

# VALUE-BASED HEALTHCARE CONFERENCE 2024

22-23 AUGUST 2024

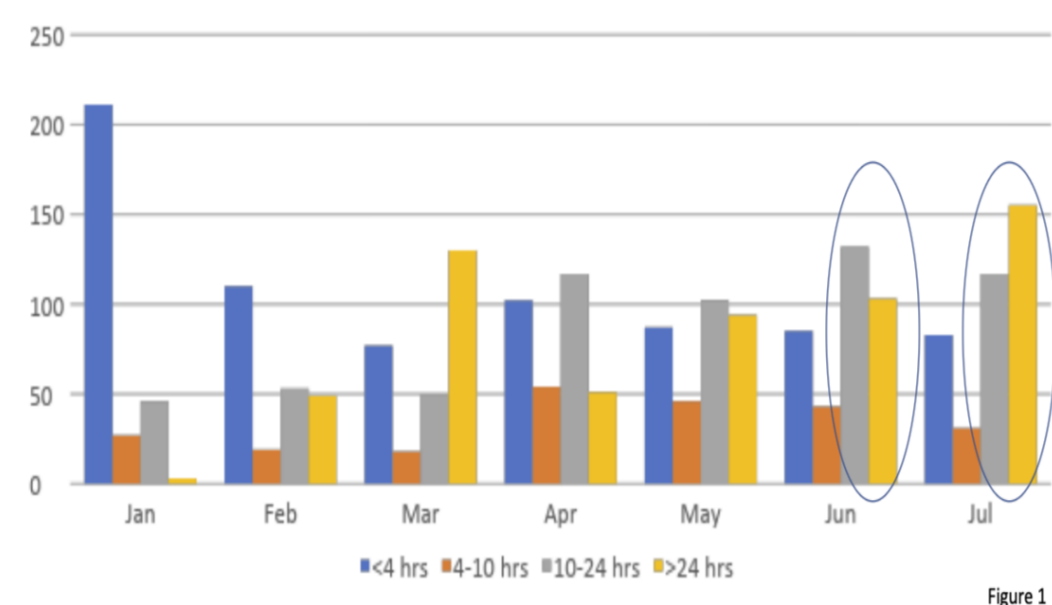
## EarLy InTervention for the Elderly (ELITE): Elevating Elderly Care – Every Minute Matters in Acute Hospital

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### Background / Problem

- Average length of stay in Singapore has been on the rise
- Contributed by longer length of stay in older adults
- Results in hospital bed crunch with extended ED wait times
- Longer stays also cause hospital acquired disability and increase costs

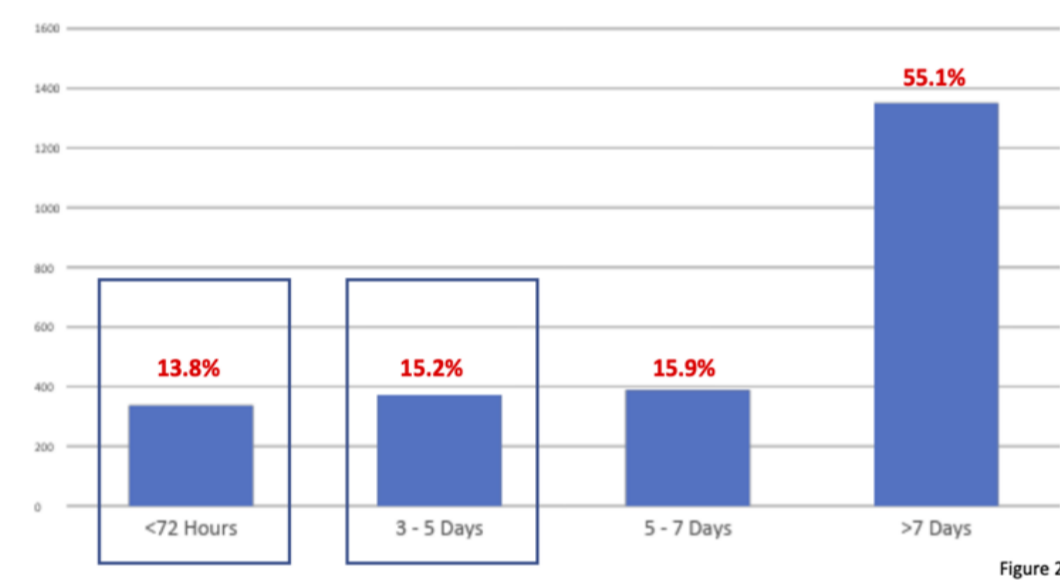
Waiting Time in Emergency Department for GRM Patients Before Admission (Jan – Jul 2022)



- Many older adults require prolonged admission because of complex medical conditions

- However, there are patients who do not require such prolonged stays
- Proportion of these patients discharged in less than 5 days remain limited.
- Measures to reduce time to discharge for these group of patients would be important in reducing overall length of stay

Length of Stay for Geriatric Patients (Jan – Jul 22)



### Aim

To assess the efficacy of a programme of proactive geriatric care interventions “ELITE” in reducing hospital length of stay (LOS) and healthcare costs, while maintaining high standards of quality and safety metrics for elderly patients.

