

# The CATCH Program



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# Objectives

1. About Rouge Valley Health System (RVHS)
  1. Overview of the CATCH program
  1. Results to date
  1. Take away messages

# ABOUT RVHS

- RVHS is comprised of 2 hospital sites: the Centenary campus located in Scarborough, and the Ajax Pickering campus located in Ajax
- RVHS serves approximately 600,000 people across East Scarborough and West Durham.
- The communities served are among the fastest growing regions in the province with a growing aging population.

# ABOUT RVHS

- ~123,000 ED fiscal year 2012-2013
- ~168,000 inpatient days
- 10.66% of acute inpatient days were ALC days
- 30-Day Readmission Rate: 12.06%

# OVERVIEW OF CATCH

# Description & Purpose

- CATCH – Care After The Care in Hospital
- Improve patient flow through the hospital, reduce length of stay and readmission rate
- Enable patients to return home sooner and stay in the community

# Elements of CATCH

- Interdisciplinary team includes internist, physiotherapist, physiotherapy assistant and nurse
- CATCH serves three patient streams: neurological (CVAs); general medical; general surgical (at high risk for de-conditioning).



# Logistics

- Class-based format
- Program length is between 3-6 weeks and education and therapy is provided 2-3x/week
- Program also serves as a link to family physicians and community programs for ongoing follow-up following discharge from CATCH



# Outcome Measures

- Length of stay
- Readmission
- Nursing
- Functional
- Patient satisfaction

# Length of Stay

Compared to other patients discharged from the same units in FY2013/14, the CATCH participants had a **longer** average length of stay (mean and median).

Length of Stay		
	CATCH	Comparison
N	19	7,079
Mean	29	8
Median	13	4

# LOS Detailed

Discharge Location	CATCH			Comparison		
	N	MEAN LOS	MEDIAN LOS	N	MEAN LOS	MEDIAN LOS
V2E	1	10.0	10	623	14.7	9
V2W	1	10.0	10	852	9.4	6
V3E-TRCU	7	52.4	49	167	36.2	32
V4ES	1	7.0	7	1589	4.8	3
VA1SS	1	2.0	2	89	1.5	1
Y3HW	1	65.0	65	105	43.8	32
Y4RW	3	23.3	21	315	24.3	19
Y5E	1	5.0	5	1405	4.0	2
Y9E	2	4.5	4.5	908	10.8	7
Y9WC	1	1.0	1	1026	1.1	1
<b>Total</b>	<b>19</b>	<b>28.7</b>	<b>13</b>	<b>7079</b>	<b>8.4</b>	<b>4</b>

# Readmission Rates

<b>30-day Readmission</b>	<b>CATCH</b>	<b>Comparison</b>
Numerator	0	244
Denominator	19	5,778
Readmission Rate (per 100)	0.0	4.2

<b>60-day Readmission</b>	<b>CATCH</b>	<b>Comparison</b>
Numerator	0	312
Denominator	8	5,172
Readmission Rate (per 100)	0.0	6.0

<b>90-day Readmission</b>	<b>CATCH</b>	<b>Comparison</b>
Numerator	0	358
Denominator	6	4,615
Readmission Rate (per 100)	0.0	7.8

# Nursing Outcome Measures

- Nurse identifies patient risk factors and intervenes
- This intervention, as well as the outcome of this intervention is being tracked
- Also following up on discharge orders and ensuring patient follow through by providing support

# Nursing Outcome Measures

- Just began tracking nursing outcome measures (total 4 patients)
- One patient did not follow up with family physician upon discharge- supported!
- One patient was identified as a falls risk- addressed!
- One patient was identified as having inadequate pain control- connected!
- Preliminary but  $\frac{3}{4}$  not bad!

# Functional Outcome Measures

- Functional outcome measures that would be appropriate for the geriatric patient population
- The 2MWT, TUG and BBS are commonly used performance measures used to evaluate functional status and to monitor treatment effectiveness in the older adult population

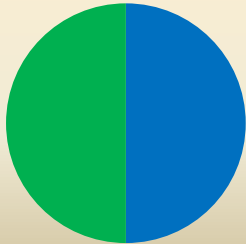
# Functional Outcome Measures

- **2 Minute Walk Test:**
  - 22 patients since end of March
  - 20% improvement in scores (between 12-35 meter improvement)
- **TUG:**
  - 22 patients since the end of March
  - 22% improvement in scores
- **BBS:**
  - $\frac{3}{4}$  patients had a change of >8 points

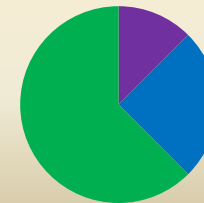


# Patient Satisfaction

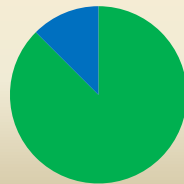
Overall experience with the CATCH program



Value of the CATCH program in making you feel supported

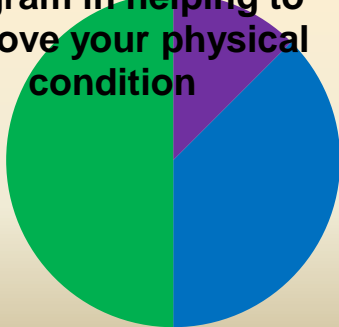


Would you recommend Rouge Valley's CATCH program ?

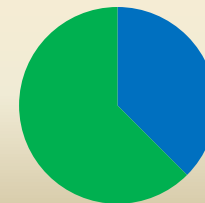


- yes, definitely
- yes, probably
- no

Value of the CATCH program in helping to improve your physical condition



The level of instructions you received throughout the CATCH program



- Poor
- Fair
- Good
- Very Good
- Excellent

# Take away messages

- CATCH identifies and addresses patient risks factors post discharge
- Results indicate potential to reduce readmission rate
- CATCH serves a valuable role for complex long-stay patients
- Need to identify a better comparison group to better identify the impact to length of stay
- Patients are satisfied with the program and see results

# Strategic dimension icons

- Use as relevant to your presentations

