Reducing Length-Of-Stay For Stable Antepartum Patients


Department of Medicine, Royal Alexandra Hospital; Department of Obstetrics & Gynecology, Lois Hole Hospital; Faculty of Medicine & Dentistry, University of Alberta

BACKGROUND

The Royal Alexandra Hospital (RAH) is the obstetrical tertiary referral centre for northern Alberta, northern British Columbia, and the Northwest Territories. Out-of-town antepartum patients are transferred to the RAH for care of threatened preterm labour, preterm premature rupture of membranes (PPROM) and cervical incompetence. Stabilized patients may be eligible for outpatient management, but out-of-town patients may have significant geographic, social, and financial challenges resulting in prolonged hospital admissions.

In 2016, 1186 patients were admitted to RAH with PPROM and cervical diagnoses. 133 admitted for >7 days (mean =21 days), accounting for 2823 bed-days in total. 48% were out-of-town residents.

Stabilized patients may be eligible for outpatient management, but out-of-town patients may have significant geographic, social, and financial challenges resulting in prolonged hospital admissions.

- Eligibility - Diagnosis that meets ANHC outpatient management criteria
- Lives >30 min away from RAH
- Able to do light activity (walking, carrying a light bag of groceries)
- Would be treated as outpatient if residing in Edmonton

Eligibility Criteria

- Adequate social support
- No significant social concerns that would favor inpatient management, as determined by RAH social work team
- Patient informed consent, after review of information package and tour of Boarder Room Facility

Participants can:
- Be supported by a multidisciplinary care team.
- Independently schedule and attend appointments.
- Grocery shop and prepare meals.
- Attend scheduled social events.
- Be immersed in the community.
- Followed until delivery at the RAH or discharge to home community

AIM

Reduce inpatient length-of-stay for stable antepartum patients by developing an outpatient housing accommodation program.

Optimize healthcare resources by reducing acute care bed utilization.

Improve patient experience by offering independence and privacy, and reducing unnecessary medical interventions.

MEASUREMENT PLAN

Process Measures
- # of patients eligible for the Boarder Room Program.
- # of participants who successfully complete the Boarder Room Program.

Outcome Measures
- 50% reduction in out-of-town admissions >1 week due to PPROM or cervical conditions.
- 25% increase in # of discharges.
- Participant experience stays the same or improves, compared to inpatients.
- Decrease in unnecessary medical interventions.

Balancing Measures
- No out-of-hospital births.

FUTURE DIRECTIONS & IMPACT

Data from PDSA #1 in 2019 demonstrated that a full review of the lessons learnt are required before further PDSA cycles can be completed.


5. Alberta Health Services Antenatal Home Care Criteria.


References

5. Alberta Health Services Antenatal Home Care Criteria.


5. Alberta Health Services Antenatal Home Care Criteria.