

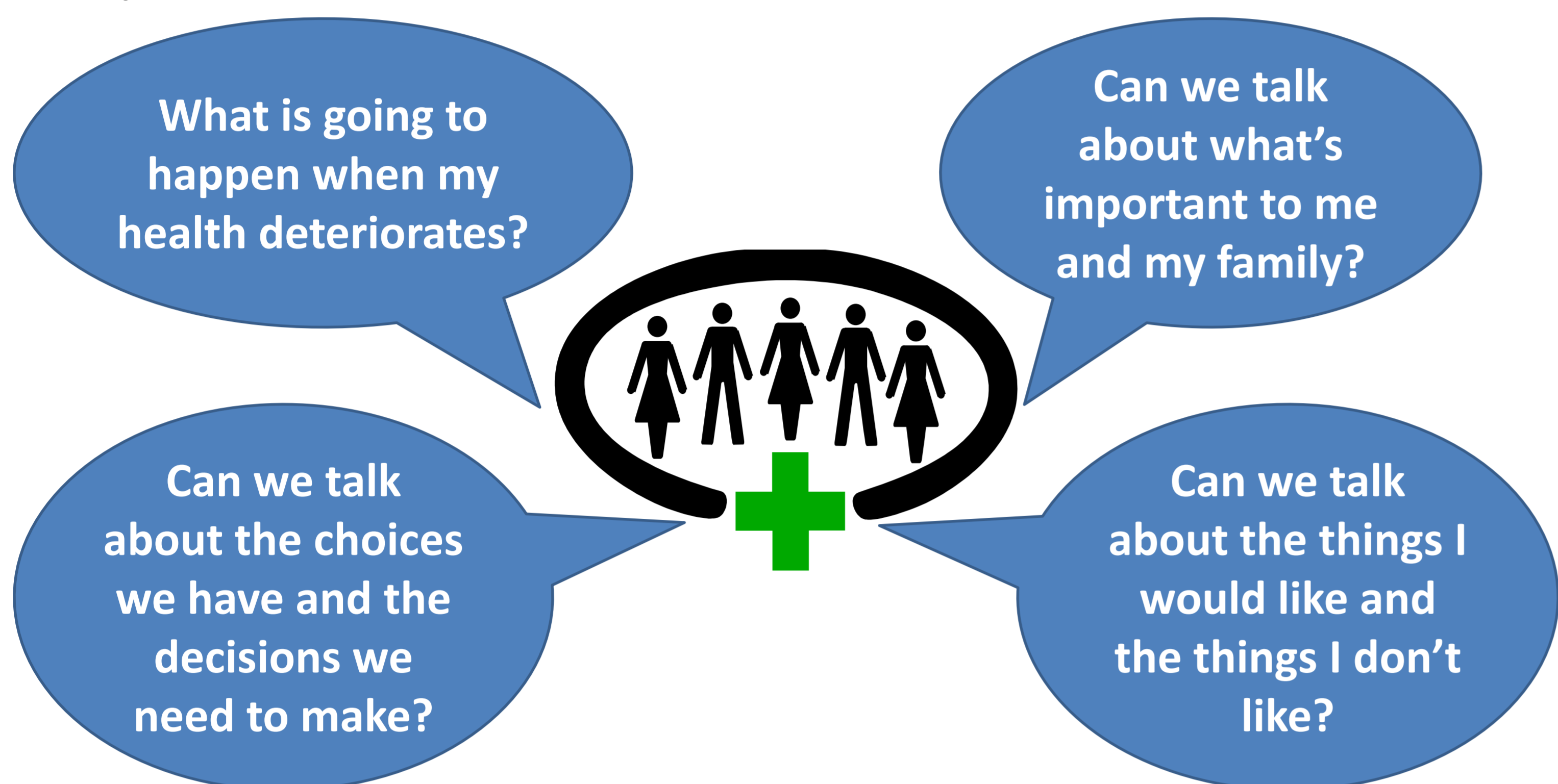
Standardised Anticipatory Care Planning in Care Homes reduces unscheduled hospital admissions

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Anticipatory Care Planning

- A proactive person-centred approach for 'thinking ahead'
- A dynamic record developed through evolving conversations, collaborative working and shared decision-making
- Helping people understand their illness and prognosis
- Exploring and recording a person's goals and preferred actions when their health deteriorates
- Enabling informed choices about their care, interventions and place of care
- Requires a supportive whole systems approach and robust community infrastructure with capacity to deliver high quality care and positive outcomes



Improvement

Outcome measures included hospital admission rates, number of ACPs in place and uptake of ACP training amongst care home staff.

