



Topic Exploration Report

Topic explorations are designed to provide a high-level briefing on new topics submitted for consideration by Health Technology Wales. The main objectives of this report are to:

- Determine the quantity of evidence available for a technology of interest.
- Identify any gaps in the evidence.
- Inform decisions on topics that warrant fuller assessment by Health Technology Wales (HTW).

Topic exploration report number:	TER350
Topic:	Hospital discharge services to help make housing safe and accessible for older people
Summary of findings:	<p>The topic proposer submitted an application for Hospital to a Healthier Home (H2HH), a service aimed to enable older people to be discharged to a home fit for their needs. The service employs specialist caseworkers, integrated into hospital discharge teams, to identify and resolve housing problems.</p> <p>Evidence for hospital discharge services for housing help came from real-world data and pilot studies of two services: ASSIST (used in a hospital in Mansfield) and H2HH (used in 18 different hospitals in Wales). Both services found that the efficiency of hospital discharge reduced the burden on hospital beds and resulted in cost savings. However, one randomised controlled trial investigating the impact of assessing patient's homes for hazards upon discharge found no significant reduction in rate of falls/re-hospitalisation for falls compared to controls.</p>

Introduction and aims

Care and Repair's Hospital to a Healthier Home (H2HH) service aims to enable older people to be discharged from hospital to a home fit for their needs. The service employs specialist H2HH caseworkers, integrated into hospital discharge teams, to identify and resolve housing problems that may lead to a delayed discharge when a patient is medically fit to be discharged. The caseworker has direct funding to pay for things to be done quickly. Care and Repair's Annual Report states that H2HH is operating from 18 different hospitals in Wales and employs 12 specialist H2HH caseworkers.

Health Technology Wales researchers searched for evidence on services aiding in the discharge of patients to safe environments, including H2HH.

Evidence overview

Guidance

National Institute for Health and Care Excellence (NICE) guideline 27 (NG27) on the transition of patients between inpatient hospital settings and community/care home settings recommends that hospital- and community-based multidisciplinary teams should work together to identify and address factors that could prevent a safe, timely transfer of care from hospital.

Studies

Patient flow

The discharge service H2HH was piloted in January to March 2019, and reported that 508 patients were helped with a safe discharge, saving 1,470 bed days across 11 hospitals in Wales. Care and Repair's Annual Report for 2020/2021 states that H2HH has resulted in 20,516 bed days saved.

NICE reported an example of shared learning for the ASSIST Hospital Discharge Scheme, which is a service whereby health and social care staff work with the Council to find solutions that enable patients to leave hospital safely, and was piloted between October 2014 and April 2015 in Mansfield. An independent appraisal of the scheme undertaken by Nottingham Trent University Business School evaluated the benefits of the pilot and found that the efficiency of hospital discharge significantly reduced the burden on hospital beds.

One randomised controlled trial of 60 elderly patients reported that there were no differences in rate of falls or hospitalisation for falls in those patients who were discharged with a home visit from an occupational therapist and ergotherapist (who assessed patient's homes for environmental hazards and recommended modifications) compared to controls who did not receive this intervention upon discharge (Pardessus V et al. 2002).

Patient satisfaction

Care and Repair's Annual Report notes that 100% of patients said that the service helped them return home and live independently.

Cost

The H2HH pilot reports that the saving of 1,470 bed days resulted in saving the NHS £376,716. At the end of the March reporting period for the pilot, a total of £141,231 was spent to support H2HH (unit cost of £338 per patient, including assessments and works completed). The pilot states that the

high impact value per NHS patients was £1,798. The topic proposer reports that H2HH saved the Welsh NHS over £5.1 million as a result of saving 20,516 hospital bed days in 2020/2021.

The NICE example of the ASSIST Hospital Discharge Scheme reported that the financial return to the Nottinghamshire Health and Social Care System following investment in ASSIST was over 900%. The annualised savings to the hospital from avoidance of re-admissions was £186,323.

Areas of uncertainty

The majority of the evidence comes from real-world evaluation, with only one clinical study identified. It is unclear whether the updates to housing hazards implemented by the occupational therapist and ergotherapist in the clinical study would be the same as the updates made using the H2HH and ASSIST services. In addition, it is not clear what the differences are between the H2HH and ASSIST services.

Literature search results

Health technology assessments and guidance
NICE guideline (NG27) (2015). Transition between inpatient hospital settings and community or care home settings for adults with social care needs: https://www.nice.org.uk/guidance/ng27
NICE Shared learning Database (2016). Better Together – ASSIST Hospital Discharge Scheme: https://www.nice.org.uk/sharedlearning/better-together-assist-hospital-discharge-scheme-ahds
Evidence reviews and economic evaluations
Care and Repair. (2019) Hospital to a Healthier Home. Evaluation of a winter pressures pilot service: January to March 2019: https://www.careandrepair.org.uk/files/2715/6578/0045/Hospital_to_a_Healthier_Home_Winter_Pressure_s_Pilot_Evaluation_E.pdf
Individual studies
Pardessus V, Puisieux F, Di Pompeo C, Gaudefroy C, Thevenon A, Dewailly P (2002). Benefits of home visits for falls and autonomy in the elderly: A randomized trial study. <i>Am J Phys Med Rehabil</i> : 81:247-252.
Evidence supplied by topic proposer
Care and Repair Cymru (2021). Annual Report 2020-2021: https://www.careandrepair.org.uk/files/6916/3215/1992/Annual_Report_2020-21.pdf

Date of search:	March 2022
Concepts used:	Hospital to a Healthier Home, H2HH, hospital discharge service, discharge planning, home safety/hazards, housing help