Reducing the pressure on hospitals

12 Months on

The unprecedented demand on health and social care is still increasing with acute hospitals and community services struggling to maintain standards of care. A year ago the report *Reducing the pressure on hospitals* (RCOT, 2016) showed how unplanned admissions could be avoided. This is a follow up to see what is happening in our featured services one year on...

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Preventing hospital admission

Occupational therapists working in partnership with paramedics to improve response to falls

EAST LANCASHIRE HOSPITALS NHS TRUST

The Falls Response Service now runs a 7 day week service.

IMPACT: From April 2016–March 2017

76% of patients prevented from coming into hospital

Previously 70% of these people would have been conveyed to hospital

Savings by reducing 552 attendances to the emergency department were

ED tariff £126 per person x 552 = £69.5K

Paramedic conveyance cost per person £231.17 x 552 = £128K

TOTAL SAVING = £197.50K

NORFOLK COMMUNITY HEALTH AND CARE NHS TRUST

Improving Lives, Saving Money campaign has led to the development of other services such as the Early Intervention Vehicle (EIV)

IMPACT

75% OF PATIENTS PREVENTED FROM COMING INTO HOSPITAL

This equates to a Return On Investment of 9.6 to 1
Preventing hospital admission

**Occupational therapists embedded within multi-disciplinary rapid response, acute and emergency care teams offering 7 day a week services**

**ROYAL FREE LONDON NHS FOUNDATION TRUST**

The Rapid Response Service continues to run **7 days a week**, now with **extended evening hours**.

**IMPACT**

- **68%** average admission avoidance rate on weekdays.
- **69%** on weekend days.
- **58%** admission avoidance rate after 5pm. The new extended hours have saved **£220,000** over first 6 months.

**ABERTAWE BRO MORGANNWG UNIVERSITY HEALTH BOARD, MORRISTON EMERGENCY DEPARTMENT**

Occupational therapists now lead an initiative to screen patients who have attended the Emergency Department following a fall by completing the Trigger and Assessment bundles.

**IMPACT**

Early intervention for people at risk. People screened receive a Falls Prevention Pack and patients scoring higher than a 4 are referred onto Crisis Response Team for further falls screening within their home.

**LIVEWELL SOUTHWEST**

Community Crisis Response Team has successfully increased the number of occupational therapists in the team. New developments include extending in-reach to care homes for urgent support and working in partnership with Plymouth Hospitals NHS Trust to prevent admissions via a new acute assessment hub.

**IMPACT**

The team respond within **2 hours** offering alternatives to hospital admission **7 days a week**.
**Preventing hospital admission**

**BETSI CADWALADR UNIVERSITY HEALTH BOARD, WREXHAM MAELOR HOSPITAL**

Occupational therapy in the Emergency Department has been extended to **8-6pm across 7 days.**

**IMPACT**

On average **72%** of those referred were discharged – either home, step-up bed or community hospital bed preventing an acute hospital admission.

**CARDIFF AND VALE UNIVERSITY HEALTH BOARD**

The Intermediate Care Fund awarded 77k to occupational therapy for a new temporary front door service, working extended hours and across seven days.

**IMPACT**

**December 2015 - March 2016**

**33%** of vulnerable older patients assessed in Emergency and Assessment Unit were discharged home on the same day with occupational therapy working at the front door.

**December 2016 – March 2017**

**68.3%** of vulnerable older patients assessed in Emergency and Assessment Units were discharged home on the same day.

**SOUTHERN HEALTH AND SOCIAL CARE TRUST**

The Acute Care at Home Service accepted **1,100 referrals** between 01.10.16 and 30.09.2017

**IMPACT**

**80%** of patients did not require further support upon discharge from the service.
## Ensuring timely and successful discharge

*Therapy-led discharge planning for people with complex health care needs*

### THE ROYAL MARSDEN HOSPITAL (NHS FOUNDATION TRUST)

The Frailty Project (Darzi Fellow Funded)- As part of a multi-disciplinary approach, occupational therapists carry out pre-operative assessments of patients who were scheduled to undergo surgery for their cancer treatment.

**IMPACT**

The occupational therapists were able to correctly predict level and type of need for support 91% of the time. This allows for referral and support to be put in place prior to the operation leading to a more timely and successful discharge.

### THE MACMILLAN OCCUPATIONAL THERAPY TEAM AT HEART OF ENGLAND FOUNDATION TRUST

Together with the Lead Palliative Care Nurse the team have devised a Trust “same day discharge home to die pathway”.

**IMPACT**

Up to 90% of all palliative care referrals to the occupational therapy service achieved preferred place of care at the end of their lives.

### CWM TAF UNIVERSITY HEALTH BOARD

The mental health liaison occupational therapists assessments enable the multi-disciplinary team to identify needs and to provide recommendations for discharge, thus reducing the length of inpatient stay.

Occupational Therapists now provide education and training to the wider multidisciplinary team, including doctors and medical students.

**IMPACT**

Patients are offered the most appropriate service to meet their needs and hospital length of stay has been reduced on average by 3 days.

Occupational therapy in Cwm Taf UHB Mental Health Liaison is seen as an exemplar of best practice and is being implemented across Wales.
Ensuring timely and successful discharge

Development of therapy-led services

**NHS GRAMPIAN**
Consultant occupational therapist continues to provide clinical leadership on both stroke rehabilitation units.

**IMPACT**
Consultant occupational therapist is now the lead for the Stroke Managed Clinical Network in Grampian.

**NHS AYRSHIRE AND ARRAN**

A pilot ran on the Elderly Rehabilitation Ward to explore whether an AHP led pathway with an occupational therapist could reduce length of stay, improve patient function and increase involvement of patients and families in decisions about their care.

**IMPACT**
The pilot has led to a permanent appointment of an AHP Consultant.

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**Occupational Therapy**
Improving Lives
Saving Money

#ValueofOT

Making the case for occupational therapy in three key pressure points in health and social care:

1. Keeping people out of hospital
2. Reducing pressure on primary care
3. Addressing over reliance on social care

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