



**THE EFFECTIVENESS OF DIGITAL-BASED EDUCATION IN OPTIMIZING
DISCHARGE PLANNING REGARDING THE KNOWLEDGE AND ATTITUDES OF
MINOR SURGERY PATIENTS: A LITERATURE REVIEW**

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ABSTRACT

Discharge planning is a systematic process to prepare patients for safe and effective care after hospital discharge. However, conventional approaches, such as verbal explanations and printed materials, may limit patients' access to information. Digital technology, including mobile applications, educational videos, and QR codes, offers opportunities to improve health education, although its implementation remains inconsistent, particularly in Indonesia. To identify scientific evidence regarding the effectiveness of digital education-based discharge planning in improving patient knowledge and attitudes. This literature review followed the PRISMA 2020 guidelines. Articles published between 2021 and 2025 were searched through PubMed, ScienceDirect, and Google Scholar using keywords related to discharge planning, digital health education, patient knowledge, and attitudes. Fifteen eligible articles were included and analyzed narratively. A total of 15 articles met the eligibility criteria and were included in the final synthesis. Digital-based discharge planning positively affected patient knowledge, attitudes, discharge readiness, medication adherence, quality of life, and satisfaction. Most studies used quasi-experimental designs involving mobile applications, educational videos, audiovisual media, and QR codes. However, evidence regarding QR code-based education among minor surgery patients remains limited. Digital health education is a promising strategy to optimize discharge planning and improve patients' knowledge and attitudes toward self-care after discharge.

Keywords: digital-based education; discharge planning; minor surgery; patient attitudes; patient knowledge

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INTRODUCTION

Discharge planning is a systematic process carried out by healthcare professionals from the moment a patient is admitted to the hospital, with the aim of preparing the patient for a safe transition from the hospital to their home. Implementing structured discharge planning tailored to the individual patient can reduce the length of hospital stay and readmission rates (Wirasih et al. 2024). Yuliati (2021) defines discharge planning as the planning conducted for patients and their families prior to hospital discharge, aimed at helping patients achieve optimal health while reducing the length of stay and hospital costs. Nurses play a crucial role in discharge planning; however, several studies indicate that their performance in this area remains suboptimal. Global data indicates that discharge planning is not being implemented optimally. In Sydney, Australia, 23% of discharge planning efforts were ineffective due to a lack of nurse compliance (Rahayu 2024). While discharge planning was carried out in approximately 78.03% of cases, it was not fully comprehensive (Aisah, Ismail, and Margawati 2021).

The implementation of discharge planning in Indonesia remains suboptimal, as evidenced by several research findings. A study by Destri et al. (2021) at the Dumai City Regional General Hospital (RSUD) in Riau found that the majority (72.9%) of the 96 staff nurses performed poorly in discharge planning, primarily due to a lack of knowledge. This is supported by findings from Destri et al. (2021) at RSI Ibnu Sina Payakumbuh, where 50% of nurses did not perform discharge planning optimally, and by a study by Van Teijlingen et al. (2021) at Dr. Sardjito Hospital in Yogyakarta, which found that only 58.1% of the 129 respondents met the standards for discharge planning implementation. In Bali specifically, discharge planning implementation has not yet reached its full potential due to factors such as time constraints, communication issues, and levels of involvement (Wirasih et al. 2024). At Wangaya Regional General Hospital in Denpasar City, 67.3% of discharge planning activities comply with Standard Operating Procedures (SOPs); however, discharge planning education specifically for minor surgery patients has not been fully optimized. Medical record data from the first quarter (January–March 2026) shows 1,557 inpatients, 40% of whom underwent minor surgery. Inpatient post-surgery patients often do not receive optimal education regarding follow-up care at home prior to discharge.

Suboptimal discharge planning can lead to adverse outcomes (Yulianita et al., 2022). Ineffective discharge planning can result in the failure of home-based care, thereby affecting patient dependency levels and conditions at home manifesting as issues such as medication errors, poor dietary habits, and neglected physical activity. Indicates that improper discharge planning disrupts the continuity of independent care at home, as patients lack the knowledge required to manage their own recovery. Such limited understanding can influence a patient's attitude toward following healthcare professionals' recommendations; indeed, patient knowledge is a crucial factor in the success of follow-up care.

