

Mental Health Readmissions

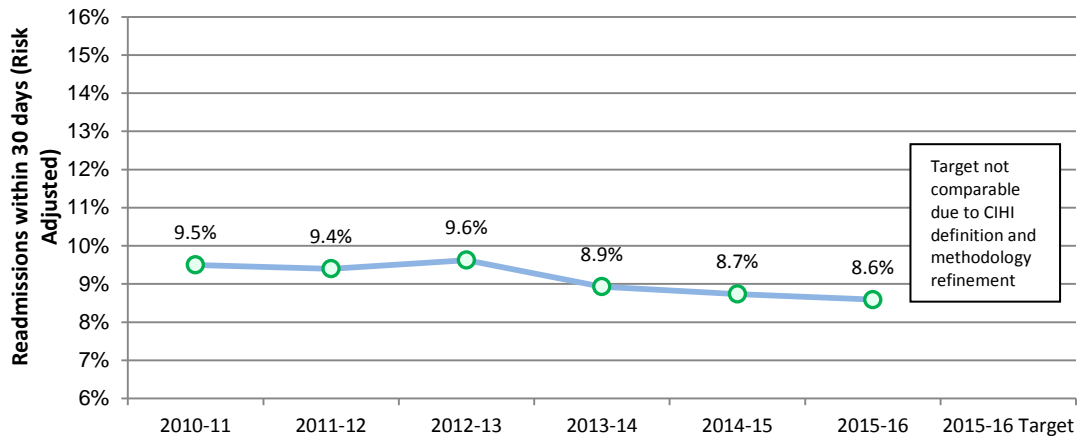
Measure Definition

The percentage of patients who have mental health disorders with unplanned readmission to hospital within 30 days of leaving hospital. Excludes patients who have mental health disorders who require scheduled follow-up care.

Understanding this Measure

Hospital care for people diagnosed with a mental illness typically aims to stabilize acute symptoms. Once stabilized, the individual can be discharged, and subsequent care and support are ideally provided through primary care, outpatient and community programs in order to prevent relapse or complications. While not all readmissions can be avoided, monitoring readmissions can assist in monitoring of appropriateness of discharge and follow-up care. NOTE: This measure is reported a quarter later due to the requirement to follow up with patients after the end of the reporting quarter.

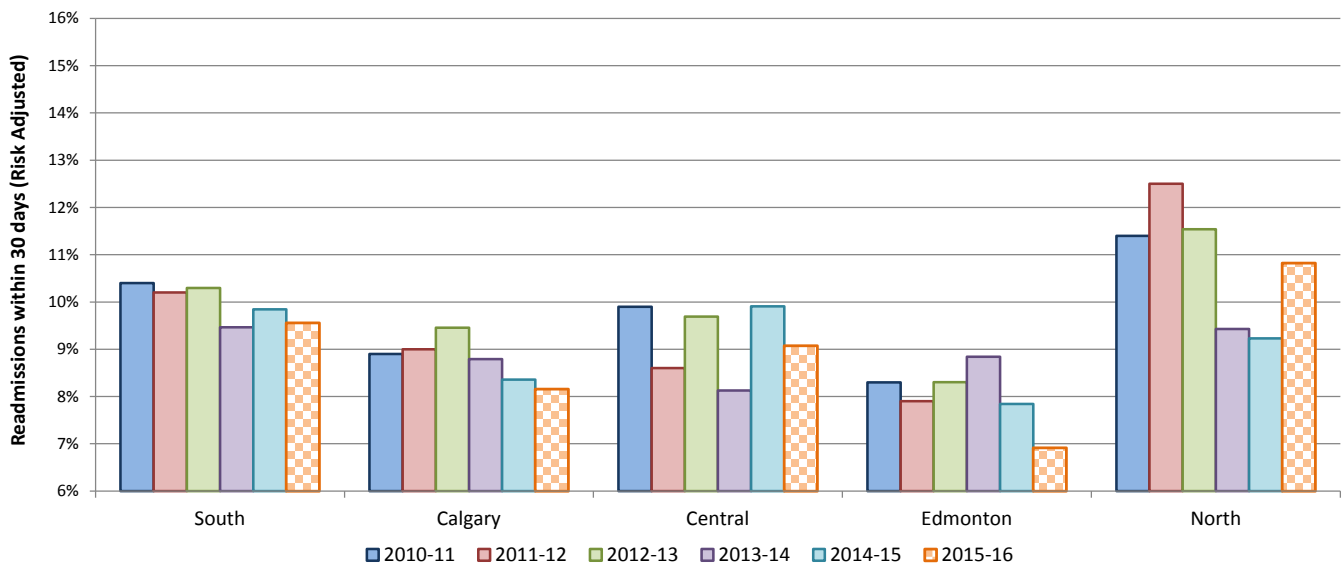
Mental Health Readmissions - Annual



How Do We Compare?

