

Abstract

A physiotherapy-led transition to home intervention for older adults following Emergency Department discharge: a pilot feasibility randomised controlled trial

Part of Special Series: WONCA World Rural Health Conference Abstracts 2022 

AUTHORS



Mairéad Conneely¹ BSc (Physiotherapy), Masters in Sports Physiotherapy , Lecturer *



Aoife Leahy² Researcher



Margaret O'Connor³ Consultant Geriatrician



Ahmed Gabr⁴ SpR Geriatric Medicine



Blessing Okpaje⁵ SpR in Geriatric Medicine



Anastasia Saleh⁶ SpR in Geriatric Medicine



Gillian Corey⁷ Specialist Research Nurse



Louise Barry⁸ Specialist Research Nurse



Anne Griffin⁹ Lecturer



Íde O'Shaughnessy¹⁰ PhD student, Senior Occupational Therapist



Lorna Ryan¹¹ Dietitian



Ida O'Carroll¹² Nurse in Integrated Care

Siobhán Leahy¹³ Lecturer, Physiotherapist



Dominic Trépel¹⁴ Associate Professor



Damien Ryan¹⁵ supervisor



Katie Robinson¹⁶ Senior Lecturer in Occupational Therapy



Rose Galvin¹⁷ Senior Lecturer in Physiotherapy

CORRESPONDENCE

* Mairéad Conneely mairead.c.conneely@ul.ie

AFFILIATIONS

^{1, 9, 10, 16, 17} University of Limerick, Galway, Ireland

^{2, 3, 4, 5, 6, 7, 11, 12} Department of Ageing and Therapeutics, University Hospital Limerick, Limerick, Ireland

⁸ School of Nursing and Midwifery, Faculty of Education and Health Sciences, University of Limerick, Limerick, Ireland

¹³ Department of Sport, Exercise & Nutrition, School of Science & Computing, Galway-Mayo Institute of Technology, Galway, Ireland

¹⁴ Trinity Institute of Neurosciences, School of Medicine, Trinity College Dublin, Dublin, Ireland

¹⁵ Limerick EM Education Research Training (ALERT), Emergency Department, University Hospital Limerick, Dooradoyle, Limerick, Ireland., Limerick, Ireland, Ireland

PUBLISHED

10 January 2023 Volume 23 Issue 1

HISTORY

RECEIVED: 20 September 2022

ACCEPTED: 20 September 2022

CITATION

Conneely M, Leahy A, O'Connor M, Gabr A, Okpaje B, Saleh A, Corey G, Barry L, Griffin A, O'Shaughnessy Í, Ryan L, O'Carroll I, Leahy S, Trépel D, Ryan D, Robinson K, Galvin R. A physiotherapy-led transition to home intervention for older adults following Emergency Department discharge: a pilot feasibility randomised controlled trial . Rural and Remote Health 2023; 23: 8154. <https://doi.org/10.22605/RRH8154>

This work is licensed under a [Creative Commons Attribution 4.0 International Licence](https://creativecommons.org/licenses/by/4.0/)

Abstract

Introduction: Older adults frequently attend the emergency department (ED) and experience high rates of adverse outcomes following ED presentation including functional decline, ED re-presentation and unplanned hospital admission. Our aim was to evaluate the feasibility of a physiotherapy-led integrated care intervention for older adults discharged from the ED (ED-PLUS).

Methods: Older adults presenting to the ED with undifferentiated medical complaints and discharged within 72 hours were computer randomised in a ratio of 1:1:1 to deliver usual care,

Comprehensive Geriatric Assessment (CGA) in the ED, or ED-PLUS (trial registration: NCT04983602). ED-PLUS is an evidence-based and stakeholder-informed intervention to bridge the care transition between the ED and community by initiating a CGA in the ED and implementing a 6-week, multi-component, self-management programme in the patient's own home. Feasibility (recruitment and retention rates) and acceptability of the programme were assessed quantitatively and qualitatively.

Functional decline was examined post-intervention using the Barthel Index. All outcomes were assessed by a research nurse blinded to group allocation.

Results: Twenty-nine participants were recruited, indicating 97% of our recruitment target; 90% of participants completed the ED-PLUS intervention. All participants expressed positive feedback

about the intervention. The incidence of functional decline at 6 weeks was 10% in the ED-PLUS group versus 70%–89% in the usual care and CGA-only groups.

Discussion: High adherence and retention rates were observed among participants and preliminary findings indicate a lower incidence of functional decline in the ED-PLUS group. Recruitment challenges existed in the context of COVID-19. Data collection is ongoing for 6-month outcomes.

This PDF has been produced for your convenience. Always refer to the live site <https://www.rrh.org.au/journal/article/8154> for the Version of Record.