Advances in digital technology offer new opportunities to enhance the effectiveness of health education through digital-based discharge planning. Digital media—such as mobile applications, educational videos, QR codes, websites, text messages, and interactive platforms—enable patients to access information anytime and anywhere. Furthermore, digital information delivery can be made more engaging and easier to understand, while also allowing content to be reviewed repeatedly according to the patient's needs.

The aim of study to identify scientific evidence regarding the effectiveness of digital education-based discharge planning in improving patient knowledge and attitudes.

METHOD

The research method employed in this study is a literature review approach. A literature review is a method for identifying and gathering all literature relevant to the research topic. This process involves an in-depth search across various sources and the use of diverse research methods (Aisah, Ismail, and Margawati 2021). A scoping review aims to answer stated research questions by analyzing and summarizing findings from various research articles (Widiasih et al. 2020).

The first step involves a literature review aimed at identifying and mapping interventions designed to optimize the implementation of discharge planning specifically through digital-based education and their impact on the knowledge and attitudes of minor surgery patients. Although numerous studies have been conducted on discharge planning implementation, there is a lack of comprehensive research regarding discharge planning delivered via digital-based education. The review question guiding this study is: what types of interventions are employed to optimize discharge planning implementation through digital-based health education, and how do they affect patient knowledge and attitudes? At this stage, the researcher identifies the research question to serve as a reference for article selection and to ensure the exclusion of low-quality research sources.

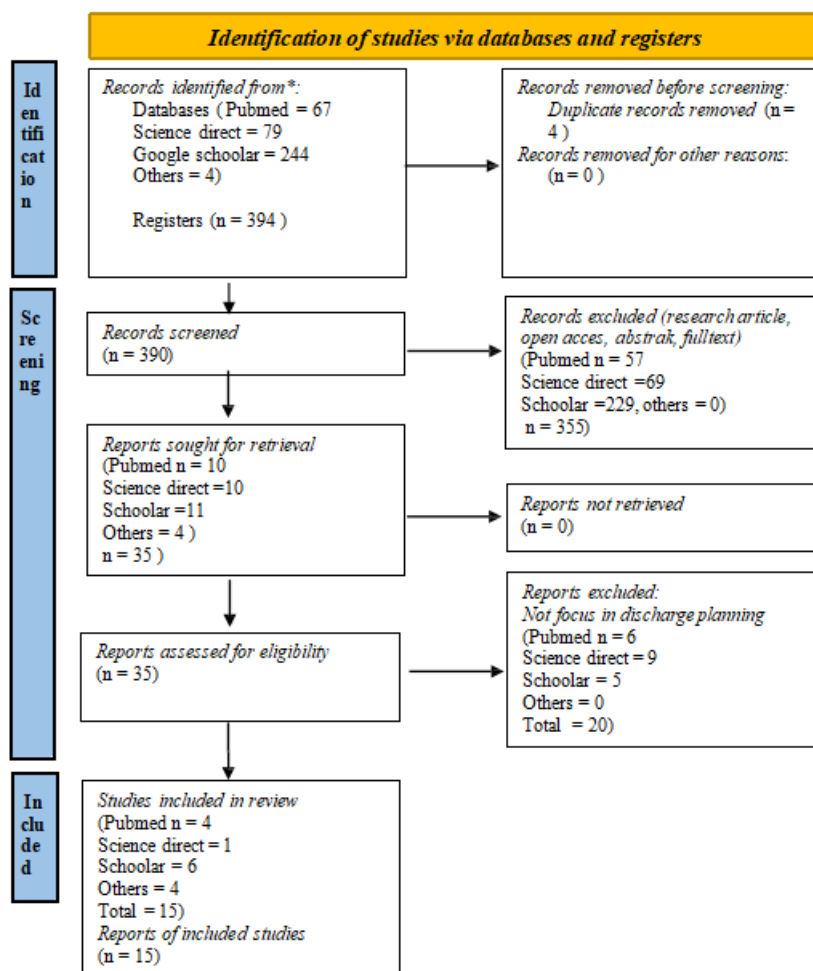
Articles published between 2021 and 2025 were searched through PubMed, ScienceDirect, and Google Scholar using keywords related to discharge planning, digital health education, patient knowledge, and attitudes. Inclusion and exclusion criteria were established to assist researchers in identifying relevant concepts and search keywords, as well as to define clear boundaries for article selection. Inclusion criteria comprised articles discussing discharge planning, articles published within the last five years, and articles written in Indonesian or English. Exclusion criteria comprised incomplete articles and articles that were not open access.