Alberta ranked 2nd best nationally out of ten provinces and better than the national rate in 2014-15.

Mental Health Readmissions - by Zone



Mental Health Readmissions

ACTIONS

AHS will continue to reduce readmission rates for patients with severe and persistent mental health problems by continuing to use Community Treatment Orders (CTOs).

South Zone will continue to monitor on a monthly basis the readmission rates to acute psychiatry in Medicine Hat and Lethbridge. Readmission data along with other metrics (e.g., length of stay) will be used to both monitor and inform practice in an effort to minimize readmission. Length of stay and Readmission rates are standing items on the Psychiatry department meetings. As a result, psychiatrists are aware of and routinely discuss these data.

Calgary Zone patients are contacted within seven days of discharge to provide post-discharge support and reinforcement of discharge recommendations. The opening of the Mental Health Assessment Unit at Rockyview General Hospital (RGH) should reduce the need to readmit patients re-presenting at the RGH by providing a brief period of stabilization in the ED.

Central Zone continues multiple initiatives including: the Discharge Continuity Project to link inpatient and community services, and addresses the suicide risk management policy; enhanced mental health liaisons to support rural facilities, emergency department (ED), and other agencies continues; enhanced discharge planning/transition occurring via Centennial Centre for persons with Development Disabilities continues; and advocate for additional supports and partner with Child and Family Services for community living.

Edmonton Zone is piloting an Adult Acute Transition Clinic at Alberta Hospital Edmonton to ensure timely access to post-discharge follow-up. Proactive engagement and staff cross-training will occur to improve timely discharge of long stay patients with complex needs to supported community housing.

North Zone is implementing a Youth Mental Health day program as well as developing a child psychiatry workforce plan.

SUMMARY

The most recent data for this measure is a quarter behind so, based on Q4 YTD 2015-16 data:

Targets for 2015-16 are not comparable to the 2015-16 data as CIHI definition and methodology refinement created a shift in results. The 2015-16 data is based on the new definition and methodology. The 2016-17 targets are based on the new methodology and will be reported with Q1 2016-17 data.

Provincial, South, Calgary, Central, and Edmonton Zones performance improved from the same period last year.

North Zone performance deteriorated compared to the same period last year.

DID YOU KNOW

Community Treatment Orders (CTOs) are an important tool to supporting individuals with serious and persistent mental health illness stay in the community. A treatment and care plan is set up, outlining service providers and supports required for the client to stay well in the community.

Mental Health Readmissions

The percentage of patients who have mental health disorders with unplanned readmission to hospital within 30 days of leaving hospital. Excludes patients who have mental health disorders who require scheduled follow-up care.

Mental Health Readmissions within 30 days (Risk Adjusted)	2012-13	2013-14	2014-15	Q4 YTD		Trend	2015-16 Target
				2014-15 Last Year	2015-16 Current		
Provincial	9.6%	8.9%	8.8%	8.8%	8.6%	Not comparable due to CIHI definition and methodology refinement	
South Zone	10.3%	9.5%	10.1%	10.1%	9.6%		
Calgary Zone	9.5%	8.8%	8.8%	8.8%	8.2%		
Central Zone	9.7%	8.1%	9.3%	9.3%	9.1%		
Edmonton Zone	8.3%	8.8%	7.7%	7.7%	6.9%		
North Zone	11.5%	9.4%	9.3%	9.3%	10.8%		

Mental Health Discharges (Index)*	2012-13	2013-14	2014-15	Q4 YTD	
				2014-15 Last Year	2015-16 Current
Provincial	13,436	13,455	13,887	13,887	14,688
South Zone	1,517	1,503	1,485	1,485	1,511
Calgary Zone	4,685	4,716	5,099	5,099	5,385
Central Zone	1,566	1,483	1,615	1,615	1,891
Edmonton Zone	3,539	3,427	3,408	3,408	3,532
North Zone	2,129	2,326	2,280	2,280	2,369

*Total number of hospital stays for select Mental Health diagnoses.

Excludes standalone psychiatric facilities such as Southern Alberta Forensic Psychiatric Centre (SAFPC) and Claresholm Centre for Mental Health and Addictions in Calgary Zone and Centennial Centre for Mental Health and Brain Injury (CMHBI) in Central Zone.