Does a Supported Discharge (SD) and Admission Avoidance (AA) Service Improve Outcome Measures for Patients with COPD?

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Background: The NHS 10 year plan seeks to support patients in communities with complex needs and to take more control of their health and wellbeing (NHS England 2019). This will address the continued burden of COPD admissions on the NHS which reportedly spends nearly £500 million annually on direct costs as a result of COPD (Nair 2012). West Hampshire Community Integrated Respiratory Service promotes self management by providing a Supported Discharge (SD) service for patients discharged from hospital following a COPD exacerbation and an Admission Avoidance (AA) service for patients with a COPD exacerbation who are at risk of hospital admission.

Aim: To identify demonstrable improvements in outcome measures for patients with COPD and to evaluate the efficacy of the service.

Method:

- Patients referred for SD or AA following exacerbation of COPD were educated and supported with self management and inhaler technique by respiratory specialist healthcare professionals for 28 days during January – December 2019.

- Patients were assessed and scored using validated assessment tools on day 1 and day 28.

- 115 patients with completed scores on day 1 and day 28 were included, patients with incomplete scores were excluded.

Results:

Conclusion: A Supported Discharge and Admission Avoidance service providing education and support from respiratory specialist healthcare professionals improves outcome measures for patients with COPD. Future evaluations will assess the efficacy of the service in reducing exacerbation, reducing admission rates and a cost effective analysis.