1.6.20 software to map scientific research publications on the care of heart failure patients. The results of this analysis identified 46 articles related to discharge planning in heart failure patients where the global trend shows that there is an increase but is still not very stable in the period 2014 to 2023, the country with the highest number of publications is the United States with 21 publications, followed by the United Kingdom 6 publications, Canada 5 publications, This study found that implementing media-based discharge planning can increase patient understanding in managing their condition and reduce the risk of re-hospitalisation. Effective discharge planning is crucial to improving the quality of life of heart failure patients, and it is important to utilise educational media in the patient discharge process to optimise treatment and prevent disease recurrence.

Keywords: *Bibliometric analysis; Discharge planning; Heart failure; Nursing role; Patient quality of life*

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1. Introduction

In the last decade, heart failure has become one of the diseases with the highest mortality rates in the world. One of the leading causes of the increase in heart failure cases is the lack of public awareness regarding the importance of prevention, such as a healthy diet, sufficient physical activity, and early detection of heart failure (Yan et al., 2023). The American Heart Association (AHA) explains that heart failure is a condition where the heart is unable to pump enough blood to meet the body's needs, caused by structural or functional disturbances of the heart in filling the ventricles or ejecting blood, resulting in hemodynamic imbalance (Jiang et al., 2021). This condition can arise from various structural or functional heart disorders, manifesting as systolic or diastolic dysfunction (Dini et al., 2023).

Data released by the WHO in 2021 showed that deaths due to heart disease reached 17.8 million deaths, or one in three deaths worldwide each year are caused by heart disease (Kemenkes RI, 2024). The prevalence of heart failure cases worldwide is increasing, reaching 64.34 million cases with a mortality rate of 9.91 million. Meanwhile, data in Indonesia shows that heart failure cases in 2018, based on doctor diagnoses, amounted to 1.5% or approximately 1,017,290 residents. Heart failure cases became the second leading cause of death after stroke (Kemenkes RI, 2024). The problem that often occurs in heart failure patients is the excess fluid or hypervolemia because the heart is unable to pump blood throughout the body. This condition can be triggered by inadequate self-care management of heart failure patients, thereby increasing the risk of relapse and re-hospitalisation (Sinurat et al., 2022).

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The impact of poor self-care management can lead to a decline in quality of life (Koirala et al., 2020). The impact of poor self-care management can lead to a decline in quality of life, with patients experiencing fatigue and potential memory loss or disorientation. This condition occurs due to changes in the amount of substances in the blood, which can reduce nerve impulse function, resulting in a decline in quality of life and the need for a discharge planning method that involves the use of learning media appropriate to the patient's condition (Destiawan Eko Utomo et al., 2019).

People can use good learning media to develop knowledge by combining several visual components and animations in applications (Abdulrahaman et al., 2020). Through such media, individuals can more easily understand the information obtained. One of the researchers, Clements et al. (2023), found that heart disease (Clements et al., 2023) management is important to consider. Written health education significantly improves self-care behaviours in heart failure patients, potentially enhancing their quality of life through effective discharge planning and decision support. Furthermore, Rosadi & Arofiati (2023) explain that the development of discharge planning significantly impacts patients, as it can affect various aspects of their quality of life. The quality of life includes improved physiological function, enhanced cognitive knowledge, increased satisfaction and self-efficacy, reduced stress levels and caregiving burden, and opportunities for families to prepare for home care of the patient adequately. Furthermore, Graupner et al. (2021) explain that the positive effects of the intervention are demonstrated by showing improved outcomes measured by patients experiencing a more productive quality of life, increased knowledge related to heart failure, improved self-care behaviours, and a reduction in post-intervention readmission rates.

Meanwhile, the author suspects that the lack of health education on how to care for heart patients at home is a factor that could increase the incidence of readmissions or re-hospitalisations in heart failure patients. Heart failure also has a significant impact on patients and their families, where patients with heart failure typically experience symptoms of fatigue and dyspnea, along with high mortality rates, which contribute to the deterioration of the patient's health. Furthermore, the lack of knowledge about the early signs of heart disease causes many people to receive proper medical treatment too late. People can significantly reduce heart failure by raising public awareness about the importance of prevention.

