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Using a Transitional Care Program to Prepare Patients to Take Care of Themselves after Leaving the Hospital

REACH Dissemination Committee, Maine, USA

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Using a Transitional Care Program to Prepare Patients to Take Care of Themselves after Leaving the Hospital

Some patients have **difficulty caring for themselves** after they return home from a hospital stay.

Experiences can include:

- New or worsening signs or symptoms
- Adverse events (injuries due to medical care)
- Re-admission to the hospital

Providing more support to patients may help avoid these problems.

LOCATION & POPULATION

▶ **2 hospitals and 18 primary care provider offices**

▶ All in the same accountable care organization (ACO) in Massachusetts



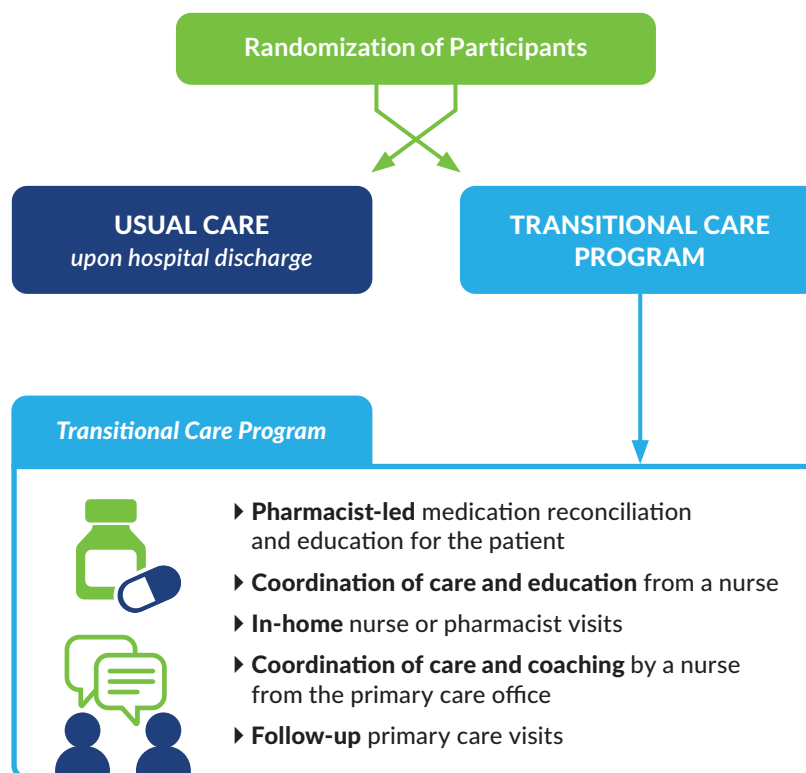
▶ **1,657 adult patients**

▶ **54% Female**

▶ **74% White**



STUDY DESIGN



FINDINGS

The study team looked at:

- 30-day hospital readmissions (non-elective)
- Post-discharge new or worsening signs/symptoms
- Post-discharge adverse events
- Patient experience



Patients who received the intervention:

- ▶ Had a **22% lower rate** of new or worsening signs/symptoms
- ▶ Had a **48% reduction** in adverse events



There was no difference in:

- ▶ Hospital readmissions
- ▶ Patient experience

USED ACRONYMS

ACO - accountable care organization

Key Take-Away

A collaborative transitional care intervention may help reduce new and worsening discharge signs and symptoms, as well as adverse events.

REFERENCES

1. Schnipper JL, Samal L, Nolido N, et al. *The Effects of a Multifaceted Intervention to Improve Care Transitions Within an Accountable Care Organization: Results of a Stepped-Wedge Cluster-Randomized Trial.* J Hosp Med. 2021;16(1):15-22. doi:10.12788/jhm.3513
2. Schnipper J, Nolido N, Potter M, et al. (2019). *Using a Transitional Care Program to Prepare Patients to Take Care of Themselves after Leaving the Hospital.* Patient-Centered Outcomes Research Institute (PCORI). https://doi.org/10.25302/5.2019.CER.811

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