In the United States, 30-day hospital readmissions is a national concern; this problem is significant because it is costly and is a poor indication of the quality of our healthcare delivery. Patients face many challenges after hospitalization; concerted efforts are needed to improve care during the health and illness transition phase.

**Methodology**

**Design**
The proposed project will be a descriptive study.

**Methods of data collection**
- Review of clinic policies and procedures
- Review of de-identified data

**Setting**
The setting for this project is a large primary care physician practice that serves a diverse adult population.

**Participants**
Participants will be the practice staff.

**Purpose**
- Heighten awareness on the importance of post hospital discharge transitional care.
- Create and implement a post discharge follow-up protocol in a primary care setting to reduce the prevalence of 30 day readmissions in the diabetic and hypertensive population in the practice.

**Literature Review**
In researching the literature, many studies addressed the different aspects of the dilemma of 30-day hospital readmissions. However, studies addressing 30-day readmission from the perspective of primary care practices was scarce. A retrospective observational study of adult primary care physicians at the University of California San Francisco (UCSF) was conducted between July 1, 2009 and June 30, 2012. Findings suggested that primary care providers played a vital role in managing population health and keeping discharge patients out of the hospital; hence decreasing healthcare spending (Tang, Maselli, 2014).

**Results**
A sample size of 80 de-identified data was analyzed. It included 40 de-identified records pre-protocol intervention and 40 post-discharge intervention protocol. Data was categorized into two groups: Diabetic and hypertensive groups and into two categories: those who had follow up post-discharge intervention and those who did not. A Chi-square Fisher Exact test was conducted in SPSS and based on the results there was no significant statistical difference between the pre and post intervention groups. However, Based on the numbers less people were admitted post protocol intervention.

**Recommendations**
More studies are needed with larger sampling size looking at the causative factors.

**Reference**