

# The Effect of Home Health Care in Reducing Hospital Readmissions: A Systematic Review

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# Background (continued)

Transitional care models are implemented for older adults who are hospitalized to facilitate a safe discharge and decrease hospital readmission.

It is imperative to establish an effective model while keeping common goals in mind such as:

Decreasing hospital readmissions

Maintaining a high level of patient satisfaction

-manage their health

# Purpose

The purpose of this systematic review was to determine if home health care was effective in reducing hospital readmissions in adults.

# Methods

**Databases:** CINAHL, HealthSource: Nursing/Academic Edition, PubMed, and ProQuest Central

**Search Terms:** (home care OR home health) AND  
(rehospitalization OR readmission OR hospital readmission)  
AND (physical therapy or physiotherapy or rehabilitation)

# Methods

Records identified through  
database searching  
(n=601)

Additional records  
identified through other  
sources  
(n=0)

Records after duplicates removed

# PRISMA





# Results

5 studies were included<sup>2-6</sup>

MINOR scores ranged from 15/24-17/24 with an average score of 15.6

Sample size ranged from 68-1,348 subjects

# Results

# Results (continued)

3 of the 5 studies found a statistically significant decrease in hospital readmission.<sup>2,3,5</sup>

Average decrease of 51.4%

2 of the 5 studies reviewed patients with congestive heart failure and also found a statistically significant decrease in hospital readmission.<sup>3,4</sup>

Average decrease of 46.6%

# Results (continued)

One study found that home care had a low rate of negative outcomes of 6.7%.<sup>6</sup>

Negative outcomes were defined as death and hospital readmission

One study determined home health care showed statistically

# Conclusion

There is moderate evidence to support the implementation of multidisciplinary home health care to reduce hospital readmission among patients 65 years old.<sup>2-6</sup>

The most effective outcomes were found with treatment lasting 6 months, however, similar results were found with home health care lasting 1 month.<sup>2-6</sup>

Home health care improved patient compliance, physical and emotional quality of life, and patient satisfaction.<sup>2,3</sup>

# Limitations

One study had a small sample size of 68 individuals<sup>3</sup>

All databases were not searched

Lack of explanation of interventions performed by the physical therapists as well as the members of the multidisciplinary team

# Recommendations

Future research should consider:

Larger sample sizes of patients

Patients with varying diagnoses

Including a detailed explanation of interventions



# Clinical Relevance

Multidisciplinary home health care should be considered by physicians in order to reduce hospital readmissions.

This will simultaneously reduce the increasing health expenditures pertaining to hospital readmission.

Reducing hospital readmission will optimize patient outcomes, improve quality of life, and increase patient satisfaction.

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students

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# Questions?