

Telehealth Topics: Options for Care Post-Hospitalization

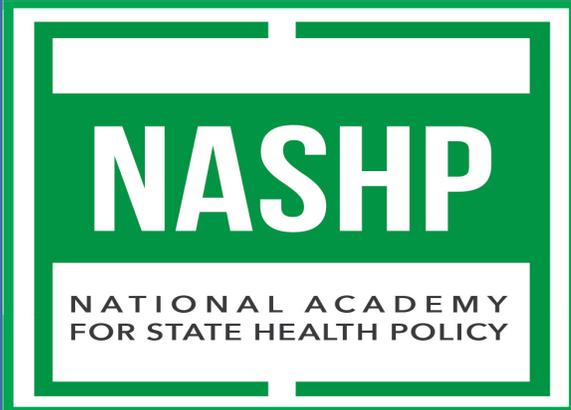


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Selecting today's studies



- We selected two PCORI-funded studies of post-hospitalization telehealth care:
 - Using Home Coaching to Support Older Adults with Chronic Illness after an Emergency Room Visit
 - Can Coping-Skills Training Help Patients Who Have Received Intensive Hospital Care to Cope with Depression and Anxiety?



Using Home Coaching to Support Older Adults with Chronic Illness after an Emergency Room Visit



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COMPLETED DECEMBER 2018
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Background



- Upon discharge, ER staff typically provide patients with instructions including:
 - How to receive follow-up care
 - Instructions for taking medicines, etc.
- Post-hospitalization care is important to prevent return visits to the ER
- This study evaluated coaching for Medicare patients from 2 Area Agencies on Aging
- Study included 1,322 patients receiving care from 2 ERs in Florida
 - 48% Black; 48% White; 4% Other
 - Average age: 72 years
 - Most had >1 long-term health issue

Methods



- Patients were randomly assigned to one of two programs
 - 30-day coaching program:
 - Coaches met with patients 1x in person 24-72 hours after leaving the ER and up to 3x by phone afterwards (within 30 days)
 - Coaches helped patients:
 - Schedule appointments
 - Identify & respond to signs of worsening health
 - Review instructions for taking medicines
 - Discuss goals with their doctors
 - Arrange for rides, meals, etc.
 - Usual care
 - Patients received information from ER staff upon discharge
 - Home care instructions
 - Importance of scheduling follow-up

Discussion



- Outcomes Studied:
 - Quality of life
 - Return visit numbers
 - Primary care provider visit numbers
- Results:
 - Interventions resulted in similar numbers for all tested outcomes
 - Coached patients less likely to be admitted on return to emergency department
- Limitations:
 - Only 60% of intervention group met with a coach
 - Better retention of the patients may have changed the outcomes
- Implications:
 - Consider how to help and retain patients after they return from the ER



Can Coping-Skills Training Help Patients Who Have Received Intensive Hospital Care to Cope with Depression and Anxiety?



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Background



- 1 Million patients receive mechanical respiratory support in ICUs annually.
 - These patients often experience symptoms of depression and/or anxiety after discharge
- This study evaluated two programs:
 - Coping skills program with weekly phone calls with patients and families to discuss how to cope with symptoms; plus online education materials
 - Educational program with online materials about cause & treatment of illness

Methods



- Study included 175 patients who had been ventilated in the ICU for at least 2 days; plus 86 family members, mostly spouses & parents
 - Average patient age: 52
- Patients and family members were assessed on their symptoms three times throughout the study:
 - before intervention
 - 3 months after intervention
 - 6 months after intervention

Methods



Random assignment to 2 intervention groups:

- Group 1:
 - Weekly 30-min call with patient and family for 6 weeks with a psychologist to advise about how to manage symptoms and develop coping skills
 - Additionally patients received Internet resources.
- Group 2:
 - On-line info only
 - 6 informational videos
 - materials about their illnesses

Discussion



- Outcomes Studied:
 - Symptoms of depression
 - Symptoms of anxiety
- Results:
 - Neither intervention resulted in improved symptoms overall
 - For patients with severe symptoms, the phone counseling was more effective than the online resources
- Limitations:
 - Many subjects died before study was complete
- Implications:
 - ICUs could consider coping skills teaching at ICU discharge

For more information contact...



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