

The Adoption of a Frailty Early Discharge Scheme is Beneficial in Reducing Length Of Stay

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INTRODUCTION

The Acute Frailty Team (AFT) at Eastbourne District General Hospital piloted a **Frailty Early Discharge Scheme (FEDS)** at the Frailty Unit for the period of 8 weeks between May-June 2023 to provide early mobilisation and discharge planning with the aim of preventing deconditioning and facilitating early discharges, while improving quality of care.

The main aim was to accommodate the health care needs of our patients and help our hospital in dealing with the winter pressure.

METHODS

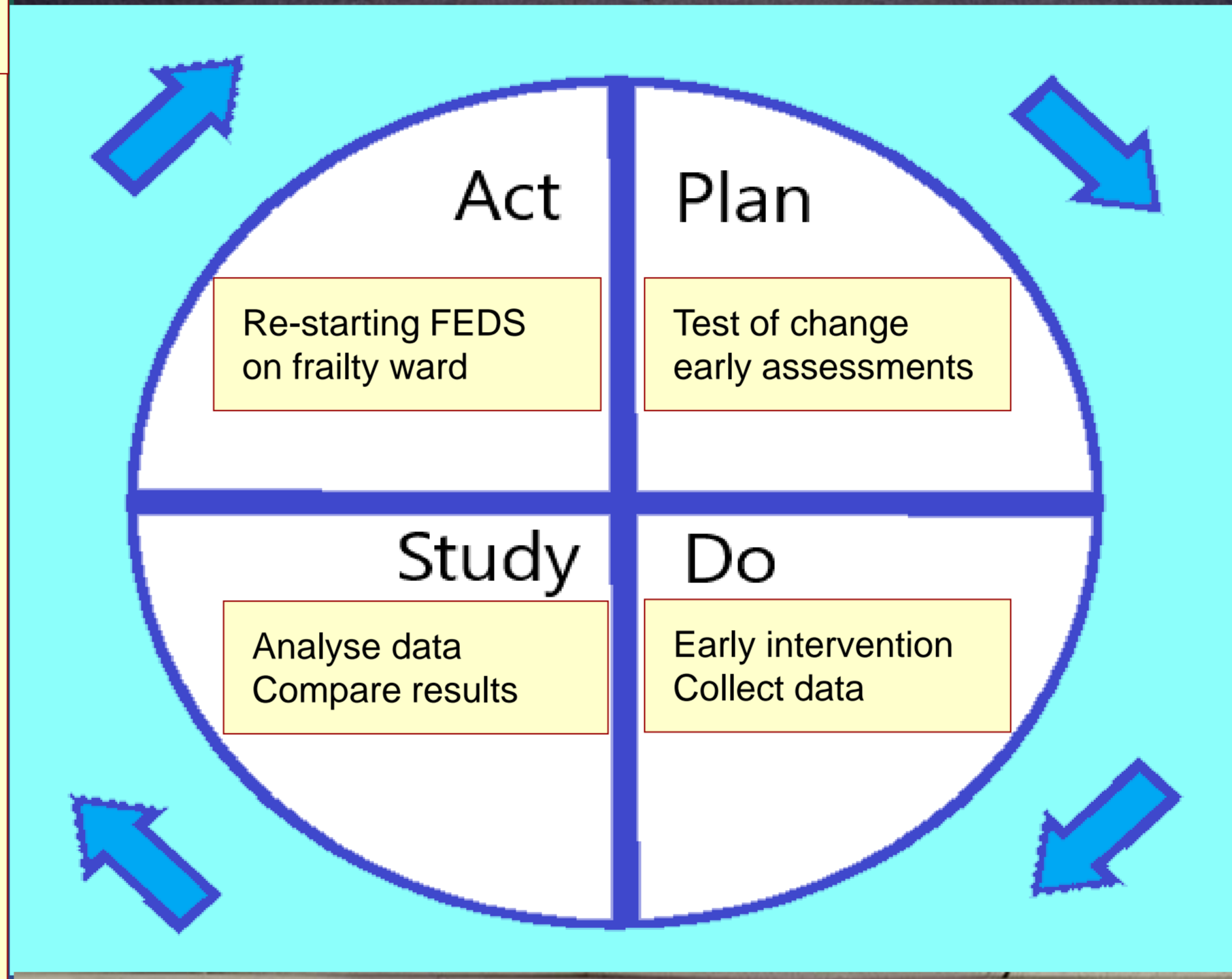
We planned a Test of Change by using PDSA Framework: (Plan, Do, Study, Act)

FEDS patients were provided with additional early assessments and interventions, including discharge planning from day 1 after admission while offering early, continuous and active mobilisation by a trained FEDS team consisting of a Registered Nurse and a Health Care Assistant.

The FEDS team worked in conjunction with the medical team on the ward to actively promote discharge planning while patients were still receiving acute medical treatment and before patients becoming medically fit for discharge (MFFD).

