

## **Project transition care canton Berne**

(Extract from the final report as of 24.01.2006, with added figures)

### Question:

The number of mostly elderly patients in acute care hospitals, who cannot be discharged home due to the ever-shorter length of stay, or who are unable to return to their normal state of health in everyday life, is on the rise.

There is therefore a growing need for a stationary offer near the home, which ensures the necessary medical, mainly nursing, but possibly also rehabilitative and social care before returning home. This offer is referred to as a "transitional care" and includes a special care of about 10 days as part of the acute hospital stay.

From March 2003 to December 2004, the Health and Welfare Directorate of the Canton of Bern (GEF) carried out a regional pilot project "Transitional Care" (TP). The aim was to investigate the quality of treatment at TP in relation to the health status of predominantly older patients and the services provided and their costs.

### Methods:

The pilot study was carried out as an intervention study in three regional hospitals (2 trial, 1 control) 2003-2005. In total, n = 1054 patients were examined, the average age was 77.7 years, the proportion of women was 70%. The health aspects were mapped with various instruments (Barthel Index, WHO Disability Scores). Surveys were made before entering the hospital, immediately after leaving the hospital and 3 months after leaving the hospital. The cost factors of transitional care are made up of hotel costs, medical and paramedical services during nursing and re-hospitalization. In addition, treatment costs incurred directly before TP.

### Results:

The evaluation of the study clearly shows positive results: The patients are in a better state of health after a transitional care without any cost increase compared to conventional care.

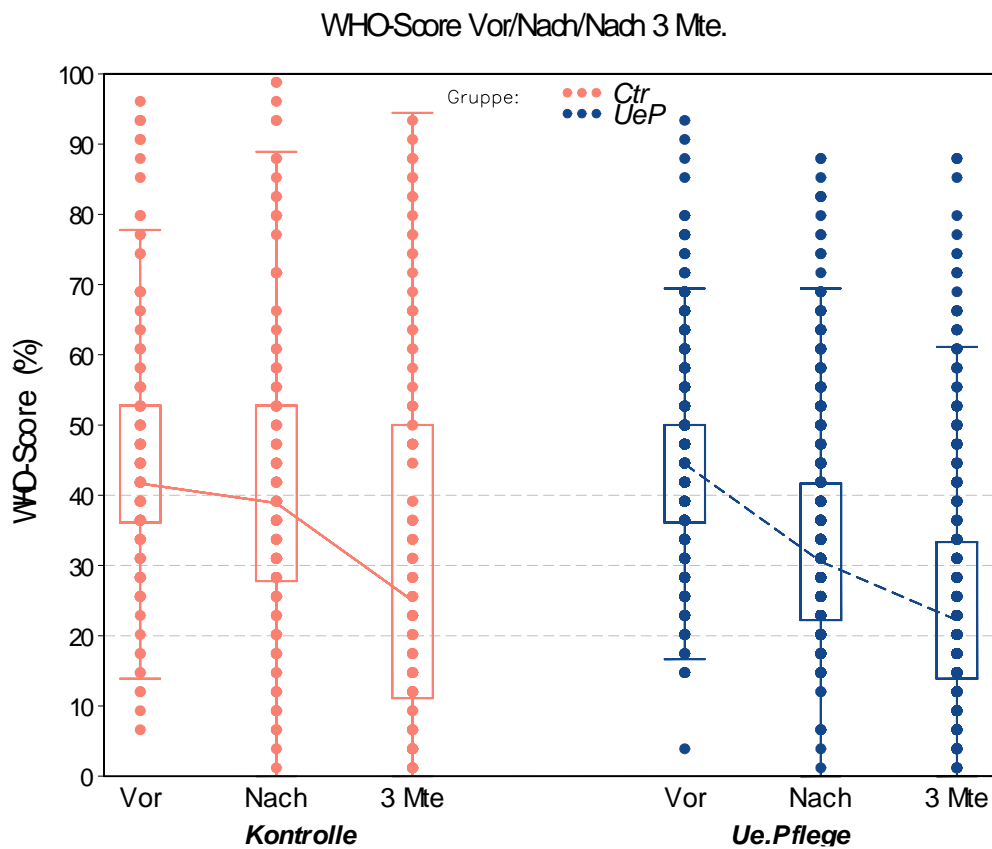
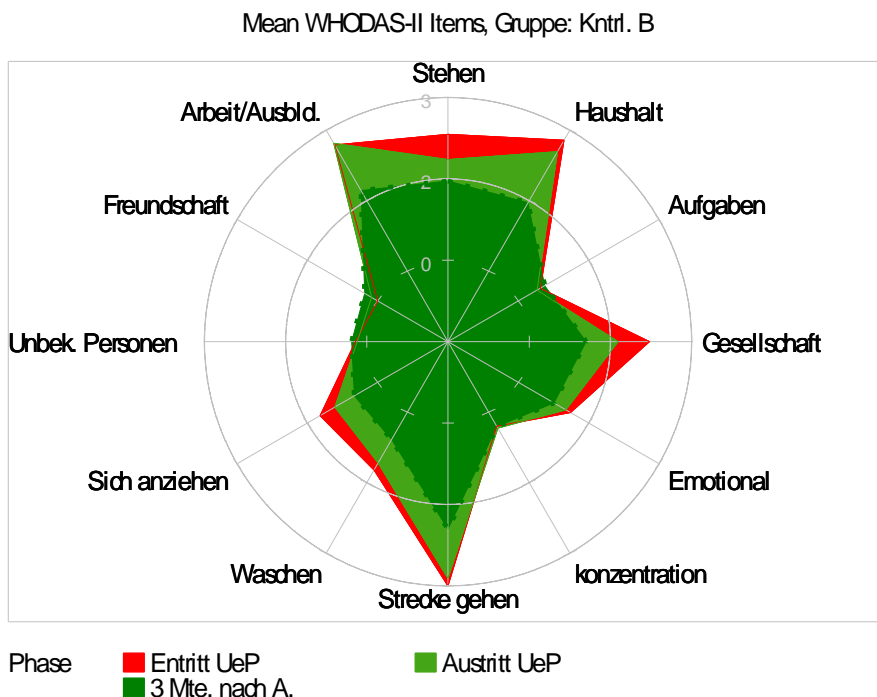
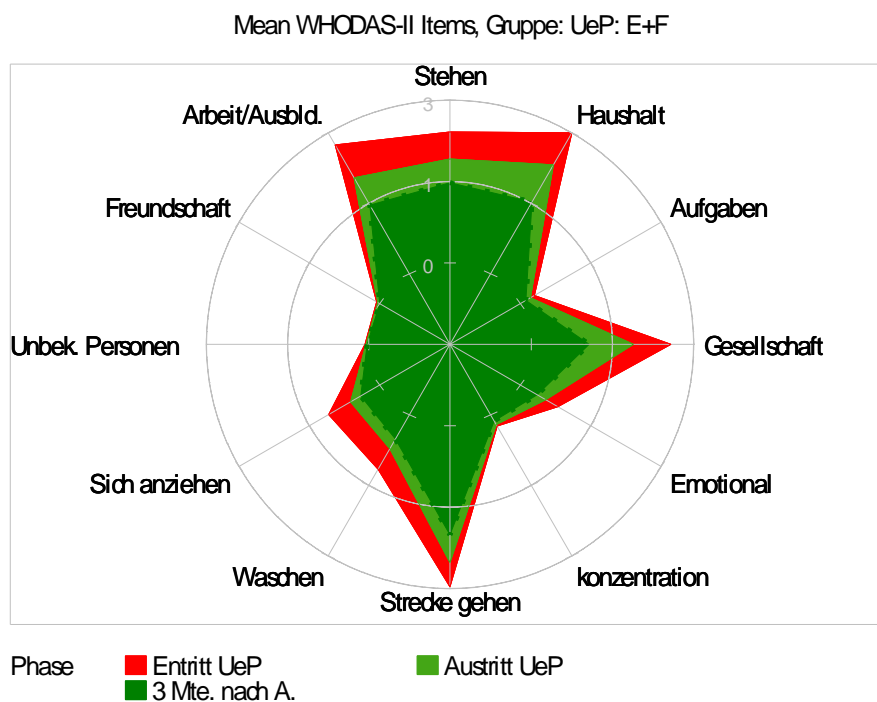


Figure 1: WHO-Disability-Score by treatment group before, immediately after and at 3 months after discharge TP

As can be seen in Figure 1, there are significant differences between TP hospitals and the control hospital even 3 months after leaving the hospital. People from transitional care are significantly less restricted in their day-to-day activities than those at the control hospital.





**Figure 2: WHO-DAS Items by study groups (above: controls, below: TP-hospitals)**

The differentiated breakdown in Figure 2 shows that improvements were made by the transitional care mainly in the areas of washing, work and household be achieved. An important indication of the quality benefits of transitional care is the whereabouts after leaving the hospital: with 78.5% of the patients, almost twice as many return back home as in the control group.

The lower proportion of physician consultations meets the expectations of transitional care. Noteworthy is the higher intensity of performance in the control group and the fact that the sum of all benefits is not significantly different. Differences in care costs are less quantitative than qualitative: in the interim care of the intervention group, paramedical services, especially physiotherapy, outweigh any good preparation for returning home. There were no substantial differences in the total costs.

### Conclusions:

In summary, this results in a positive cost / income ratio for the TP: consistently better mood and higher home return rate with only slightly higher costs. The benefits of transitional care are obviously not dependent on larger quantities but on a different quality, a different nursing pattern: care for self-employment with rather less interventions but distributed over a longer period of time. The -majority of elderly patients with multimorbidity benefit greatly from a health care transitional care. Demand is estimated at around 10 percent of over 75-year-old patients.

The publication of this project in its present form has been authorized (Dr. med. Thomas Spuhler, then head of department at the Spitalamt, Health and Welfare Directorate of the Canton of Bern).