Based on previous research, this research focuses more on identifying the research development, the contributions of specific authors or research groups, and the comparison between emerging research topics. This research provides a broad overview of the current state and highlights knowledge gaps that may need to be addressed in future research. This approach allows us to detail significant research trends, identify key concepts that dominate, and describe the networks of cooperation between authors and countries in the related literature. This study aims to analyse the bibliometrics of the effectiveness of media-based discharge planning implementation. With proper discharge planning, patients can better understand how to manage their condition, follow the recommended treatment, and recognise early warning signs of disease recurrence. Good discharge planning can reduce the rate of hospital readmissions and improve overall well-being and quality of life.

Discharge planning is an important process in healthcare services to ensure a smooth transition for patients from healthcare facilities to the next care environment, such as home, rehabilitation centres, or long-term care facilities (Dimla et al., 2023). This process focuses on identifying patients' medical, social, and psychological needs and planning to support recovery and prevent readmission. Other research highlights key elements of discharge planning, such as assessing patient needs, health education, interprofessional coordination, and follow-up after discharge (Provencher et al., 2021). For example, in the case of elderly patients, inadequate discharge planning often contributes to post-care complications. Therefore, the role of nurses and social workers is very significant in ensuring the holistic needs of patients (Rayanti & Yoel, 2020).

In addition, the integration of technology in discharge planning is also starting to develop, such as the use of digital applications to monitor patient adherence to medication and follow-up schedules (Pal et al., 2021). This technology helps improve patient and family engagement in recovery while providing easier access to medical information. However, some obstacles include limited resources in certain healthcare facilities and a lack of training for medical staff on evidence-based discharge planning practices (Gane et al., 2022). Overall, comprehensive discharge planning not only improves patient health outcomes but also contributes to the efficiency of the healthcare system by reducing the burden on healthcare facilities (Li et al., 2022).

Nurses are pivotal in executing media-based discharge planning due to their direct engagement in patient education, counselling, and follow-up care. Utilising interactive learning media enables nurses to present clear and accessible information regarding heart failure treatment, warning signs, and self-care

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strategies, thereby ensuring that patients comprehend and implement this knowledge in their home environment. Nurses play a vital role in evaluating patients' preparedness for learning, customising educational approaches to meet specific needs, and enhancing self-management abilities to minimise hospital readmissions and elevate quality of life. Moreover, nursing professionals have the opportunity to engage in research and global partnerships to enhance innovative discharge planning methods, while also promoting the incorporation of information technology into standard care practices.

2. Method

Data Source

This study uses the Scopus database as the source of publications, where the result analysis used is the analysis already available in Scopus, especially from the Scopus menu. The Scopus database has become the primary source of study for evaluating scientific research. As one of the largest data centres in the world, Scopus can index scientific literature to provide accurate information about the metadata of each scientific article, including publication data, abstracts, references, and health and biomedical sciences. In bibliometric studies, data can be obtained from primary, secondary, or tertiary journals covering a specific period and analysed from various angles to determine the displayed data, such as documents by country or region, documents by type, and documents by year (Subekti et al., 2022).

Search Strategy

The researcher also used the Scopus database to identify research related to heart failure patient care from 2014 to 2023. The heart failure patient care publications from 2014 to 2023 comprised 46 documents. This study includes publications published over the last ten years, during which time frame was used to analyse research trends and understand the latest developments in research. A screening process was conducted before analysis to ensure that the data obtained from Scopus was valid and relevant. This screening involved applying inclusion and exclusion criteria, such as limiting the document types to journal articles, conference papers, and reviews; selecting only publications written in English; and excluding duplicate records. Through this systematic screening, only documents aligned with the research objectives were included, thereby improving the accuracy and reliability of the bibliometric analysis. The keywords used are (TITLE-ABS-KEY ("Discharge planning") AND TITLE-ABS-KEY ("Heart Failure")) AND PUBYEAR > 2014 AND PUBYEAR < 2023 AND (LIMIT-TO (PUBSTAGE , "final")) AND (LIMIT-TO (OA , "all")) AND (LIMIT-TO (LANGUAGE , "English")) AND (LIMIT-TO (SRCTYPE , "j"))

Eligibility Criteria

Inclusion and exclusion criteria were used to determine an article's eligibility for inclusion in the literature review. Inclusion criteria include articles on discharge planning and heart disease, publications from the last ten years (2014-2023), English-language journals, and original and review articles. Exclusion criteria include publications in the form of books, notes, articles not relevant to the topic, and articles not in English.

