

## What is NHS Hospital at Home?



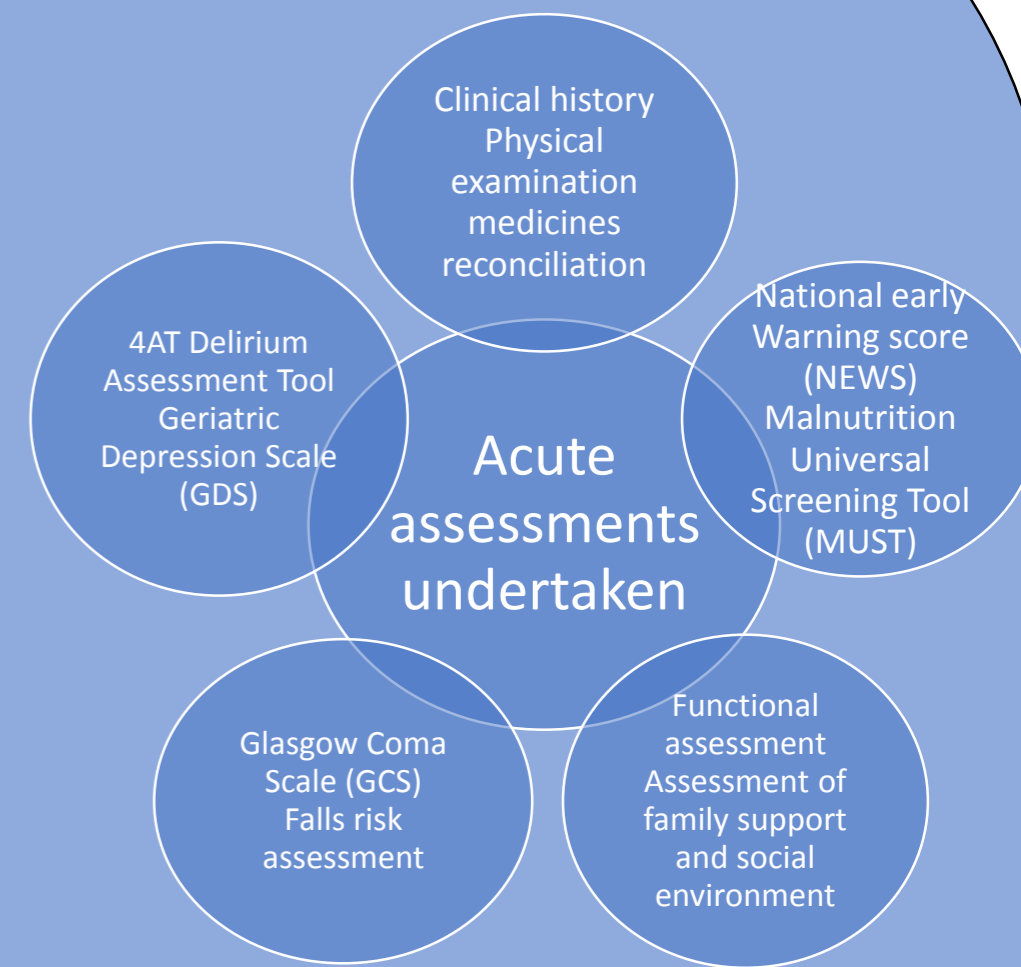
- First introduced in various countries around the world 25 years ago.
- First established in Scotland, in South Lanarkshire in December 2011.
- Provided in a patient's own home or homely setting (care home), providing an alternative to hospital admission or reducing the length of a patient's hospital admission where appropriate (Healthcare Improvement Scotland, 2020).
- Available 7 days a week, providing the elements of a traditional acute hospital admission (Hospital at Home, 2019-2020).

