

# Intermediate care in nursing home

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|----------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>Submission date</b><br>19/07/2013   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered<br><input type="checkbox"/> Protocol            |
| <b>Registration date</b><br>26/07/2013 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan<br><input checked="" type="checkbox"/> Results |
| <b>Last Edited</b><br>12/08/2015       | <b>Condition category</b><br>Signs and Symptoms   | <input type="checkbox"/> Individual participant data                                              |

## 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 services were 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 from?

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 Authority and 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

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fmhojkh@fylkesmannen.no

## Additional identifiers

## 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.

### Primary study design

Interventional

### 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.

### **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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 09/12/2014   |            | Yes            | No              |