### Methods

#### Inclusion

- Patients admitted to Geriatric Medicine
- Assessed to be dischargeable within 5 days according to the assessing Geriatrician

#### Exclusion

- No immediate life-threatening conditions

#### Intervention:

- **ELITE:** A proactive geriatric care strategy with
  - Geriatric Short Stay Unit
  - ELITE care workflow
  - Adoption of a Collaborative Care Continuum Model

### Results

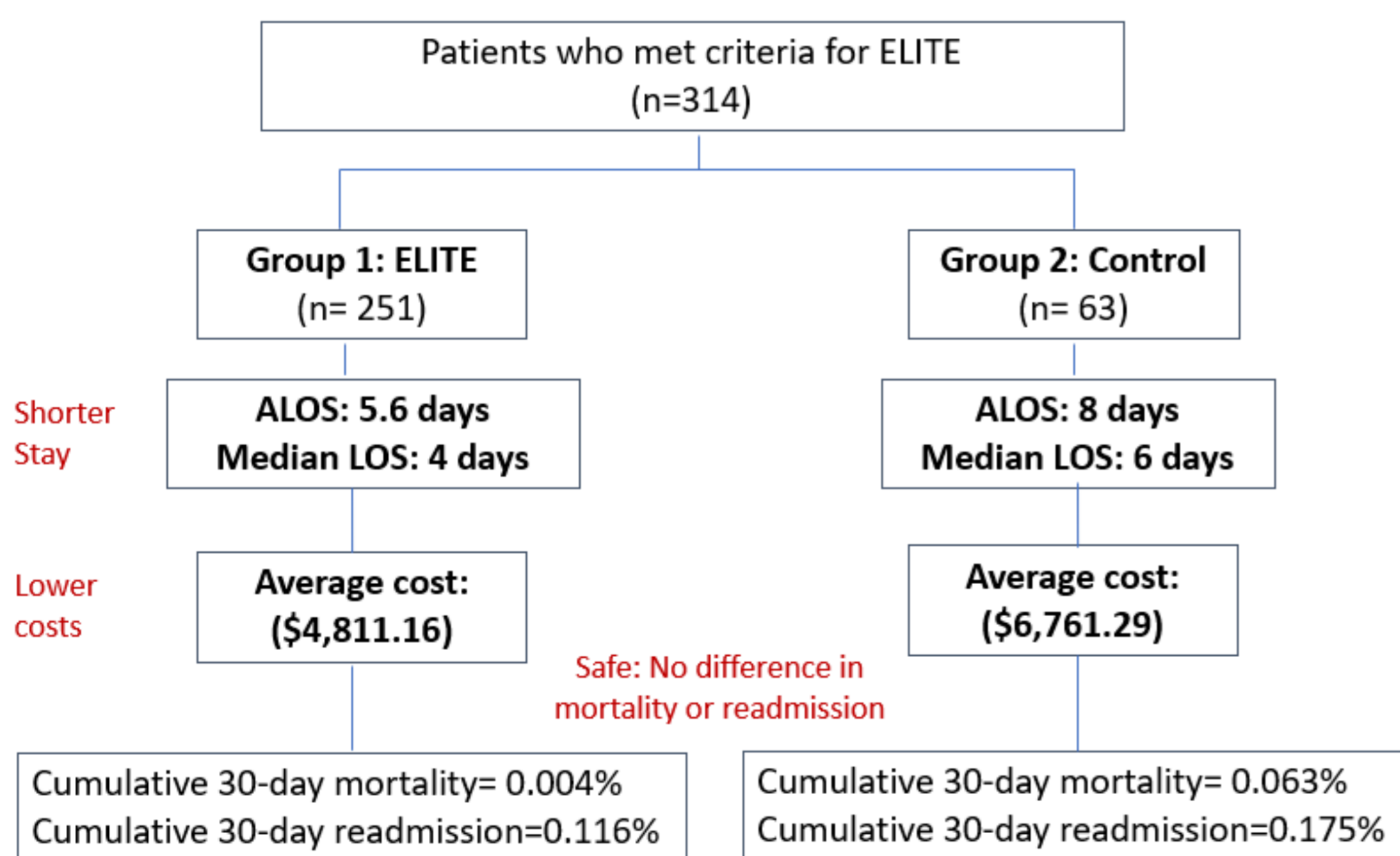
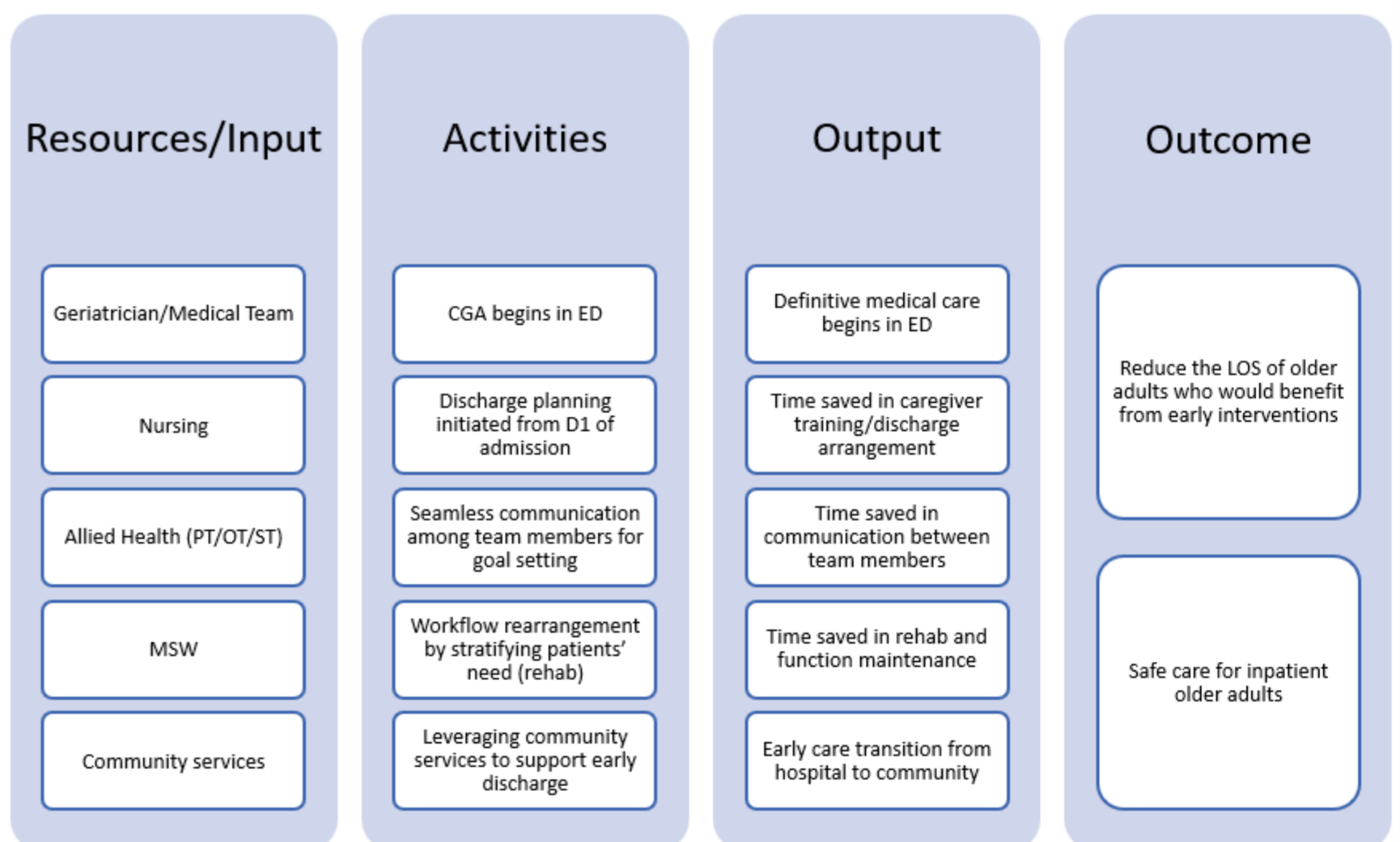


Figure 4: A total of 314 patients fulfilled the criteria for ELITE from Dec 2022 to Mar 2024

### Sustainability / Scalability

- Does not require additional resources or finances
- Need paradigm shift in mindset of care
- Early involvement of key stakeholders
- Promote prioritization of activities for discharge



PT: Physiotherapist; OT: Occupational Therapist; ST, Speech Therapist; MSW: Medical Social Worker; CGA: Comprehensive Geriatric Assessment; ED: Emergency Department; LOS: Length of Stay

Figure 3: Logic model for EarLy InTervention for the Elderly (ELITE)

### Conclusion

- Patients in ELITE intervention arm had reduction in length of stay
- Also resulted in lowered healthcare costs per patient
- No compromise on patient safety outcomes including mortality or readmission rate
- Underscores the efficacy of the ELITE geriatric care strategy in hospital settings