



ROBERT H. LURIE
COMPREHENSIVE CANCER CENTER
OF NORTHWESTERN UNIVERSITY

TRANSITIONS OF CARE: Emerging Programs from Northwestern Medicine

Meeting The Challenge

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WHEN I'M 64.....

- <https://youtu.be/HCTunqv1Xt4>

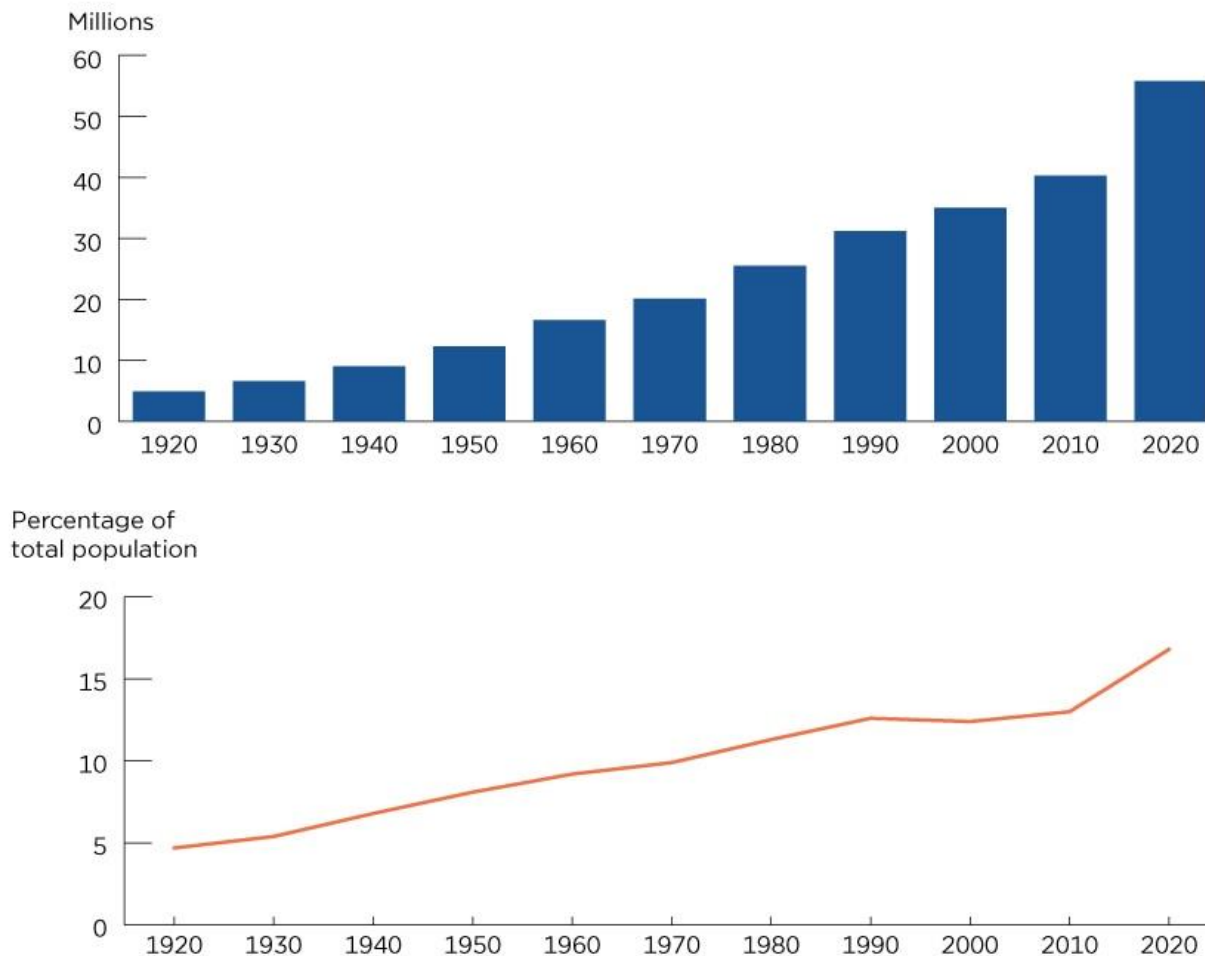


STATE OF OUR AGING NATION

- Approximately 8,000 Americans turn 60 each day.
- Older adults are the fastest growing segment of the US population
- 1 in 4 Americans will be 65 years or older by 2060.
- The U.S. population age 65 and over grew nearly five times faster than the total population over the 100 years from 1920 to 2020, according to the 2020 Census.
- The older population reached 55.8 million or 16.8% of the population of the United States in 2020.