Data Selection

This study also uses VOSviewer 1.6.20 to map scientific research publications on heart failure patient care. This study uses VOSviewer to visualise publications in co-occurrence analysis. VOSviewer pays special attention to the graphical representation of bibliometric maps. VOSviewer is a software tool for building and visualising bibliometric networks (Soesanto & Handalani, 2023). The functionality of VOSviewer helps display large bibliometric maps in an easily interpretable manner (Soesanto & Handalani, 2023). This research sends research map information using export data to the RIS export file format, which is then processed using VOSviewers to determine the extensive data to be analysed to obtain comparative results of this research with previous studies (Figure 1. Research Stages).

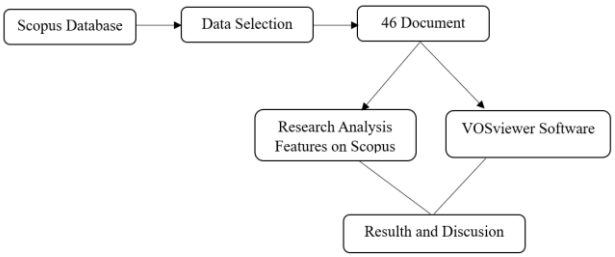

Figure 1. Showing the stages in data collection and data processing analysis obtained from the Scopus database.

3. Results and Discussion

The analysis of 46 scientific publications obtained from the Scopus database yielded diverse and varied data. Scientific publications related to discharge planning from 2014 to 2023 have diverse perspectives. This study analyses and classifies data starting from the year of the documents, identifying interesting trends and patterns. Not only that, this analysis also identifies the countries that contribute the most to scientific publications, the journal sources that are most frequently used, and the institutions that are active in this research. This diverse data provides rich insights into the dynamics of research in this domain, which can help us understand how research evolves and how various related aspects influence future research.

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Figure 2 shows the research publication with the theme of the Influence of media-based discharge planning from 2014 to 2023, indicating fluctuations in article publication over time. In 2014, we saw one published document successfully indexed by Scopus; in 2015, there were two documents. Subsequently, in 2016, four documents marked a good start for understanding this topic. However, in the following year, 2017, there was a slight decrease with only two documents published. Then, in 2018, there was an increase with three documents published, followed by a significant surge in 2019 with seven documents.

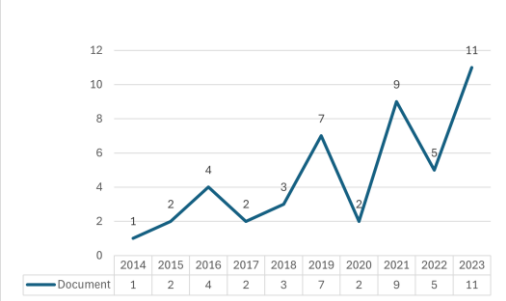

Figure 2. Global trends in discharge planning publications from 2014 to 2023 and the average article citations per year.

Meanwhile, in 2020, we saw a drastic decrease again, with only two articles published. In 2021, there were nine documents, and in 2022, there were five documents. A significant increase occurred in 2023, when the number of documents peaked with 11 published. The increase can also reflect a response to the development of mass media technology or important issues that motivate further research. The image above shows that the journal document with the highest citations was published in 2023, with 11 citations. Then, in second place, there is 2021 with nine citations, and in third place, 2019 with seven citations. This shows that the documents with the most citations in the last ten years are from 2023, 2021, and 2019.

Figure 3 shows that the United States is the country that contributed the most scientific research publications indexed by Scopus on the theme of Discharge Planning from 2014 to 2023. The data indicates that the United States leads with 21 documents. In second place, the United Kingdom also significantly contributed with six documents. Canada also actively participated with five documents that it contributed, showing their important role in developing knowledge in this field. Additionally, Brazil also played a role with a contribution of 3 documents. Lastly, Australia contributed two scientific research documents from 2014 to 2023, thereby adding to the diversity of knowledge sources on Discharge Planning.

