

00341 Geriatric Day Hospital: Expanding Spectrum of Care

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Aims: Our population is aging rapidly and the percentage of people aged >65 years, is expected to double by 2030.

The healthcare system is being reshaped to meet the needs of rising numbers of frail older adults but pressures on hospitals and emergency departments (ED) remain substantial. Changi General Hospital has the only GDH in Singapore, providing multidisciplinary care to older people living with frailty, in an outpatient setting.

Traditionally, the focus of GDH has been on rehabilitation but with a set up that allows for rapid assessments, investigations and interventions, can GDH be an effective alternative to hospitalisation and relieve escalating demands on the ED?

This audit is to determine if the function of GDH can be expanded to incorporate management of acute/subacute medical conditions effectively, so as to reduce admissions and ED attendance.

Methodology: Retrospective review of the case records of 88 patients, who attended GDH from January to June 2017. Admissions and ED episodes, 6 months prior and after programme, were also tracked.

Result:

1. 81% in the audit were > 80 years old, with 2/3 classified as moderate to severely frail according to the Clinical Frailty Score.
2. 98.86% had > 5 comorbidities (63.64 % dementia, 64.77 % fallers, 88.6% hypertension, 65.9 % dyslipidaemia, 50 % diabetes, 35.2% ischaemic heart disease, 19.32 % stroke). All were on chronic disease medications.
3. Medical interventions were carried out in almost 50% of patients and include treatment for infections, fluid overload, symptomatic postural hypotension, pain and injuries associated with falls.
4. Average monthly admissions were reduced to 9 during programme compared to 18 before and 11 after programme.

Conclusion:

1. The function of GDH may be expanded beyond rehabilitation to provide effective treatment and follow up of acute events and decompensated chronic conditions.
2. GDH has a substantial role as an alternative to ED and hospitalisation for the frail elderly.