The PICOS criteria to be met included: Population—minor surgery patients; Intervention—provision of digital-based health education regarding discharge planning; Comparison—a group of minor surgery patients receiving conventional education via leaflets.

Researchers selected all study designs relevant to the implementation of discharge planning. Articles with study designs such as scoping reviews, literature reviews, or systematic literature reviews. Keywords: PubMed: "Discharge Planning"[Mesh] AND ("Digital Health Education" OR "Digital Education" OR "QR Code"[Mesh]) AND "Patient Knowledge"[Mesh] AND "Patient Attitude"[Mesh]. ScienceDirect and Google Scholar: ("Self-care behavior" OR "Self-care management") AND ("Supportive education" OR "Supportive intervention") OR ("Orem self-care theory" OR "Self-care theory").

RESULT

An analysis of 15 articles indicates that the implementation of discharge planning through digital-based health education impacts patients' knowledge and attitudes.



Picture1. PRISMA Diagram

A review of 15 research articles revealed that discharge planning and digital-based health education positively influence patients' knowledge, attitudes, readiness for discharge, quality of life, and satisfaction. Most of the studies were conducted in Indonesia and employed a quasi-experimental design with a pre-test and post-test approach. The most frequently used instruments included questionnaires, observation sheets, leaflets, audiovisual media, and digital applications. Research (Bechir and Bechir 2025) indicates that the presence of a dedicated discharge coordinator enhances service efficiency, patient safety, and the quality of care transitions following hospital discharge. These studies underscore the importance of discharge planning as an integral component of healthcare services.

Table 1.
Analisy Article

No	Title	Research Method	Research Results
1	<i>Reducing Delays, Improving Flow: The Importance of a Dedicated Discharge Coordinator in Hospital Discharge Planning</i> (Bechir.G, 2025)	Design: Editorial review/literature review Sample: 20 journals Variables: Dedicated discharge planning coordinator, length of stay, patient flow Instrument: Discharge planning checklist/tracking tool Analysis: Narrative synthesis	A discharge coordinator is a crucial component of discharge planning, as they enhance service efficiency, patient safety, and the quality of care transitions following a patient's discharge from the hospital.
2	<i>Effectiveness of Nursing Discharge Planning Interventions for Stroke Patient</i> (Lilis Indrawati, 2021)	Design: Randomized Controlled Trial (RCT) Sample: 271 participants divided into 3 groups Variables: Stroke patient discharge planning intervention Instruments: Modified Rankin Scale (MRS), EQ-5D (European Quality of Life-5 Dimensions), Readmission Questionnaire, Functional Independence Measure (FIM), Generic Quality of Life Scale Analysis: Systematic review using the PRISMA approach	Communication interventions at the time of hospital discharge are significantly associated with reduced hospital readmission rates, higher medication adherence, and greater patient satisfaction, making them crucial for facilitating care transitions.
3	<i>Interventions to Improve Communication When Patients Discharge from Home Illness and Readmission Rates</i> (Christoph Becker at al., 2021)	Design: Systematic review Population and sample: 60 Instrument: Observation sheet Analysis: Eger test	Communication interventions at the time of hospital discharge are significantly associated with reduced hospital readmission rates, higher medication adherence, and greater patient satisfaction, making it important to facilitate the transition of care.
4	<i>Implementation Of Self-Care Management Education Based On Orem Model Theory With Hypertension In Kitano Village, East Martapura</i> (Ilham, AM, Candra Kusuma Negara, 2025)	Design: Case study Sample: 2 families with hypertension and diabetes mellitus Variable: Self-care management Instruments: Interview guide and blood pressure observation sheet Analysis: Nursing care approach	An intervention involving health education based on Dorothea Orem's theory and the consumption of brewed moringa leaf tea for seven days was effective in lowering the respondents' blood pressure.
5	<i>Edukasi Digital Berbasis Aplikasi Mobile untuk Meningkatkan Kualitas Hidup pada</i>	Design: Pre-experimental Population and sample: All patients at Firdaus Clinic who are active UMY students	The results of this study indicate that a smartphone app-based intervention can significantly improve the quality of life of asthma patients.