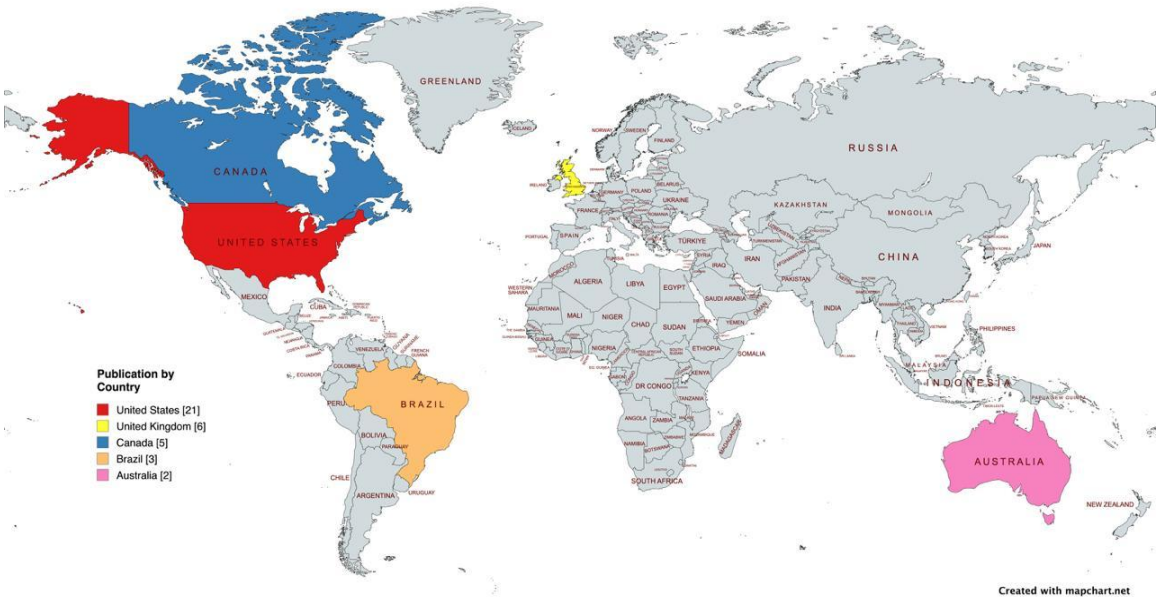

Figure 3. Countries with the Most Contribution to the Implementation of Media-Based Discharge Planning.

Figure 4 is a visualisation of the keyword network related to discharge planning research in heart failure patients, analysed using the VOSviewer software, which illustrates the relationships and connections between research topics or keywords in a specific field. The largest node, such as "human," stands out, indicating that the human aspect is the focal point of this research. This network is divided into several colored clusters, each reflecting a specific theme: the red cluster highlights

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"hospitalisation" and "discharge planning," the green cluster focuses on "diabetes mellitus" and "congestive heart failure," and the blue cluster is related to "patient readmission" and "risk assessment." This visualisation depicts a multidisciplinary approach to improving the quality of heart failure patient care through effective discharge planning.

