

A systematic review on the effectiveness of nursing discharge planning interventions on health-related outcomes in elderly inpatients discharged home.

Health services utilization associated with growing elderly population is a serious challenge for health care systems around the world. In 2009, 36,1% of patients discharged from acute care in Switzerland were older than 65 years¹.

Growing economic pressure, care complexity, comorbidities related to ageing, decreasing hospital length of stay and thus available time for discharge planning are responsible for many adverse events after hospital discharge. Effective discharge preparation should ensure better preparation to go home for patients and therefore, decrease the risk of adverse events, rehospitalization and unplanned health service utilization. Discharge planning process was identified as the weak point of hospital stays². It is difficult to determine the contribution of these multiple interventions to elderly and caregivers health-related outcomes.

The aim of this systematic review is to determine the best available evidence of the effectiveness of nursing discharge planning interventions and to assess their relative impact on health related outcomes and quality of life for elderly patients returning home.

Research team

Cédric Mabire, main applicant, HESAV
Andrew Dwyer, other applicant, CHUV

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¹ Hall, DeFrances, Williams, Golosinskiy, & Schwartzman, 2010

² Coffey, 2006; Rydeman & Tornkvist, 2006