

# Hospital at Home admission avoidance with comprehensive geriatric assessment to maintain living at home for people aged 65 years and over: a RCT

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†In memoriam

**Declared competing interests of authors:** Sasha Shepperd reports membership of the National Institute for Health Research (NIHR) Health and Social Care Delivery Research programme Commissioned Prioritisation Committee (2015–18) during the conduct of this randomised trial and grants from the NIHR and the Medical Research Council. Chris Butler reports receiving grant funding from the NIHR as a NIHR Senior Investigator and grants from the NIHR Health Protection Research Unit on Health Care Associated Infections and Antimicrobial Resistance and the NIHR in his role as Director of the NIHR MedTech and In Vitro Diagnostics Cooperative for innovative diagnostic and monitoring technology to enhance Community Healthcare. He also held grants from the NIHR Health Technology

Assessment programme (reference 12/33/12) as well as other publicly funded grant giving bodies. He was also a member of the Efficacy and Mechanisms Evaluation Board from 2011 to 2016. He also reports personal fees from Roche Molecular Systems, grants and personal fees from Roche Molecular Diagnostics (Pleasanton, CA, USA), personal fees from Pfizer Inc. (Pfizer Inc., New York, NY, USA), and grants and personal fees from Janssen Pharmaceutical (Beerse, Belgium) outside the submitted work. Graham Ellis reports grants from NIHR during the conduct of the study. In addition, he is employed part time as a clinical advisor on ageing and health to NHS Scotland's (Edinburgh, UK) Chief Medical Officer and has advised the Scottish Cabinet Secretary for Health and Sport regarding implementation of Hospital at Home in Scotland. Alastair Gray reports grants from NIHR during the conduct of the study. Peter Langhorne reports that he was on the Health Technology Assessment CET Committee and Health Technology Assessment End of Life Care Add on Studies Committee until 2019. David J Stott reports grants from NIHR during the conduct of the study. Ly-Mee Yu was a panel member of the NIHR Health Technology Assessment Efficient Study Designs Committee and NIHR Research for Patient Benefit (2013–18), during the conduct of this research.

Published January 2022

DOI: 10.3310/HTAF1569

## Plain English summary

**Admission avoidance hospital at home with CGA**

Health and Social Care Delivery Research 2022; Vol. 10: No. 2

DOI: 10.3310/HTAF1569

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# Plain English summary

## What is the aim of this study?

Admission avoidance hospital at home is a service that is provided in some parts of the UK, and elsewhere, as an alternative to admission to hospital, but we do not know how this service compares with being admitted to hospital. The hospital-at-home services we evaluated were led by a geriatrician, provided multidisciplinary health care in a patient's home and gave access to hospital-based services and usual primary care services. The aim of this randomised trial was to find out if providing health care in hospital at home (sometimes called health care in the home), instead of in the hospital, helped older people to recover from a decline in their health. We also aimed to find out how much this type of health care costs, compared with hospital care, and how people experienced health care in the home and in hospital. Older people from nine locations across the UK who had experienced a change in their health and for whom health care in hospital had been considered, took part in this research. We collected data on various aspects of their health, including possible confusion, their ability to move around and to look after themselves and where they were living 6 and 12 months after the study had started.

## Key messages

We found that hospital at home is another way to deliver health care to some older people who experience a decline in their health and are referred to hospital at home or hospital for a range of health problems. There was no difference in the numbers living at home at 6-month follow-up. We also found that hospital at home is less costly than health care in hospital for a certain group of older people, although it is not suitable for all older people who are unwell. Older people, whether they receive hospital at home or hospital-based health care, work hard to recover from being unwell. Their families and caregivers might provide substantial support to help them maintain their health, and this could include monitoring the patient while they are receiving health care in their home and helping to plan care following the patient's discharge from hospital at home or hospital.



# Health and Social Care Delivery Research

ISSN 2755-0060 (Print)

ISSN 2755-0079 (Online)

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Editorial contact: [journals.library@nihr.ac.uk](mailto:journals.library@nihr.ac.uk)

This journal was previously published as *Health Services and Delivery Research* (Volumes 1–9); ISSN 2050-4349 (print), ISSN 2050-4357 (online)

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The research reported in this issue of the journal was funded by the HSDR programme or one of its preceding programmes as project number 12/209/66. The contractual start date was in July 2014. The final report began editorial review in February 2020 and was accepted for publication in October 2020. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HSDR 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 HSDR 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 HSDR programme or the Department of Health and Social Care.

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