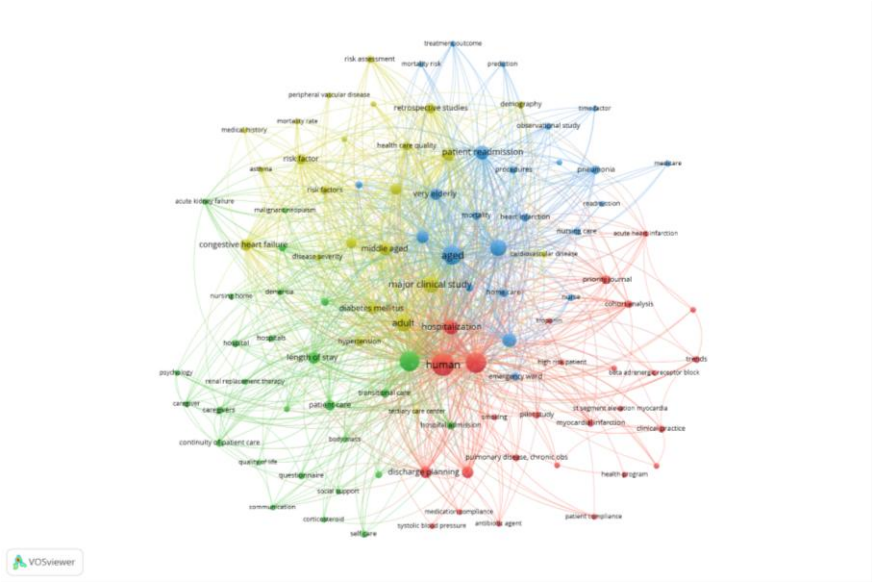

Figure 4. Network Mapping Based on Keywords

Figure 5 is an overlay network visualisation showing keywords or terms related to discharge planning in heart failure patients based on their emergence over the years. With the time dimension shown through colour gradients, the colour of the nodes, as illustrated in the figure, reflects the research period. (dari ungu untuk kata kunci yang lebih lama hingga kuning untuk kata kunci yang lebih baru). The node's size reflects the keywords' frequency, while the connecting lines indicate the relationships or co-existence between the keywords. Keywords such as "human," "hospitalisation," and "major clinical study" play a central role because their node sizes are larger, indicating high frequency and relevance. Clusters with gradient colours indicate temporal trends; for example, newer themes such as "patient compliance" and "discharge planning" tend to be in the yellow spectrum, indicating an increased recent focus on aspects of patient care. This visualisation provides insights into the evolution of research themes in the health field. This visualisation illustrates the evolution of research focus, from clinical-based studies to more modern approaches.

Figure 6 is the result of VOSviewer analysis using the density visualisation feature. Density analysis in VOSviewer is one way to present frequently discussed topics that still have opportunities to be further explore in the Discharge Planning research theme. In other words, density is used to search for and discover novelties for further research related to the theme of discharge planning.

Figure 6 also shows the colour and brightness in the image, which indicate the density of terms that frequently appear together in the related literature. Yellow indicates that these topics have received considerable attention in the scientific literature. Keywords such as "hospitalisation," "aged," and "major clinical study" become the focal points, indicating the main topics in the analysed research. Other terms such as "discharge planning," "patient readmission," and "heart infection" also appear to support the main topics, indicating a focus on patient management, risk assessment, and clinical outcomes in the context of healthcare. This visualisation provides an overview of the relationships between terms and the primary focus of the research data used.

The green colour in Figure 6 also indicates that these topics have not yet been extensively explored in research. This creates opportunities for future researchers to explore these dimensions and provide new contributions to understanding Discharge Planning implementation. This is also important for expanding knowledge and understanding in areas that have not been extensively researched, as it can provide a more comprehensive insight into readiness and maturity in the use of technology. Thus, subsequent research can deepen the area of study, helping to fill knowledge gaps and providing valuable contributions to advancing the understanding of educational media usage.

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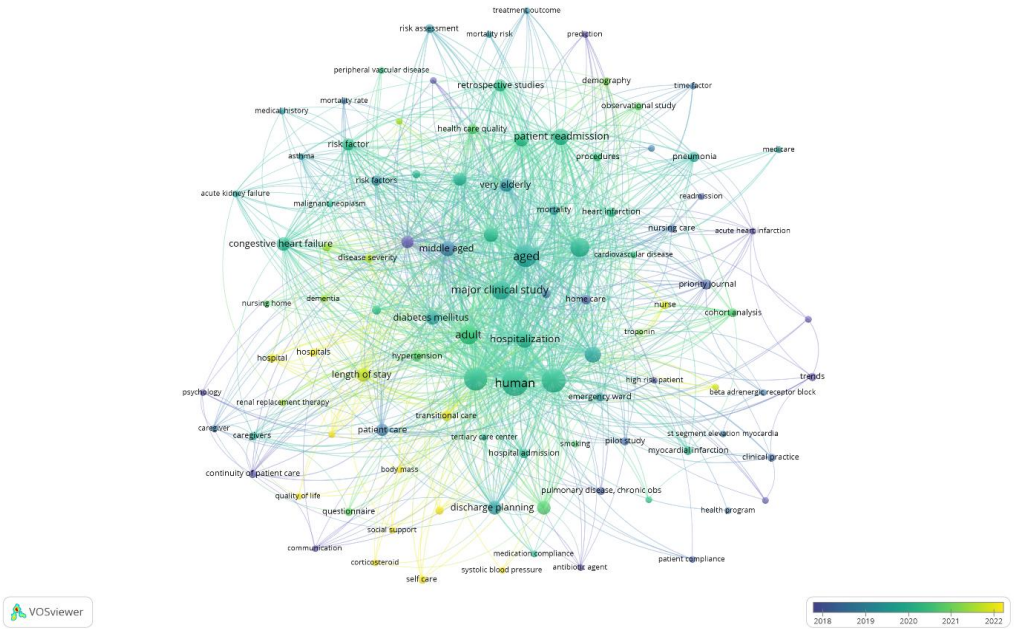