DAILY TIMETABLE

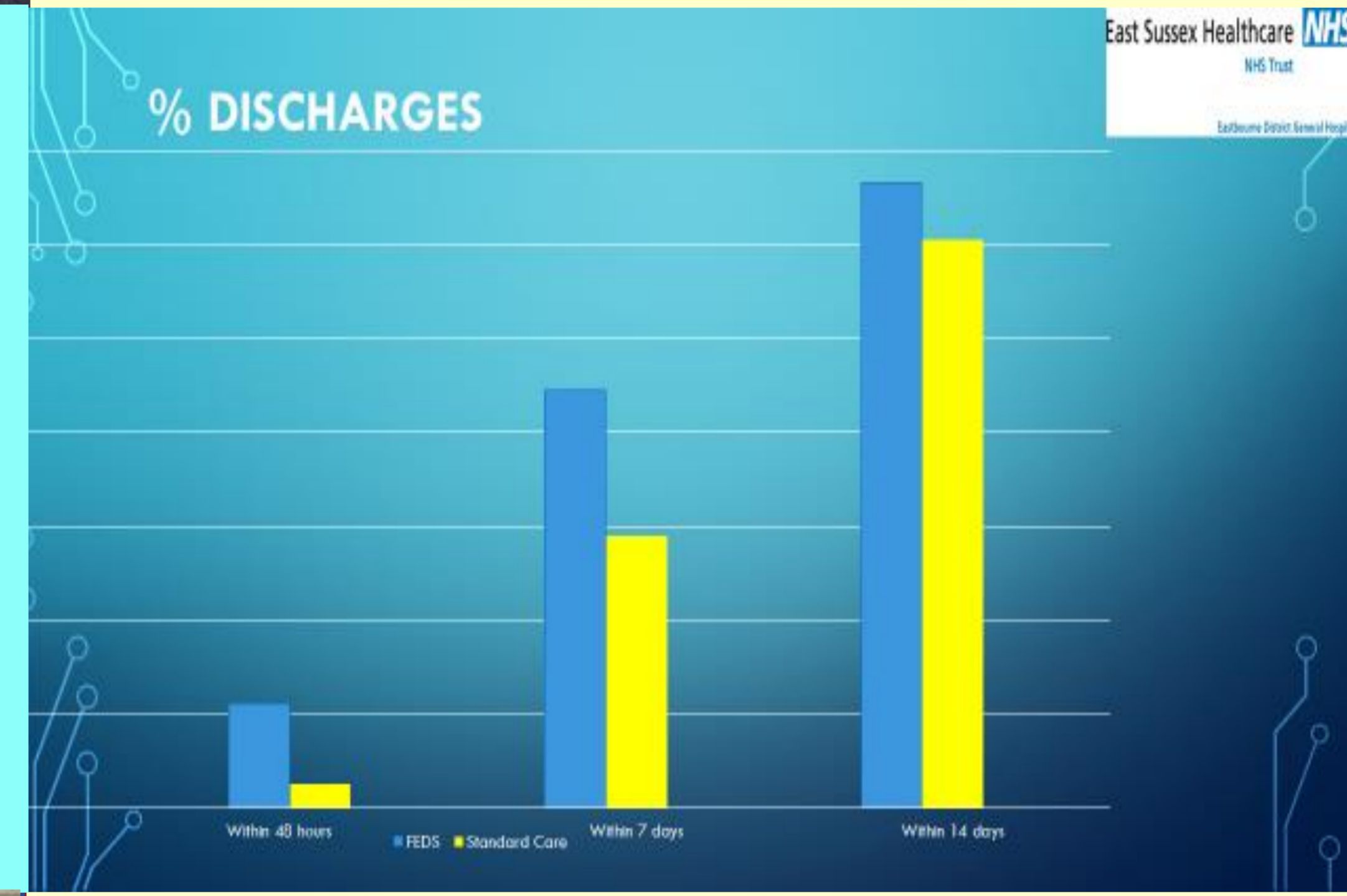
1. Early morning discussions with patients/relatives/carers regarding social circumstances, expectations and discharge planning
2. Liaise with the ward doctors to assess patients in the following categories:
 - **GREEN:** Support active mobility
 - **AMBER:** Working towards baseline mobility
 - **RED:** Off pre-existing baseline, for exercises in bed/chair
3. Attend FEDS Huddle meeting and Consultant Board rounds
4. Update relatives in the afternoons regarding discharge plans



RESULTS

45 patients received FEDS care

- Discharged within 48hrs: FEDS 11.11%, Standard Care 2.63%
- Discharged within 7 days: FEDS 44.44%, Standard Care 28.94%
- LOS 8.07 days for FEDS, 11.36 days for Standard Care (30 day trim point)



CONCLUSIONS

1. Increased rate of discharge within 48 hrs and 7 days.
2. Reduced LOS within 30 days.
3. The benefit is mostly noticed within the first 7 days, indicating the need to apply the intervention early.
4. The adoption of a FEDS-project on the Trust's six Frailty wards could be beneficial for our elderly patients.

FUTURE PLANS

Re-starting FEDS on Frailty Ward on a long term basis

References

British Geriatrics Society, Deconditioning, Healthy Ageing, 11 May 2017. NHS England, Time to Move, Dr Amit Arora, 24 January 2017.