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Department of Clinical Medicine

Main Supervisor: Else Marie Damsgaard, MD, PhD, Professor Department of Geriatric Medicine, Aarhus University Hospital, Denmark

Title of Dissertation: Early multidisciplinary follow-up visits for geriatric patients after discharge from hospital.

Date for defense: Thursday the 15<sup>th</sup> of November at 14.00

Place: Auditorium B, Entrance G6, G206

Press release (Danish):

Geriatriske patienter er de mest komplekse af ældre patienter. Hospitalsindlæggelser af geriatriske patienter er kendetegnet ved høj risiko for genindlæggelse og død. Formålet med dette ph.d.-studium var at teste effekten af tidligt, opfølgende hjemmebesøg efter udskrivelse, udført af en læge og sygeplejerske fra geriatrisk afdeling. Vi ønskede at undersøge, om en sådan opfølgning reducerer antallet af genindlæggelser og den primære indlæggelsestid uden at øge dødeligheden.

Studiet var et organisatorisk kvalitetsudviklingsprojekt og en del af et 'Triple Aim projekt'. Studiepopulationen var geriatriske patienter, 75 år eller ældre, indlagt på akutafdelingen med en af ni medicinske diagnoser. Allokeringen til kontrol- og interventionsgruppen foregik dagligt, så alle patienter, der blev inkluderet en bestemt dag, tilhørte samme gruppe.

*Interventionsgruppens patienter* fik et hjemmebesøg den første hverdag efter udskrivelsen. Denne gruppe blev henvist til et opfølgingsprogram udført af en hjemmesygeplejerske og egen læge. Alle patienter fik en geriatrisk vurdering før udskrivelsen og blev fulgt hjem.

Studiet viser, at både antallet af genindlæggelser og indlæggelsestiden blev signifikant reduceret, uden at det førte til en øget dødelighed. Disse resultater gjaldt både for patienter indlagt fra eget hjem og fra plejehjem. Det var primært genindlæggelserne inden for de første døgn efter udskrivelsen, der blev reduceret. Der var færre undgåelige genindlæggelser i interventionsgruppen.

Forsvaret er offentligt og finder sted den 15/11 kl.14.00 i auditorium B, Aarhus Universitetshospital, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N.

Bedømmelsesudvalg:

Hans Kirkegaard, MD, PhD, Professor, Department of Clinical Medicine Aarhus University Hospital Denmark (formand for bedømmelsesudvalget)

Sasha Shepperd, BA, MSc, DPhil, Professor, Nuffield Department of Population Health,

University of Oxford, England

Stig Andersen, MD, PhD, Professor, Department of Geriatrics, Aalborg University Hospital.

Press release (English)

Geriatric patients represent the most complex population of older patients. Hospitalised geriatric patients often have a high risk of readmissions and increased mortality. The aim of the thesis was to examine the effect of an early follow-up home visit by a nurse and physician from the Geriatric department after hospital discharge. We wanted to see whether this follow-up could reduce the readmission rate and length of hospital stay (LOS) without increasing mortality.

The study is a quality improvement project in a 'Triple Aim' framework. The study population was geriatric patients aged 75 years or above and admitted to the emergency department with one of nine medical diagnoses.

All patients included on the same day were allocated to the same group, intervention or control. *The intervention group* received a follow-up home-visit the first weekday after discharge. *The control group* was offered a follow-up program performed by a general practitioner and a municipality nurse. All patients had a comprehensive geriatric assessment before discharge.

The study showed that the number of readmissions and the length of hospital stay were significantly reduced. Mortality was not affected. The reduction in readmissions was primarily found within the first days after discharge. Fewer readmissions were categorised as avoidable in the intervention group compared to the control group.

The effect on readmissions was similar in a subgroup of nursing home residents.

The defense is public and takes place on 15<sup>th</sup> November 2018 at 2.00 p.m. in Auditorium B, Aarhus University Hospital, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N.

Assessment committee:

Hans Kirkegaard, MD, PhD, Professor, Department of Clinical Medicine, Aarhus University HospitalDenmark (chairman of the committee)

Sasha Shepperd, BA, MSc, DPhil, Professor, Nuffield Department of Population Health, University of Oxford, England

Stig Andersen, MD, PhD, Professor, Department of Geriatrics, Aalborg University Hospital Denmark.