**Specialization and Problems**

In this discussion we will identify a problem that is commonly faced as an Advanced Practice Registered Nurse and further investigate a potential solution. As a current student enrolled in the South University’s Family Nurse Practitioner (FNP) program, upon graduating the goal is to continue to work in private practice. With a strong passion for cardiology and many years of experience as a Registered Nurse working on a Chest Pain Unit, management of care for patients with chronic cardiovascular disease has always been intriguing, especially interventional cardiology. One of the most significant factors faced as an FNP who specializes in the management of care for patients with cardiovascular disease is readmissions for patients following treatment for illness such as; myocardial infarction, heart failure, atrial fibrillation chronic obstructive pulmonary disease, or stroke. Research shows that patients with such illness were more likely to be readmitted to the hospital and repeatedly hospitalized after discharge. Admissions are costly, in turn health systems pay penalties for readmissions. A practice that utilizes FNPs for sooner follow up care in addition to regular maintenance visits can better maximum level of health and wellness in an attempt to reduce exacerbation of illness, in turn reducing hospital readmission.

**Strategies and Literature Review**

Strategies used in searching for scholarly articles include the following; an advanced search was conducted using the online South University Library. The use of online search engines were not utilizes at this time to ensure integrity and validity of content. Search criteria was limited to “full text”, “peer review”, “last five years”, and to further reduce to only pertinent content under the geographical section “United States” and “Canada” were selected. The keywords use for this search were; “cardiac readmissions”, yielding 1,733 results, “cardiac nurse practitioner”, yielding 949 results, and “nurse practitioner readmission prevention” which yielded 939 results.

**Innovative Solution**

Strengthening health care across the board is vital to the health of our nation. Hospital readmissions are costly to the healthcare system, they can quickly drain a facility of its most important resources, but there are ways they can be drastically reduced (House, 2016). From financial burden and adding to the strain and stress for healthcare workers who are overworked and understaffed, to the patients who get stuck in a revolving door, there are many issues linked to unnecessary hospital readmission (Stukel, Fisher, Alter, Guttmann, Ko, Fung, K., … Lee.2012). Providing access to timely transitional care by clinicians who have the knowledge and expertise to treat patients recently discharged from hospital is one strategy necessary to reduce hospital readmission rates (Stukel, Fisher, Alter, Guttmann, Ko, Fung, K., … Lee.2012). Coupling a [readmission](https://www-sciencedirect-com.southuniversity.libproxy.edmc.edu/topics/nursing-and-health-professions/hospital-readmission) prediction tool (LACE) with high-intensity, highly structured post discharge office or home visits by an qualified NP and results reveal a significant reduction in readmissions, even if regression of symptoms occur due to timely intervention and treatment of symptoms (Smith, Dongmei & Novelli, 2016). Nurse practitioners have demonstrated to not only be effective but also a cost-effective in the reduction of hospital readmissions.

**References**

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