No	Title	Research Method	Research Results
	Pasien (AsmaAdella at al .2024)	Instruments: Mini Asthma Quality of Life Questionnaire (Mini AQLQ); AsthmaControl application Analysis: Descriptive.	
6	Analisis PelaksanaanSistem Informasi Kesehatan Di Rumah Sakit Bhayangkara Polda Banten (Noor Rini at.al.2022).	Design: Qualitative descriptive Population and sample: Outpatients at Bhayangkara Hospital, Banten Regional Police. Instrument: Interview Analysis: SIMR (Hospital Management Information System).	To date, data recording and processing by staff at Bhayangkara Hospital, Banten Regional Police, have been carried out using a combination of online, offline, and manual methods.
7	Peran Teknologi Digital Dalam Meningkatkan Efektivitas Promosi Kesehatan Di Rumah Sakit.,Ni Made Ary Lisnawati at al.,(2024).	Design: Systematic Literature Review (SLR) Population and sample: 8 articles Instrument: Articles Analysis: Journal analysis.	The use of digital media, particularly social media, can enhance public access to health information and foster positive behavioral changes; thus, social media can complement and work alongside conventional health promotion efforts.
8	Implentasi Program Inovasi REKAT (Rencana Edukasi Kesehatan Pasca Rawat Inap)Samart Discharge Planning berbasis Edukasi elektronik di Ruang rawat Inap TIU Kelep RSUD Provinsi Nusa Tenggara Barat, Sri Wahyuni, at al.,(2025)	Design: Quasi-experimental Population and sample: Patients and their families (n=64) Instrument: Electronic leaflet	Results showed a significant increase in the total score for patient understanding, attitude, and preparedness (+1.05 points), with the greatest improvements observed in knowledge regarding medication (+1.2 points) and danger signs (+1.1 points). Nurse adherence to procedures reached 85%, patient satisfaction was 90%, and the use of printed leaflets decreased by 60%.
9	Hubungan Tingkat Pengetahuan Pasien denagn post PCI(Percutaneuos Coranary Intervention)Terhadap Tingkat Kecemasan di ICU/ICCU Murni Teguh Memorial Hospital, Fransiska Sidauruk.,(2023)	Design: Descriptive correlation Population and sample: Patients who will undergo cardiac catheterization (33 people) Data Analysis: Pearson correlation test	The results of this study showed that there was a significant relationship between the level of knowledge and the level of anxiety in patients who were going to undergo cardiac catheterization, with a p-value <0.004
10	Pengaruh Edukasi Terhadap Pengetahuan dan Kepatuhan Perawat dalam Discharge Planning di Unit Geriatri RSUD Prof.Dr.Margono Soekarjo dan Paviliun Abiyasa Purwokerto, Ida Anggraeini at al(2025)	Design: Pre-experimental. Population and sample: Nurses in the geriatric unit (46 individuals). Instrument: Questionnaire. The mean knowledge score prior to education was 44.13 points, and the mean compliance score was 5.13 points. Following education, the mean knowledge score was 53.78 points, and the mean compliance score was 7.67 points.	There was a significant effect on nurses' knowledge and compliance before and after discharge planning education (p-value < 0.05), with a mean difference of 9.652 points in knowledge scores and 2.543 points in compliance scores. Providing education influenced nurses' knowledge and compliance regarding discharge planning.
11	Hubungan Pengetahuan dan Sikap Perawat Terhadap Prilaku Pearawat dalam Perencanaan Pasien Pulang (Discharge Planning)., Sri Rahayu (2024	Design: Cross-sectional Population and Sample: Nurses (68 people) Instruments: Interviews and questionnaires. The results showed a significant relationship between nurses' knowledge (P<0.001) and attitudes (P<0.001) and the implementation of patient discharge	The researchers recommend that the implementation of patient discharge planning be maintained, improved, and implemented consistently.