Figure 5. Portrait of the development of research on Discharge planning (2014-2023)

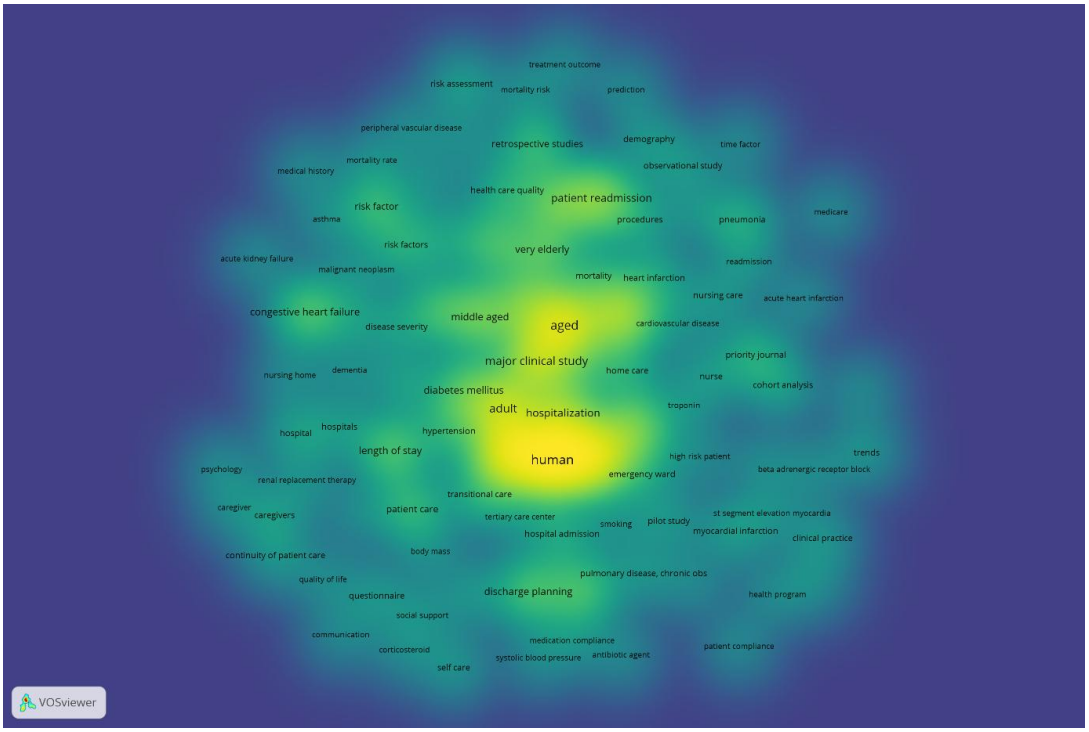

Figure 6. Visualisasi Density Discharge planning (2014-2023)

Discharge planning is a systematic process that begins when the patient is admitted and continues until discharge. Discharge planning includes a detailed overview of the patient's illness and care at home (Zhang et al., 2023). The trend of research publication on the Influence of Media-Based Discharge Planning from 2014 to 2023, as shown in Figure 2, indicates instability in article publication. This could be an attractive subject for further analysis. At the beginning of the period, from 2014 to 2016, there was an increase in the number of published documents. This indicates that the topic is beginning to attract researchers' attention, possibly due to the importance of discharge planning in improving the quality of patient care and the effectiveness of media-based communication.

