

Multicomponent hospital-led interventions to reduce hospital stay for older adults following elective surgery: a systematic review

Michael Nunns,^{1*} Liz Shaw,¹ Simon Briscoe,¹
Jo Thompson Coon,¹ Anthony Hemsley,²
John S McGrath,^{1,3} Christopher J Lovegrove,^{3,4}
David Thomas³ and Rob Anderson¹

¹Exeter Health Services and Delivery Research Evidence Synthesis Centre, Institute of Health Research, University of Exeter Medical School, University of Exeter, Exeter, UK

²Department of Healthcare for Older People, Royal Devon & Exeter NHS Foundation Trust, Exeter, UK

³Royal Devon & Exeter NHS Foundation Trust, Exeter, UK

⁴School of Health Professions, Faculty of Health & Human Sciences, University of Plymouth, Plymouth, UK

*Corresponding author m.p.nunns@exeter.ac.uk

Declared competing interests of authors: Rob Anderson is a member of the National Institute for Health Research Health Services and Delivery Research (Researcher-Led) Prioritisation Panel.

Published December 2019

DOI: 10.3310/hsdr07400

Plain English summary

Interventions to reduce hospital stay in older adults after surgery

Health Services and Delivery Research 2019; Vol. 7: No. 40

DOI: 10.3310/hsdr07400

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Plain English summary

The problem and why it is important

Patients aged ≥ 60 years are more likely to experience difficulties such as falls, confusion and infections when they are admitted to hospital. To reduce risk of these difficulties, people should not spend any longer in hospital than they need to. We do not know if there are ways to increase the speed of recovery that work well for older people.

What we aimed to achieve

We were interested in whether or not hospitals can reduce the unnecessary time that patients aged ≥ 60 years spend in hospital for planned treatment, and if this can save money.

How we did it

We looked at international and UK studies to gather evidence about strategies used to improve recovery for people aged ≥ 60 years going to hospital for any planned treatment. We were interested in strategies that combined several treatment elements to reduce time spent in hospital and improve patient recovery.

Patient and public involvement

A group of patients and members of the public were involved from the beginning of the project. They helped us plan our research and interpret what we found.

Main messages

We found a lot of research on this topic. It showed that the different strategies either reduced time spent in hospital and improved patient recovery or were no worse than normal care.

However, the voices of patients and the public were not widely reported. Patient satisfaction, mental health and quality of life were rarely considered, and recovery after hospital discharge was not often measured.

What should happen next?

We need to find out more about the patient's experience of the strategies that were looked at in this research and to listen to the patient voice. More research is needed on the effect that these strategies have on patient recovery and service use after discharge from hospital.

Health Services and Delivery Research

ISSN 2050-4349 (Print)

ISSN 2050-4357 (Online)

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Editorial contact: journals.library@nihr.ac.uk

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The research reported in this issue of the journal was funded by the HS&DR programme or one of its preceding programmes as project number 16/47/22. The contractual start date was in September 2018. The final report began editorial review in October 2018 and was accepted for publication in March 2019. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HS&DR editors and production house have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the final report document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HS&DR programme or the Department of Health and Social Care. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HS&DR programme or the Department of Health and Social Care.

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