

Insufficient Time in Home Health: The Impact of Length of Stay on Hospitalization

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WHAT WE LEARNED

A length of stay of 6 weeks or more in home health led to the **reduced** need for **hospitalization** and **increased** time to first hospitalization

OBJECTIVE

Examine the relationship between home health length of stay on the **occurrence of** and **time to** hospitalization, 90 days after home health discharge

METHODS

Retrospective analysis of 5 CMS-owned **national** data sets from 2009

Propensity score analysis was applied prior to logistic & Cox Proportional Hazard regression analysis

SAMPLE

Sample size: 4,500

Male: 1,669 (37.1%)

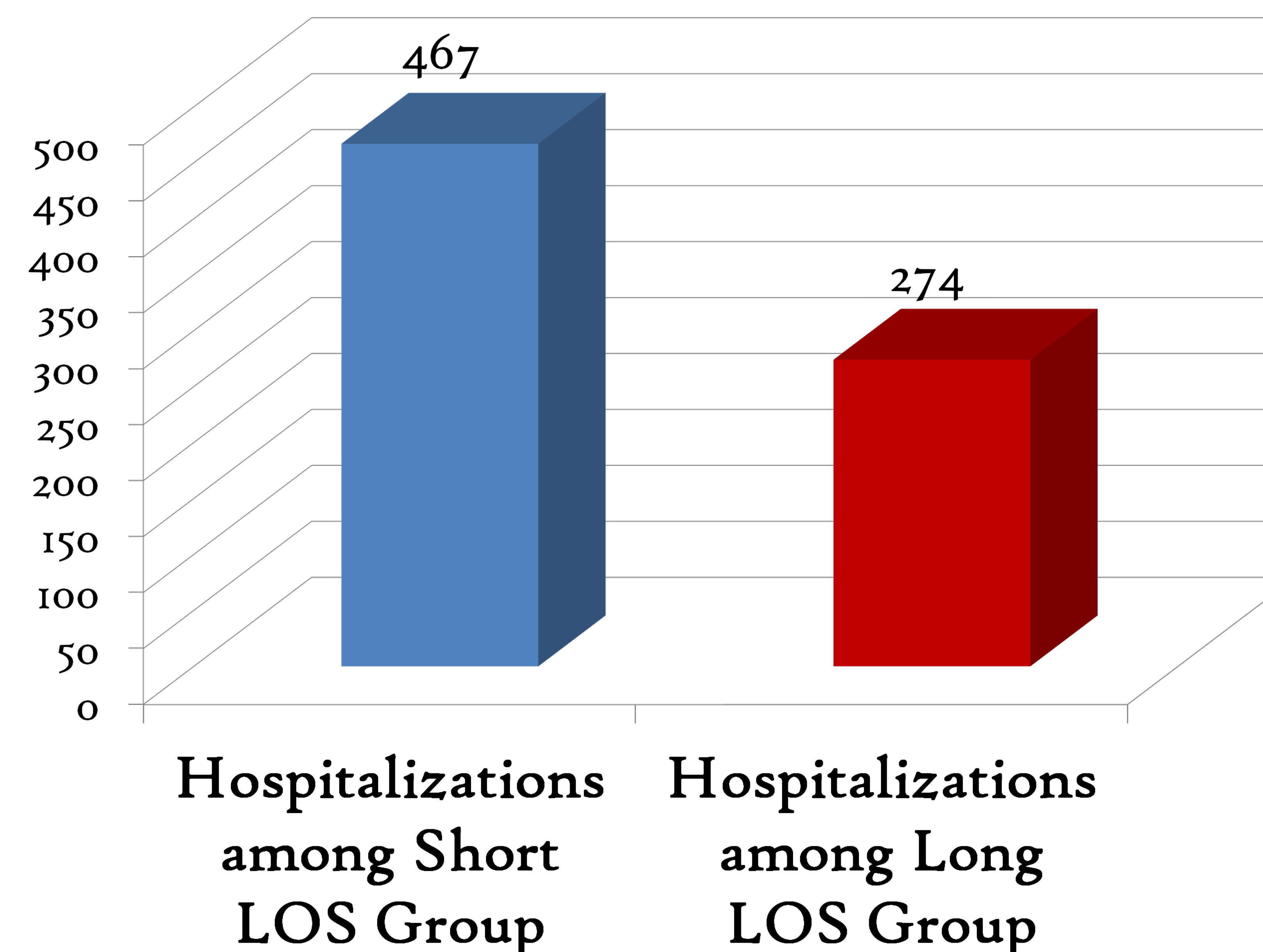
Female: 2,831 (62.9%)

Total Number of Hospitalizations: 741 (16.5%)

RESULTS

Six weeks or longer in home health:

- Reduced hospitalization by **23.9%** ($p=.0010$)
- Increased time to hospitalization by **17.6%** ($p=.0011$)



Additional predictors of hospitalization:

- Unknown **ADL** ability
- Being **female**
- Presence of a **stasis ulcer**
- Prior **inpatient stay** (within 30 days of HH admission)

DISCUSSION

Examination of current skilled home health practice regarding **minimum length of stay** is critical to determining how to structure home health services to reduce the need for hospitalization, particularly among those with the above predictors of hospitalization