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An integrated discharge planning programs - Comprehensive Care Program for the Elderly (CCPE) in Acute Medical Wards

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Introduction

An integrated discharge planning programs, Comprehensive Care Program for the Elderly (CCPE) has been developed in the designated acute medical wards of Queen Mary Hospital since February 2012. It includes a comprehensive timely assessment focused on acute care of the elderly. Various protocols are initiated by the CCPE nurse with the aim of identifying the unrecognized geriatric problems and facilitate the efficient use of care resources after the discharge of the patient. CCPE includes a proactive input by Geriatric multidisciplinary team, including Geriatrician, designated nurses, pharmacist, occupational therapist, physiotherapist and social worker. The multidisciplinary team approach plays an important role in the management and care of elderly patients. It provides support to patients and families and helps them adapting to illness and treatment plans. In line with the strategic direction of Hospital Authority on elderly service, a good discharge care planning is beneficial to patients, families, professional staff and hospitals.

Objectives

1. Provide timely comprehensive assessment upon admission
2. Set up an expedited clinical pathway to convalescent hospital to maintain continuity of care
3. Arrange rehabilitation to optimize patient function as the pre-morbid status

Methodology

There are designated beds in one male and female ward in acute setting of Queen Mary Hospital. The CCPE nurse screens and recruits the cases proactively according to the criteria from the designated acute medical wards. The CCPE nurse will

implement the Acute Care for Elderly protocols to the recruited patients. There would be daily ward round by Geriatrician and CCPE nurse and elders will be transferred to convalescent hospital - Fung Yiu King Hospital for the continuity of care via the expedited pathway if warranted. A Geriatric multi-disciplinary team ward round will be conducted weekly, including Geriatrician, designated nurses, pharmacist, occupational therapist, physiotherapist and social worker to review the elders' condition and amend pre-discharge care plan accordingly.

Result

There were approximately 8,400 patients recruited to CCPE program from February 2012 to December 2016. The average lengths of stay (LOS) of CCPE patient was less than 2 days. The average LOS of acute medical wards was approximately 3 days. It showed a significant reduction of the LOS in the designated CCPE beds. CCPE protocols would be initiated in every CCPE patient by the CCPE nurse according to the comprehensive assessment upon admission. Various clinical responses would be triggered according to the protocols including allied health referrals, Geriatric day hospital (GDH) referrals, clinic arrangement and transferal to convalescence hospital, integrated Care and Discharge Support (ICDS) referrals, etc.