Peterborough Community Rehabilitation Schemes

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Peterborough Hospital at Home

Established 1987

Provided home care for patients
Initially used by for hip fracture patients and after hysterectomy
Peterborough and Hospital at Home

Became established as leaders in the field in 1980’s

Criteria for discharge of hip fracture patients to Hospital at Home

- Medically stable
- Able to get in/out of bed
- Walk to toilet or commode
Provided at home

- Meet and greet person
- Night sitter for one night
- Three to five times a day patient aids
- Home physiotherapy
- Occupational assessment
- District nurse review
- General Practitioner review only if needed
- Access to re-admission to the orthopaedic ward
Care level adjusted to suit patient

- Over 2-3 weeks number of visits progressively reduced as the patient improves
- Social services arranged to take over as required
Difficult cases

- Trial at home for those in which unsure if will be able to manage
- Joint care package with social services
- Used for patients with dementia and delirium
Early results

- For the Peterborough scheme 60% of patients who were admitted from their own home were discharged to the scheme after a mean hospital stay of 8 days.

- For the subsequent Stamford scheme 80% of those admitted were discharged to the scheme with a mean stay of 8 days.
Unsuitable cases

- Fitter/younger patients
- Those with a full care package
- Those needing institutional care (10%)
- Those who do not survive the hospital admission (5%)
Early results of Hospital at Home

- Initial results were excellent
- Patients just disappeared from the ward
- Few readmission
- Preferred by patients
- Small overall financial saving
Long term results of Hospital at Home

- Service became over used
- Unable to talk so many patients
- Delays to discharge as waited for availability
- Now probable of negative effect as delays discharge
Conclusions

- Potentially the service can be fantastic
- Must be adequately staffed and monitored
- Has to be the ideal method of rehabilitation for this group of patients after surgery