



Why community-based care is better for patients

Background:

In 2011 a review of people's needs and current services in North Derbyshire took place as part of the 21C #joinedupcare programme. It found a number of areas where care could be better. This consultation is looking at two areas:

- community hospital services for older people with dementia (also known as 'older people's mental health'), and
- those recovering in a community hospital bed after an accident or illness requiring inpatient treatment at an acute hospital (also known as 'community bedded care').

Important considerations:

We developed the proposals with a range of different people from different organisations and different parts of North Derbyshire, including health and care professionals, public and patients. There was a detailed and thorough process of deciding what changes to make for the best. There is more about the process in a separate document 'How we developed the proposals' which is available online at www.joinedupcare.org.uk

During their deliberations, they kept in mind some important principles which they had developed:

- People kept at home and independent wherever possible
 - This criteria ensures changes are in line with those being made by the NHS nationally: care being moved out of hospitals and in or nearer to people's homes; and, the most up-to-date medical thinking about patient care and safety. This approach takes account of the likely future needs of the local population.
- Improved access to care
 - This criteria is about the right care, in the right place at the right time which meets local needs
- Improved effectiveness and efficiency
 - This criteria is about making sure the changes are affordable and can be sustained; and, where possible that services are provided in one place.

The national picture:

All over England, local NHS commissioners are considering the same challenges which are present in North Derbyshire.

Important and influential national organisations such as The King's Fund and NHS England have looked into the best way to care for older people in the future. All agree that there are serious drawbacks associated with unnecessarily long stays in hospital. It is also agreed that where possible it is better for patients mentally and physically if they avoid hospital admission or unnecessarily lengthy stays.

Important evidence: Dementia

A report called 'Paying the Price' by The King's Fund in 2008 said hospitalisation has a negative effect on people with dementia. It listed: increased risk of falls and urine infections, worsening confusion



by removing someone from their usual environment, a loss of muscle strength due to inactivity, increasing risk of depression, and a greater risk of someone never regaining enough independence to return home.

The Alzheimer's Society reported that 83% of people with dementia want to stay in their own homes.

In 2011 the All Party Parliamentary Group (APPG) on Dementia challenged the NHS to reduce hospital beds and free up £1bn for community-based dementia services. It called for outreach teams and better support at home to reduce admissions and the time that people were staying in hospital.

Important evidence: Community Bedded Care

The Emergency Care Improvement Partnership (ECIP) reported on the impact of bed rest on older people. It noted that in the first 24 hours a patient loses muscle strength of 2-5% rising to 10% in 7 days. Two separate studies have shown that 10 days in a hospital bed leads to the equivalent of 10 years of aging in the muscles of people over 80.

Bed rest also means reduced mobility which may lead to a loss of independence. These are also known risks for older people without dementia.

What does the evidence mean locally?

The evidence becomes even more significant when it is considered that the number of people in Derbyshire who will be over 80 is set to rise by 16% over the next five years.

Therefore a chief way of improving the care of older people in North Derbyshire as part of the proposals under consultation means making changes so that being admitted to hospital is the exception with most patients receiving care closer to or in their homes.

Where to find further information

There is further information taken from a document called the 'Pre Consultation Business Case v4' in two sections: 'Specialist Older People's Mental Health (OPMH) beds' (pages 25-26) and 'Community Bedded Care' (pages 53-55). These extracts and other documents can be found online at:

www.joinedupcare.org.uk