## The role of the nurse and the wider integrated team

- Requires referral from a GP or an acute setting including A and E department or various wards including a medical receiving ward. The patient is then admitted to one of 64 virtual beds which cover three geographical hubs across Lanarkshire.
- Once referral is received, Hospital at Home aim to assess the patient within one hour (Healthcare Improvement Scotland, 2020).
- Initial examination consists of a band 4 practitioner obtaining bloods, an ECG, observations and NEWS Score. A band 6 practitioner will then obtain a thorough history and examination, similar to a junior doctor.
- A Consultant Geriatrician will attend to discuss and implement a treatment plan (Lanarkshire Hospital at Home, 2020)
- Nurse daily makes contact with patient / caregiver to assess progress, needs and discuss effectiveness of treatment plan.
- Specialist referrals can also be made by the Hospital at Home Team including District Nurses, Social Work, falls team, Outpatients and dermatology.
- Upon discharge patient's GP is immediately updated of treatment provided, changes to medications and referrals made to other multidisciplinary specialities (Hospital at Home, 2019-2020)

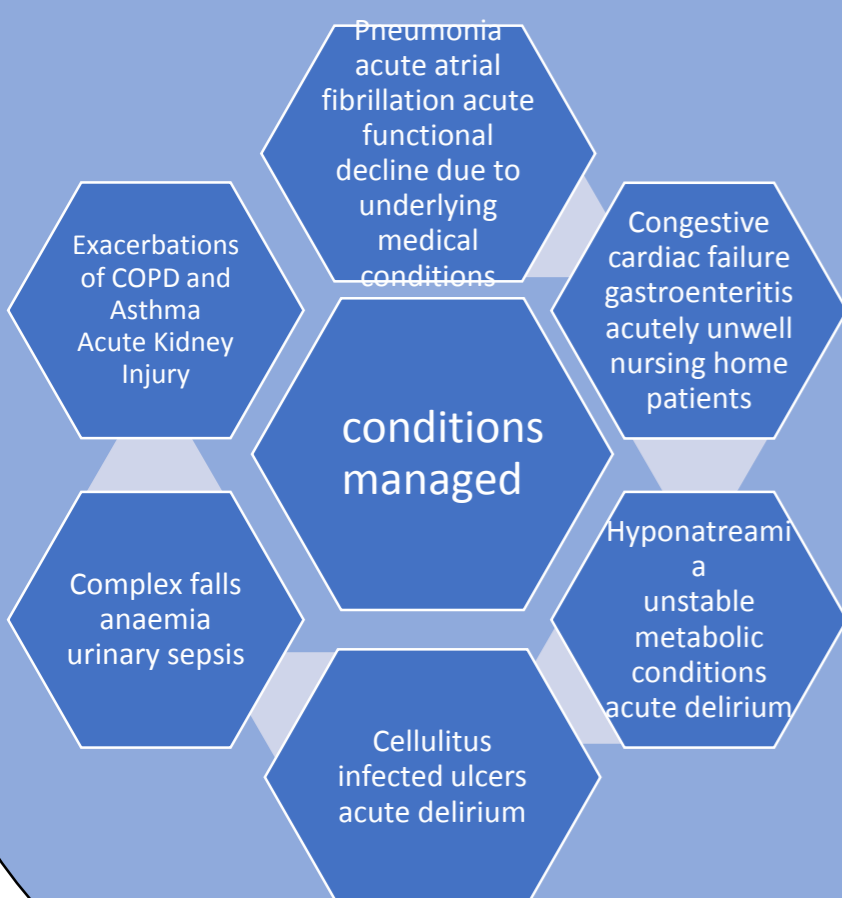
## Justification and supporting policies