Figure 1.

Population 65 Years and Over by Size and Percentage of Total Population: 1920 to 2020



Note: For information on data collection, confidentiality protection, nonsampling error, and definitions, refer to <https://www2.census.gov/programs-surveys/decennial/2020/technical-documentation/complete-tech-docs/demographic-and-housing-characteristics-file-and-demographic-profile/2020census-demographic-and-housing-characteristics-file-and-demographic-profile-techdoc.pdf>.

Source: U.S. Census Bureau, Decennial Census of Population, 1900 to 2000; 2010 Census Summary File 1, and 2020 Census Demographic and Housing Characteristics File (DHC).

Are nursing home residents expendable?

BY JUNE MCKOY, ANNA LIGGETT AND
FERNANDA HEITOR, OPINION CONTRIBUTORS
- 04/23/20 3:30 PM ET



Background - During the months of COVID, we had no admissions to the nursing home and a lot of people went home...

“Post-COVID” – dramatic increase in numbers of patients being discharged to SNFs in the nursing homes.

Did they need to be there? Could they have gone home?

“If you want to go fast, go alone. If you want to go far, go together.”

PATIENT SAFETY MATTERS

KEEPING SENIORS OUT OF LONG-TERM CARE

Pre- and Post-COVID Concerns

- Increase in SNF admissions post COVID (e.g. March 2020 - 9; March 2021 - 8, **March 2022 - 42**)
- Tried to ascertain who was being sent to SNF in 2022 compared to 2020 and 2021.
- Variables: Age/DOB or Year of Birth, language, elective admission, admit or discharge diagnoses, other diagnoses like Alzheimer's dementia or depression, physical therapy order and service team - **hospitalist vs teaching service (residents)**

KEEPING SENIORS OUT OF LONG-TERM CARE

Pre- and Post-COVID Concerns

- Using regression analysis, we found that in 2022 older adults admitted to our SNF were less sick and could have been discharged directly home from the hospital.

KEEPING SENIORS OUT OF LONG-TERM CARE

Pre- and Post-COVID

- Hospitalist service sent more patients to SNF

KEEPING SENIORS OUT OF LONG-TERM CARE

Pre- and Post-COVID

- Drivers of more hospitalization post COVID included the COVID WAIVER
- Paternalism (residents and hospitalists wanted patients to be safe); felt the SNFs were safer than home.
- Less Seniors resisted those SNF admissions.

KEEPING SENIORS OUT OF LONG-TERM CARE

Incomplete transitions

- Inadequate medication reconciliation
- Premature discharges
- Lack of exit strategy from SNFs
- Premature discontinuation of Home Health Services
- Lack of a coordinator of services.

KEEPING SENIORS OUT OF LONG-TERM CARE

WHAT WE ARE DOING...



- Safe Transitions [At Your Home](#) program or [STAY Home](#) program
-currently identifying older adult patients who qualify; they would stay home and be visited by a homecare geriatrics provider.

Decreasing hospital Length of Stay (LOS).

- Hospital at Home
 - Patients receive hospital-level care in familiar and comforting surroundings without the interruptions and noise of hospital life; it is a full substitute for acute hospital care.
 - -pilot has begun

KEEPING SENIORS OUT OF LONG-TERM CARE

Safe **T**ransitions **A**t **Y**our Home program or **STAY** Home program

- **The goal is to facilitate the patient through**
- 1.) optimization for SNF (e.g., reduce polypharmacy, establish baseline mentation, assist with warm handoff, etc.)
- or
- 2.) offering discharge to home with home care physician support (instead of waiting for SNF beds to open)

KEEPING SENIORS OUT OF LONG-TERM CARE

Hospital at Home (HaH)-Outcomes

- Compared to similar hospitalized patients, HaH patients experience better clinical outcomes: lower rates of mortality, delirium sedative medication use, restraints. Better satisfaction of patient and family, less caregiver stress, better functional outcomes.
- Cost savings of 19% to 30% compared to traditional inpatient care;
- **Lower average length of stay;**
- Fewer lab and diagnostic tests compared with similar patients in acute hospital care;
- Advances the Triple Aim of clinical quality, affordability and exceptional patient experience

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