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Relevant studies supporting the findings of this research were also conducted by Olof (Hedqvist et al., 2020), which explains that implementing discharge planning education has a positive impact on patients and families in assessing their confidence level after leaving the hospital. This shows that providing discharge planning education consistently with gradual and continuous material affects the reception, response, and understanding of patients and families, making it easier. The research conducted (Kurniati et al., 2022) explains that using audiovisual media during discharge planning can help families and patients review the material. This can assist them in understanding and reinforcing their memory of the provided material and guide them on how to manage care in the hospital from admission to discharge.

However, in 2018 and 2019, there was a surge to 7 published documents, which could be attributed to the advancement of media technology that enhanced awareness of the importance of media-based education in nursing practice. Then, in 2020, it became a concern as the number of publications dropped to only two journal articles. This could be linked to the COVID-19 pandemic, which caused researchers to prioritise global research related to the pandemic. In the following years, the number of publications increased, with 11 articles published in 2023. This increase could be due to a renewed interest in discharge planning due to advancements in mass media technology, which have become more effective. Another relevant study supporting the findings of this research was also conducted by Meilani Esi (2023), which reveals that the use of technology-based educational media can provide ease in self-monitoring for patients because, with optimal results, it can make healthcare services more efficient and effective, as well as reduce the risk of readmission. With this technology, patients can easily access it anywhere and anytime if connected to the Internet.

In addition, this study found that the country significantly contributed to discharge planning from 2014 to 2023, indexed by Scopus. The United States is one of the countries that contributes the most to scientific research publications. This is supported by research from Ramadhan D. (2024), which explains that the use of discharge planning in this modern era can be one of the practical solutions by utilising information technology so that patients can easily access it anytime and anywhere. With this application-based discharge planning, patients can improve their quality of life.

Additionally, displaying a visualisation network based on keywords using co-occurrence analysis to identify research directions and popular themes has proven helpful in tracking the progress of research and science programs (Gao et al., 2017). This research presents several clusters with different colours. The colours indicate groups, while the image labels show frequently appearing keywords or terms. Clustering is used to obtain a comprehensive overview of the bibliometric network (Husna et al., 2024). Thus, this study found that scientific research publications on discharge planning from 2014 to 2023 indexed in Scopus strongly correlate with human, patient discharge, and length of stay.

In density visualisation, Vosviewer can visualise the density or quantity of a problem being studied within a domain or field of study. This density visualisation can clarify the research focus, trends, and interconnections between the topics or concepts. The more yellow nodes there are, the more research has been conducted on that issue. On the other hand, the greener the colour, the less research has been done on that topic. Therefore, this research also explains that topics such as "human," "patient discharge," "patient readmission," "length of stay," and "congestive heart failure" are the focus of attention, where these topics still have excellent potential to be subjects of future research. In addition, these concepts continue to evolve and innovate, which could become future research to explore how they adapt to the ever-changing digital technology landscape.

This research emphasises the importance of media-based patient discharge planning in facing the rapid changes in digital technology, particularly in healthcare. By utilising digital technology, hospitals and healthcare institutions can enhance the efficiency and effectiveness of the patient discharge process, which is directly related to reducing readmission rates, length of stay, and managing conditions such as congestive heart failure. A deeper understanding of utilising this technology can help healthcare organisations optimise services and reduce care costs. Therefore, further research on media-based discharge planning in patient discharge management and its application to aspects such as "human," "patient discharge," "patient readmission," "length of stay," and "congestive heart failure" is not only relevant but also important to be significantly studied in future research. This research is expected to provide important insights into how digital technology can enhance critical processes in the healthcare system and prepare society and organisations to face challenges in the continuously evolving digital era.

4. Conclusions and Suggestions

This study demonstrates that media-based discharge planning can greatly enhance patients' comprehension of heart failure management. By utilising interactive learning media, patients can more readily access crucial information regarding treatment, warning signs, and self-care strategies. This approach is expected to reduce readmission rates

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and improve their quality of life. The bibliometric analysis reveals a favourable trend in publications related to this topic, although the annual publication numbers exhibit fluctuations. It also underscores the contributions from multiple countries, with the United States leading as the main contributor. The findings suggest that global cooperation and heightened awareness of the significance of media-based education can enhance discharge planning practices for patients with heart failure. Furthermore, with the evolution of information technology, it is essential for healthcare providers to persistently investigate and adopt innovative strategies in discharge planning to improve health outcomes and patient well-being.

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