- Lanarkshire service primarily treats patients of 65 years and above, as well as care home residents with no age restrictions. Majority of referrals are elderly with a cognitive impairment, multi morbidities or a functional impairment. (Healthcare Improvement Scotland, 2020).
- People are living longer, experiencing poorer health in older age including long term conditions and experiencing acute periods of ill health (Healthcare Improvement Scotland, 2020). Individuals want to be active participants in and not just passive recipients of care. This includes having the choice to be treated at home, where possible (Nursing 2030 Vision, 2017).
- Elderly people with frailty are at a higher risk of experiencing delirium and institutionalisation. Approximately 30 - 56% have experienced reduced functional ability between being admitted to hospital and being discharged. Hospital at Home has improved safety outcomes, mortality rates and readmissions to hospital. Length of stay is also shorter than that of hospital admission (Healthcare Improvement Scotland, 2020).
- Nursing 2030 Vision and Hospital at Home both aim to reduce overall future costs on an already unsustainable NHS as well as promoting person centred care, integration and the future role of the nurse (Nursing 2030 Vision, 2017) (Lanarkshire Hospital at home, 2020).
- Public Bodies (Joint Working) (Scotland) Act 2014 further reinforces Hospital at Home's drivers for delivery of seamless integrated care which is consistent, provided in an individual's own home or homely setting (Public Bodies (Joint Working) (Scotland) Act, 2014) (Hospital at Home, 2019-2020).



## Critical review of the positive impact on meeting the needs of the people

- Individuals are treated with a holistic approach, supported to live more independently at home focusing on early intervention and prevention (Healthcare Improvement Scotland, 2020) This strongly supports the future aims of the Framework for Community Health and Social Care Integrated Services, sharing a future focus on prevention, early engagement as well as listening to an individual's preferences on care delivery (Framework for Community Health and Social Care Integrated Services, 2019). Patients also have the choice to receive end of life care according to their own preference (Healthcare Improvement Scotland, 2020)
- An acute level of hospital care is made available in the individual's own home, which corresponds with care provided in hospital. This is a short term intervention, with the average length of admission with Hospital at Home being between 4-6 days (Lanarkshire Hospital at Home 2020). A Cochrane review consisting of five trials concluded 90% of participants stated they preferred Hospital at Home care as opposed to acute hospitalisation (Healthcare Improvement Scotland, 2020).
- Lanarkshire has received 15,001 referrals from 2001-April 2019. 79% of referrals are managed at home, with the remaining percentage being suitable for hospital admission. (Lanarkshire Hospital at Home, 2020). Furthermore, hospital readmissions and mortality rates are also comparable when compared to acute admissions (Healthcare Improvement Scotland, 2020).



## References

- Healthcare Improvement Scotland (2020) *Hospital at Home Guiding principles for service development*. Available at: <https://ihub.scot/media/6928/2020205-hospital-at-home-guiding-principles.pdf> (Accessed 13<sup>th</sup> November 2020)
- Healthcare Improvement Scotland (2020) *Hospital at Home Guiding principles for service development – supporting appendices*. Available at: <https://ihub.scot/media/6929/20200130-hospital-at-home-supporting-appendices.pdf> (Accessed 19<sup>th</sup> November 2020).
- Hospital at Home (2019-2020) *Why hospital at home?*. Available at: <https://www.hospitalathome.org.uk/> (Accessed 19<sup>th</sup> November 2020).
- Framework for Community Health and Social Care Integrated Services (2019) *Framework for Community Health and Social Care Integrated Services*. Available at: <https://hscscotland.scot/couch/uploads/file/resources/frameworkcommunityhealthsocialcare/a-framework-for-community-health-and-social-care-integrated-services-07-november-2019.pdf> (Accessed 19<sup>th</sup> November 2020).
- Scottish Government (2017) *Nursing 2030 Vision*. Available at: <https://www.gov.scot/binaries/content/documents/govscot/publications/strategy-plan/2017/07/nursing-2030-vision-9781788511001/documents/00522376-pdf/00522376-pdf/govscot%3Adocument/00522376.pdf?forceDownload=true> (Accessed 20<sup>th</sup> November 2020).
- Care Inspectorate (2020) *Integration of health and social care: Public Bodies (Joint Working) (Scotland) Act 2014*. Available at: <https://hub.careinspectorate.com/national-policy-and-legislation/policies/integration-of-health-and-social-care/> (Accessed 20<sup>th</sup> November 2020).
- Lanarkshire Hospital at Home (2020) *An overview of our service*. Available at: