

00041 Audit on Patient Outcomes of Geriatric Day Hospital (GDH) Programme From January to June, 2017

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Aims: The challenge of a rapidly ageing society is the provision of care to meet the complex medical, nursing and rehabilitative needs of an increasing number of frail older adults. Changi General Hospital has the only Geriatric Day Hospital (GDH) in Singapore, offering a programme with a proactive, coordinated, interdisciplinary approach with emphasis on medical stabilisation and functional improvement to maximise independence. Our aim is to review the role and effectiveness of GDH for frail elderly adults with functional impairment and complex medical conditions.

Methodology: Retrospective case notes review of 88 patients, who attended GDH from January to June 2017 (including hospital admissions 6 months prior and post programme).

Result:

1. Majority were > 80 years of age (80.68%), preponderance of females (60%). Majority (94.32%) had Clinical Frailty Score ≥ 5 , 98.86% had > 5 comorbidities (63.64 % dementia, 64.77 % fallers, 19.32 % stroke) with significant polypharmacy (> 5 medications) - 94.32 %.
2. Out of 88 patients, 62 (70.45%) completed the programme. Of 26 who defaulted, 16 self-discharged, 8 admitted and 2 passed away.
3. Functional improvement achieved in 77.42% with significant improvement in Timed Up and Go (TUG) scores and 75.8% improved in level of assistance for basic activities of daily living.
4. Medical interventions were carried out in 48.9% of patients (mainly for fluid overload and infections).
5. Average monthly admissions were reduced to 9 during programme compared to 18.8 before and 11.7 after programme.

Conclusion: Rapid access to skilled geriatric personnel in GDH allows for immediate interventions, thereby providing a mechanism for hospital avoidance. The unique, individualised patient approach, resulted in reablement for majority of patients regardless of disease burden and variable functional, cognitive abilities. The audit suggests that the comprehensive and integrated service provided by GDH may be leveraged on to manage frail elderly with high care requirements.