No	Title	Research Method	Research Results
		planning.	
12	Pengaruh Edukasi Audiovisual Terhadap Pengatahuan Pasien Hipertensi di Puskesmas Sambirejo.,Elsa Norianti at al(2022	Design: One-group pre-test and post-test Population and sample: 63 hypertensive patients Instruments: Video and questionnaire.	Research results from the 63 respondents showed that the mean patient knowledge score was 6.95 prior to the education and 9.10 following the education. A p-value of 0.001 (<0.05) was obtained, indicating a significant effect on the knowledge levels of hypertensive patients before and after receiving education via audiovisual media at the Sambirejo Community Health Center (Puskesmas).
13	Pengaruh Penerapan <i>Discharge Planning</i> Dengan Media Leaflet Terhadap Kesiapan Pulang Pasien jantung di RSD dr. H. Soemarno Sosroatmodjo Tanjung Selor (Aisyah at all, 2023)	Design: Quasi-experimental. Population and sample: All cardiac patients at RSD dr. H. Sosroatmodjo (20 patients). Instrument: Leaflet.	There was a significant effect of implementing discharge planning using leaflets on the discharge readiness of cardiac patients. Independent t-test results showed a p-value of 0.00 (< 0.05). Following the intervention, discharge readiness in the intervention group increased to 80%.
14	Pengaruh <i>Discharge Planning</i> Model Lima Terhadap Kesiapan Pulang Pasien di RS TK II Robert Wolter Mongisidi Kota Manado (Nurameila at all, 2022)	Design: Quasi-experimental with a control group Sample: 38 patients (14 respondents) Instruments: Leaflet and questionnaire	Somers' d test results showed a p-value of 0.259 (>0.05), indicating no significant effect of the LIMA model discharge planning on patient readiness for discharge. In the intervention group, 57.1% were ready for discharge, whereas in the control group, 28.6% were ready.
15	Pengaruh <i>Discharge Planning</i> Oleh Perawat terhadap Tingkat Kepuasan Pasien (Nurul at all, 2024)	Design: Quantitative study with a cross-sectional approach. Sample: 64 inpatient respondents. Instruments: Demographic data questionnaire, discharge planning implementation questionnaire, and patient satisfaction questionnaire.	Discharge planning had a significant influence on patient satisfaction ($T = 2.075 > 1.669$; $p = 0.042 < 0.05$). A total of 87.5% of patients were satisfied with the implementation of discharge planning.

DISCUSSION

Ahsan, Fitryasari, and Indrawati (2021) state that the effectiveness of discharge planning interventions for stroke patients demonstrates that all nurse-led discharge planning interventions can serve as evidence-based practice to improve the quality of care for these patients. (Becker et al. 2021) show that communication interventions at the time of hospital discharge are significantly associated with reduced readmission rates, improved medication adherence, and increased patient satisfaction. (Anggita Sari et al. 2024) demonstrate that mobile application-based digital education can significantly improve the quality of life for asthma patients, indicating that digital technology can serve as an effective medium for health education. (Sri Wahyuni 2025), regarding the implementation of the QR code-based REKAT program, shows a significant improvement in patients' understanding, attitudes, and readiness following electronic education; additionally, the use of printed media decreased by 60%, highlighting the efficiency of digital media.

Martony and Oppusunggu (2022) show that audiovisual education significantly increases the knowledge of hypertension patients following the intervention. (Aisya 2022) demonstrates that discharge planning using leaflets significantly influences the discharge readiness of cardiac patients; however, the use of leaflets is considered to have drawbacks, as the materials can be lost and the information is difficult to access again. Discharge planning in hospital inpatient units is conducted collaboratively and tailored to available resources and facilities (Pitaloka et al. 2022). (Sidauruk and Tambunan 2023) examined the relationship between knowledge levels and anxiety levels among

cardiac catheterization patients in the ICU/CVCU at Murni Teguh Memorial Hospital using a correlation test.

Discharge planning is a form of nursing service aimed at enhancing a patient's readiness to continue care independently at home. Literature reviews indicate that systematic discharge planning improves patient readiness and treatment adherence while reducing the risk of readmission. Discharge planning interventions involving health education positively impact patients' knowledge. Adequate knowledge helps patients understand their health condition, treatment regimen, warning signs, and the self-care measures required after hospital discharge (Ulfah, 2021).

Advancements in digital technology have facilitated the dissemination of health information. Digital media enables patients to access information quickly and flexibly at any time. Literature reviews indicate that digital-based education such as mobile applications, audiovisual materials, and QR codes is effective in improving patients' knowledge, quality of life, and attitudes toward healthcare. QR codes represent a promising innovation for discharge planning, as they are easily accessible via mobile phones and allow patients to access health information repeatedly. Furthermore, digital media is more efficient than leaflets, as it is not easily lost and can be updated at any time (Farisi & Lesmana, 2021).

CONCLUSION

Based on a literature review of 15 research articles, it can be concluded that discharge planning and digital-based health education are effective in improving knowledge, attitudes, discharge readiness, medication adherence, quality of life, and patient satisfaction. The use of digital media such as mobile applications, audiovisual materials, and QR codes facilitates flexible and continuous access to health information. However, research on QR code-based digital education within discharge planning for minor surgery patients remains limited.

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