



Factors associated with discharge destination in general medical patients referred to physiotherapy

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AIM

To investigate the association between patient characteristics with discharge destination from acute general medical wards.

STUDY DESIGN, SETTING & SAMPLE SIZE

Prospective, single-site observational study of 480 patients at RMH (convenience sample).

PARTICIPANTS

All ward patients referred to physiotherapy and admitted under general medical units. Patients for palliation, those transferred from another unit and already recruited and readmitted were excluded.

OUTCOME MEASUREMENT

Completed within 72hr of physiotherapy assessment:	At hospital discharge:
<ul style="list-style-type: none"> Demographics and admission diagnosis Co-morbidity (Charlson Comorbidity Index, CCI) Pre-morbid function (Blaylock Risk Assessment Screening Score) Mobility (De Morton Mobility Index, DEMMI) Function (Alpha Functional Independence Measure, AlphaFIM) Cognition (Rowland Universal Dementia Assessment Scale, RUDAS) 	<ul style="list-style-type: none"> Discharge destination Length of stay Readmission rates

RESULTS n = 417, percentage (count) or median [Interquartile Range]

Female: 53% (n = 221) **Age:** 81 years [76-86] **CCI:** 2 [1-3]

Top 5 Admission Diagnosis: Other 25% (n=102), Circulatory 19% (n=78), Musculoskeletal 18% (n=75), Respiratory 16% (n=67), Nervous 14% (n=59).

Discharge destination: Home 59% (n=245); Not home 42% (subacute n=140, death n=21, other n=11).

Model development: Forward stepwise regression was used.

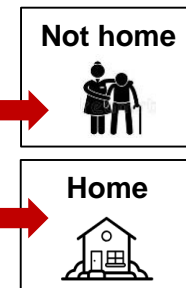
RESULTS (Continued)



DEMMI + toilet transfer: **More sensitive**, identified a higher proportion of patients who were not discharged home of all patients who did not go home.

AlphaFIM + Walking independence: **More specific**, identified a higher proportion of patients who went home of all those patients who went home.

	Sens (%)	Spec (%)	NPV (%)	PPV (%)	Area Under Curve(CI)
DEMMI + Toilet Transfer	82	66	86	59	84 (76 - 91)
AlphaFIM + Walking independence	67	83	81	70	82 (73 - 90)



Sens: Sensitivity, Spec: Specificity, NPV: Negative Predictive Value, PPV: Positive Predictive Value, CI: Confidence Interval

CONCLUSION

Two models that can differentiate between patients going home and "not home" have been identified. They have the potential to quickly determine discharge destination, but need validation prior to use in the clinical setting.