Inappropriate admissions or inadequate discharges of frail elderly?
Competing program theories and implementation challenges in an intermediate care intervention
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INAPPROPRIATE ADMISSIONS OR INADEQUATE DISCHARGES OF FRAIL ELDERLY?

Competing Program Theories and Implementation Challenges in an Intermediate Care Intervention

**BACKGROUND AND AIM**

Intermediate care interventions are increasingly implemented in health care in order to minimize hospitalization rates for elderly frail patients with complex medical issues, often referred to as inappropriate or unnecessary admissions. This study presents a theory based stakeholder evaluation of an intermediate care intervention including hospitals, community care and general practitioners with the overall objective to reduce the number of (inappropriate) hospital admissions for frail elderly of 65 years or older.

**METHODS**

In a controlled design, elderly acutely ill patients were randomized to either a district nursing team with access to various tele health care solutions or to an emergency department – both interventions with a time limit of 48 hours. The intervention took place in a rural district in Denmark and included a regional hospital, four municipalities and 66 general practitioners. The stakeholder evaluation included stakeholders’ normative theory; situation theory and causal theory (program theories). Data were collected by interviewing stakeholders (managers, nurses, medical doctors and general practitioners (GPs)), literature search and text analysis. A total of four district nursing teams, eight general practitioners, three medical doctors and two project managers were interviewed during January-March 2013.

**RESULTS**

Health care providers across professions and sectors widely agree on the appropriateness of reducing hospitalization for frail elderly. Yet, GPs were challenged by the overall objective of reducing the number of inappropriate hospital admissions; they would rather reduce the number of inadequate hospital discharges, which in their opinion, inevitably will lead to re-admission. For details on different program theory perspectives, see Figure 1.

**ATTENTION POINTS**

Attention points crucial for future intermediate care projects or for developing a generic model for intermediate care:

- Ownership and anchoring among key stakeholders through shared goals
- Unambiguous agreements regarding responsibility, time and resources in relation to specific actions
- Tele-medical solutions should be meaningful, intuitive and simple to use
- Clear agreements on practical matters, including medical equipment, medicines, user fees, transport
- A clear definition of the relevant target group, i.e. not too comorbid and socially vulnerable to possible benefit from the intervention

**FIGURE 1.** A three-step description of program theories presented by stakeholder group.