ISRCTN21608185 https://doi.org/10.1186/ISRCTN21608185

Intermediate care in nursing home

Submission date	Recruitment status	[_] Prospectively registered
19/07/2013	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
26/07/2013	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
12/08/2015	Signs and Symptoms	

Plain English summary of protocol

Background and study aims
Intermediate care services are thought to provide adequate care closer to home, preventing hospital admissions and facilitating early discharge. The goal of this study is to assess the effectiveness of intermediate care services. We will compare patients transferred to intermediate care service with patients staying in hospital. The study's findings will help us choose the correct treatment and care for elderly persons with acute illness.

Who can participate?
The study recruited men and women 70 years and older, living at home who were admitted to hospital for acute illness in Bergen, Norway. Patients could participate if they had a medical or orthopedic condition (disorders related to muscles and joints) which did not require surgery or intensive care.

What does the study involve?
Patients were randomly allocated to be either treated in hospital as usual or transferred to intermediate care in a nursing home unit for a stay of maximum three weeks. For the next 12 months, patients' mortality, subsequent admissions to hospital or nursing home and use of home care serviceswere recorded

What are the possible benefits and risks of participating?
A potential benefit in transfer to intermediate care could be longer stay before returning home. A potential disadvantage could be less access to diagnostic procedures like x-ray.
The two treatment options were considered equally safe and appropriate for these patients.

Where is the study run form?
The study was initiated by Bergen municipality, Haraldsplass Deaconess Hospital and Haukeland University Hospital and set up in cooperation with Kavli Research Centre for Ageing and Dementia and Institute of Medicine, University of Bergen, Norway. Centers taking part in the study are Storetveit Nursing Home, Haraldsplass Deaconess Hospital and Haukeland University Hospital, all located in Bergen, Norway.

When is the study starting and how long is it expected to run for?
Recruitment started in August 2007 and ended in June 2008. The study period lasted for a further 12 months after enrolment of the last patient.

Who is funding the study?
Funding has been provided by The Western Norway regional Health Authorityand Kavli Research Centre for Ageing and Dementia.

Who is the main contact?
Dr Jo Kåre Herfjord
fmhojkh@fylkesmannen.no

Contact information

Type(s)
Scientific

Contact name
Dr Jo Kåre Herfjord

Contact details
Fylkesmannen i Hordaland
Kaigaten 9
Bergen
Norway
5020
-
fmhojkh@fylkesmannen.no

Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
Intermediate care in nursing home after hospital admission: a randomized controlled trial with one year follow-up

Study objectives
The objective of the study is to evaluate effect and safety of early transfer to community-based intermediate care, compared to traditional hospital treatment.

Ethics approval required
Old ethics approval format

Ethics approval(s)
The Regional Committee for Medical Research Ethics in Norway approved the study on 21/05 /2007, ref: S-07096a. Extension of the observation period and new outcome measures were approved on 24/09/2009, ref: 2009/821.

Study design

Parallel-group randomized intervention study. Blinding was not possible. The setting of the study and data collection took place at a nursing home and two hospitals.

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Acute illness or trauma in frail elderly patients with co-morbidity, resulting in hospital admission. Choice of post-acute management and care. Collaboration between hospital and community health services.

Interventions
1. Patients in the intervention group went to intermediate care unit within the next working day after randomization. A multi-disciplinary team of physicians, nurse and physiotherapists examined each patient after a model of comprehensive geriatric assessment. As well as continuing treatment for the acute illness or injury, therapy focused on mobilization, physical exercise, optimal nutrition and critical evaluation of prescribed medication. The aim was maximum independence, enabling patients to resume living at home. Information about home situation and caregivers were obtained and if necessary increased home care services were requested. Length of stay in the unit was limited to maximum 3 weeks
2. Patients in the control group received usual care in hospital.
For both treatment arms there was a follow-up period of 12 months.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Our pre-specified primary outcome was the number of days patients would be alive and living at home throughout the first year after randomization. Data were obtained from patient registers at the hospitals and the community health care services for a period of 365 days for each patient after randomization.

Key secondary outcome(s))
Secondary outcome measures were mortality, days spent in hospital, days in nursing homes and use of home care services.

Completion date
02/06/2009

Eligibility

Key inclusion criteria
1. Patients aged 70 years or older
2. Living at home

3. Resident in Bergen municipality
4. Acutely admitted to medical or orthopaedic departments
5. Respiratory and circulatory stable
6. Deemed able to return home within three weeks
7. Intermediate care considered suitable by attending physician

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Senior

Sex
All

Key exclusion criteria
1. Severe dementia
2. Delirium
3. Need for surgery or intensive care treatment

Date of first enrolment
15/08/2007

Date of final enrolment
01/06/2008

Locations

Countries of recruitment
Norway

Study participating centre
Fylkesmannen i Hordaland, Kaigaten 9
Bergen
Norway
5020

Sponsor information

Organisation
Kavli Research Centre for Ageing and Dementia (Norway)

ROR
https://ror.org/03t3p6f87

Funder(s)

Funder type
Government

Funder Name
The Western Norway Regional Health Authority (Norway)

Funder Name
Kavli Research Centre for Ageing and Dementia (Norway)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	09/12/2014		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes