Integrated Care Pathway for Hip Fractures in a Subacute Rehabilitation Setting

Tsung Wei Chong, 1Med. FCFP, Gribson Chan, 2MS, Liang Feng, 3PhD, Susie Goh, 4BSN, Agnes Hew, 2BS, Tze Pin Ng, 1AMS, PhD, Boon Yeow Tan, 1Med. FCFP

Abstract

Introduction: The effectiveness of integrated care pathways for hip fractures in subacute rehabilitation settings is not known. The study objective was to assess if a hip fracture integrated care pathway at a subacute rehabilitation facility would result in better functional outcomes, shorter length of stay and fewer institutionalisations. Materials and Methods: A randomised controlled trial on an integrated care pathway for hip fracture patients in a subacute rehabilitation setting. Modified Barthel Index, ambulatory status, SF-12, length of stay, discharge destination, hospital readmission and mortality were measured. Follow-up assessments were up to 1 year post-hip fracture. Results: There were no significant differences in Montebello Rehabilitation Factor Scores and proportions achieving pre-morbid ambulatory status at discharge, 6 months and 12 months respectively. There was a significant reduction in the median length of stay between the control group at 48.0 days and the intervention group at 35.0 days ($P = 0.009$). The proportion of readmissions to acute hospitals was similar in both groups up to 1 year. There were no significant differences for nursing home stay up to 1 year post-discharge and mortality at 1 year. Conclusion: Our study supports the use of integrated care pathways in subacute rehabilitation settings to reduce length of stay whilst achieving the same functional gains.

Ann Acad Med Singapore 2013;42:579-84

Key words: Critical pathway, Length of stay, Recovery of function, Subacute care

1Medical Division, St Luke’s Hospital, Singapore
2Rehabilitation Division, St Luke’s Hospital, Singapore
3Department of Psychological Medicine, Yong Loo Lin School of Medicine, National University of Singapore, Singapore
4Nursing Division, St Luke’s Hospital, Singapore
Address for Correspondence: Dr Tsung Wei Chong, 2 Bukit Batok St 11, Singapore 659674.
Email: chongtw@slh.org.sg

November 2013, Vol. 42 No. 11