






The impact of socioeconomic status on the frequency of patient readmissions

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In modern society, health is shaped by complex interactions between biological, social, and economic factors. Key aspect influencing health outcomes, particularly in cardiology, is the socioeconomic status (SES) of patients. Research shows that low SES significantly impacts hospital readmission rates, with wide-reaching consequences for patients, healthcare systems, and society. SES includes factors such as education, employment, income and living conditions, all of which affect access to healthcare services health behaviors and the ability of patients to follow medical advice.¹ Patients with lower SES often face delays in diagnosing and treating cardiovascular diseases due to limited access to quality healthcare. This delay in care leads to the progression of diseases resulting in more frequent and severe hospitalizations. Low SES is also associated with higher rates of hospital readmission due to several factors, including financial limitations that hinder adherence to treatment guidelines. The inability to afford medications or follow medical recommendations increases the risk of complications, requiring frequent hospitalizations. Additionally, psychosocial factors such as stress, anxiety, and depression play a significant role. These challenges, combined with difficulties in accessing healthcare can prevent regular check-ups and early detection of problems, further exacerbating the situation. Patients with low SES are more likely to suffer from severe forms of disease that lead to increased hospital readmissions which affect their quality of life and place financial strains on the healthcare system. Nurses play a crucial role in addressing these challenges. Their role goes beyond care provision; they are responsible for educating patients, providing support and ensuring coordination between various healthcare professionals. Nurses can recognize early signs of health deterioration, which allows them to intervene before hospitalization becomes necessary. Through patient education, close monitoring and care coordination, nurses can significantly reduce the risk of hospital readmission. Investing in nursing interventions enhances patient outcomes, improves quality of life and strengthens the overall healthcare system by reducing the burden of frequent hospitalizations.

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LITERATURE

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