**Home Telemonitoring**

These presentations give insights on the effective management of heart failure patients. The intervention discussed aims at ensuring continued care of the patients even after they are discharged from the hospital. Post-hospital care is essential in reducing the number of readmissions that are mostly registered in the emergency department. Heart failure is becoming a significant condition of concern since it affects people from all population groups. Although it was considered a disease most prevalent in people aged 65 years and above, the younger generation is also at risk due to current lifestyles as well as unhealthy diet practices. Preventing hospital readmissions not only improves the clinical outcomes but also helps the patient's families in minimizing hospital costs (Long, Babbitt & Cohn, 2017).

Heart failure is associated with troublesome symptoms which continue manifesting even after pre-hospital care. The symptoms may be persistent and recurrent hence the tendency of home caregivers to assume them. Management of the symptoms improves their exercise capacity, wellbeing as well as the life quality. Telemonitoring provides an easy way of observing the manifestation of vital signs associated with heart failure and mitigate them before emergency hospital care is needed (Long, Babbitt & Cohn, 2017). As an RN at a long-term facility, this intervention becomes one of the advice I should give to patients during discharge. The information in the presentation has facilitated the urge for my recommendation of the intervention since all the necessary accompanying advantages have been stated.

In reducing hospital costs, telemonitoring cuts on the chances of a symptom such elevated blood pressure from becoming a cause for a hospital trip. In so doing, such signs are treated before they become a bigger concern. The research was driven by the concern that heart failure patients were facing risks of readmission within barely 30 days after their discharge, incurring huge hospital bills, and deteriorating health (Long, Babbitt & Cohn, 2017).  This was an effective plan in realizing the impact of the condition on the current population hence the need to effectively manage it. However, more evidence was needed to support the effectiveness of the intervention regarding the extent to which all the stakeholders are conversant with it.

**Reference**

Long, G., Babbitt, A., & Cohn, T. (2017). Impact of Home Telemonitoring on 30-Day Hospital Readmission Rates for Patients with Heart Failure: A Systematic Review. *MEDSURG Nursing,* *26*(5), 337-348.