Rapid Access to Care and Evaluation (RACE)

Geriatric Medicine Department
Westmead Hospital
27th October, 2017
WLSHD 2015-2016 Review

- 55% ↑ of people aged over 70 years
- 50 % ↑ of people aged 85 years and over
- 57.3% have 1 of 4 health risk factors
Aged Care Reform & Rising Population

- NSW Health encourages LHD’s to respond to the request made by the Ministry.
  - develop new models of integrated care

- Objective of NSW Health:
  - Patient care
  - Facilitate access to out of hospital community based services
New hospital, new models of care
New Shiny Westmead Hospital
RACE
What was Unique about the Program

- Next day service
- Care package assessment done at home rather than in hospital through negotiation with service provider
- Negotiation with equipment suppliers to provide equipment in a safe and quick way
- Holistic approach catered to needs of patient for safe discharge planning
INCLUSION AND EXCLUSION CRITERIA

**Inclusion**
- Patient above 70yr
- Community dweller
- Must have at least one goal
- Consent

**Exclusion**
- Residential Care Patients
- Medically unstable patients
Benefits

- Facilitate safe & early patient discharge.
- Provide treatment to patient in their own environment
  - treatment goals are determined & achievable
- Minimise patient re-admission
- ↓ hospital LOS
- Improve bed access for acute patients
- Improve patient empowerment & self-confidence
- Upskill staff members
Goals Addressed

- Falls prevention
- Gait balance training
- Medication compliance and monitoring medication side effects
- Wound management
- Anxiety management
- Optimisation of medical conditions
- Equipment for patient
- Pain management
Case Study

Mr R

- Fall
- Injury
- Frailty
- Deconditioning
How can we deliver better patient care for Mr R?

Be an innovator, not an imitator
(Audrey Carballo)
RACE RESULTS
RACE PROGRAM RESULTS

- 114 patients were recruited during the pilot phase.
Primary Admission Diagnosis

Falls and Mobility (57%)

Anxiety (3%)

Wound Management (4%)

Pain (13%)

Optimisation of Medical Conditions (19%)

Medication Issues (16%)
RESULTS

X Average LOS prior to admission to RACE

Commencing

Average LOS prior to admission to RACE


UCL 2.38046
CL 1.44533
LCL 0.51019

NSW Government Health Western Sydney Local Health District
RESULTS: Average Length of Stay

![Graph showing ALOS Geriatrics with UCL at 5.30 and LCL at 3.73. The graph displays the ALOS for Geriatrics from June 2015 to December 2016. The ALOS generally fluctuates between 4.5 and 5.5 with some spikes above and below the control limits.](image-url)
RESULTS: Percentage of patient separation with LOS 1-2 days

Percentage of patients with LOS 1 or 2 days - Geriatric Medicine

[Graph showing trends in percentage of patients with LOS 1 or 2 days over months, with UCL, CL, and LCL indicating control limits.]
RESULTS: Readmission Rate
RESULTS: 81 (71%) patients were referred for further management
## RESULTS: Survey

<table>
<thead>
<tr>
<th>Survey Item</th>
<th>NUMBER</th>
<th>PERCENTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Satisfaction as Clinical Needs Addressed</td>
<td>27</td>
<td>90%</td>
</tr>
<tr>
<td>Would Recommend Service</td>
<td>29</td>
<td>97%</td>
</tr>
<tr>
<td>Rated Service As High Quality</td>
<td>27</td>
<td>90%</td>
</tr>
</tbody>
</table>
RESULTS – Major Costs Savings

- 114 patients were recruited.

- Current cost of bed occupancy in Geriatric Medicine at Westmead Hospital is $1171.53

- Conservative estimate for LOS of this patient cohort is 3 days.

- 114 patients’ total estimated cost of 3 day admission is $400,663.26

- RACE program halves the cost to $200,321.63
Growth and Plans

✔ Formal Clinical trial for RACE program in place.

✔ Expansion of Service Delivery:

Dementia / Palliative Care
Chronic conditions (CCF & COPD)
Pneumonia
Cellulitis
DVT

✔ Partner with General Practitioners and other service providers for available home support packages.
The RACE Project Team
REFERENCES


- Westmead redevelopment: www.westmeadproject.health.nsw.gov.au