We completed 2 audit cycles from 13.11.18 – 17.12.18 and 21.10.19 – 24.11.19 looking at the number of care home residents admitted to the Medical Unit at St John's Hospital. We excluded surgical admissions.

■ No ACP implementation ■ Partial ACP implementation ■ Full ACP implementation

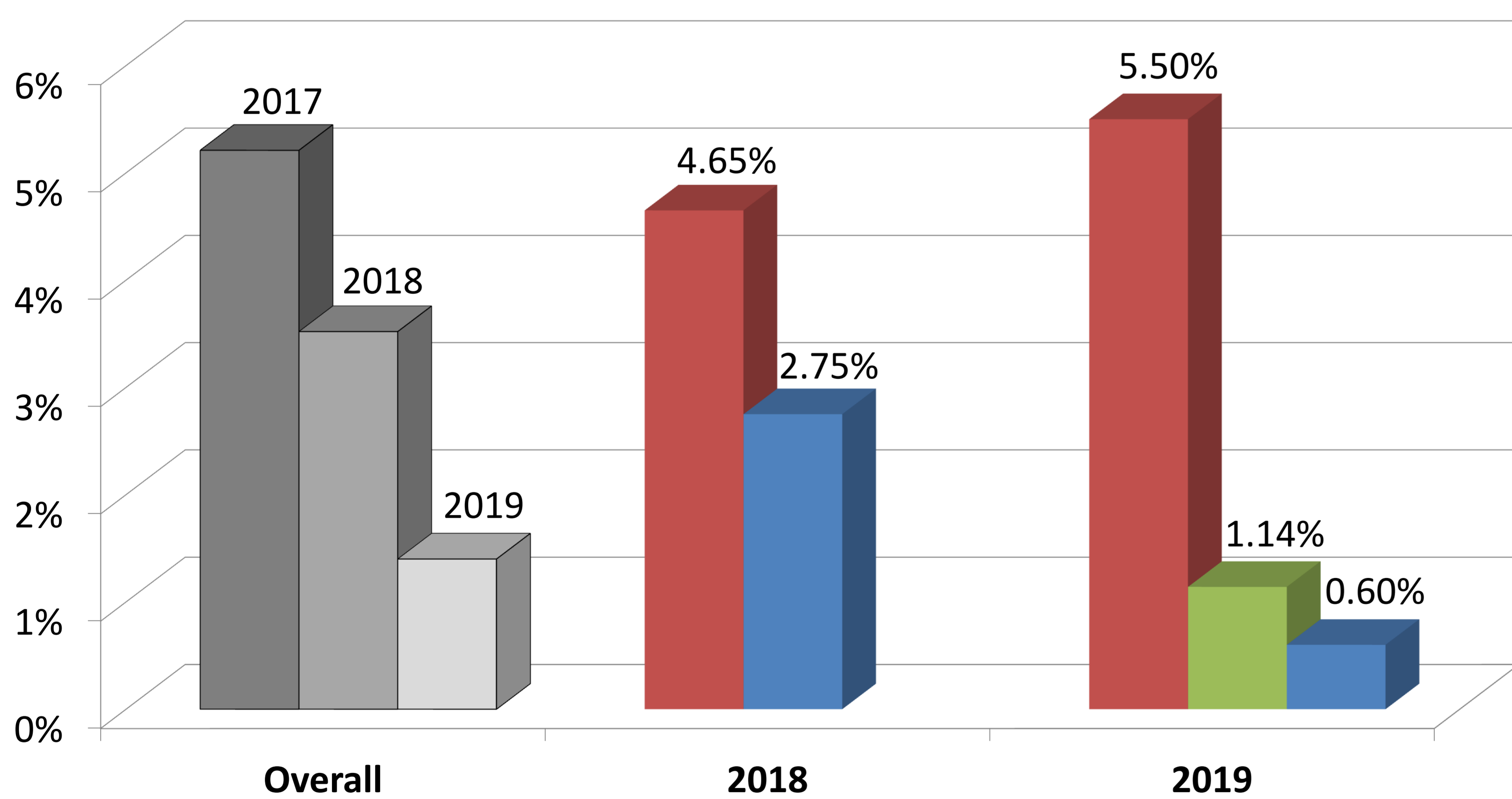


Fig 1. Rate of Medical Unit admissions from Care Homes

Setting

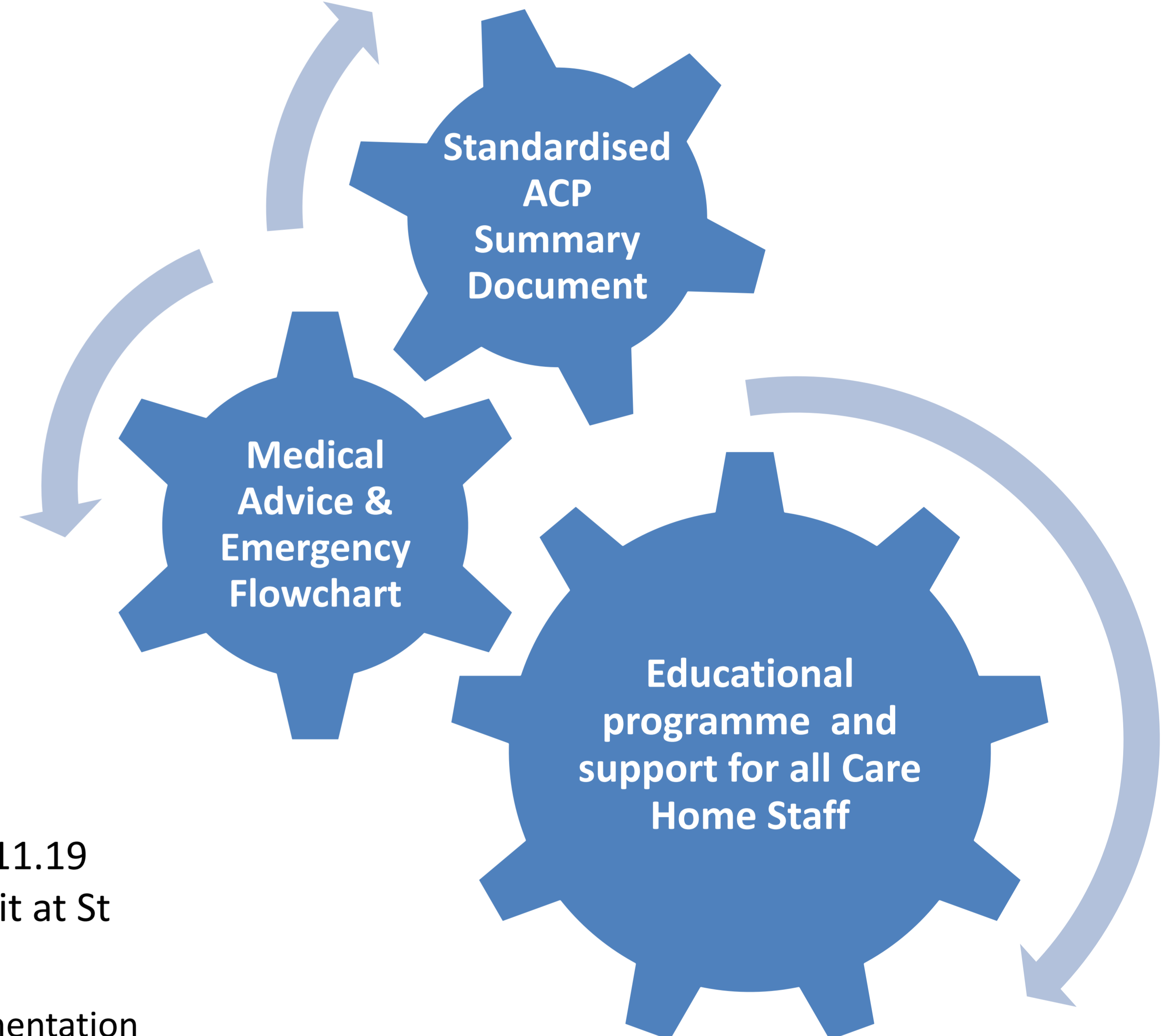
West Lothian has 16 care homes with 853 residents.

From October to December 2017, 5.21% of care home residents were admitted to hospital each month.

In 2017 West Lothian Health and Social Care Partnership appointed a GP lead for Care Homes. Through standardising ACP for care home residents, the goal was to improve the pathway for managing medical emergencies and reduce unnecessary unscheduled care calls and admissions.

In 2019 this role was taken over by a team of 2WTE Advanced Nurse Practitioners and 1WTE Staff Nurse.

Interventions



Medical admission rates from care homes decreased by 60% from 6 patients per week to 2.2 patients per week.

Residents in care homes without ACP implementation were 9 times more likely to be admitted compared to care homes with full ACP implementation.

Conclusion

Standardised ACP significantly reduces the number of medical admissions from care homes.

Continuous education and training is crucial in maintaining its implementation, and ensuring its routine use.

References

Anticipatory Care Planning – Guidance for Health and Care Professionals, Health Improvement Scotland 2017.