

## Mental Health Readmissions

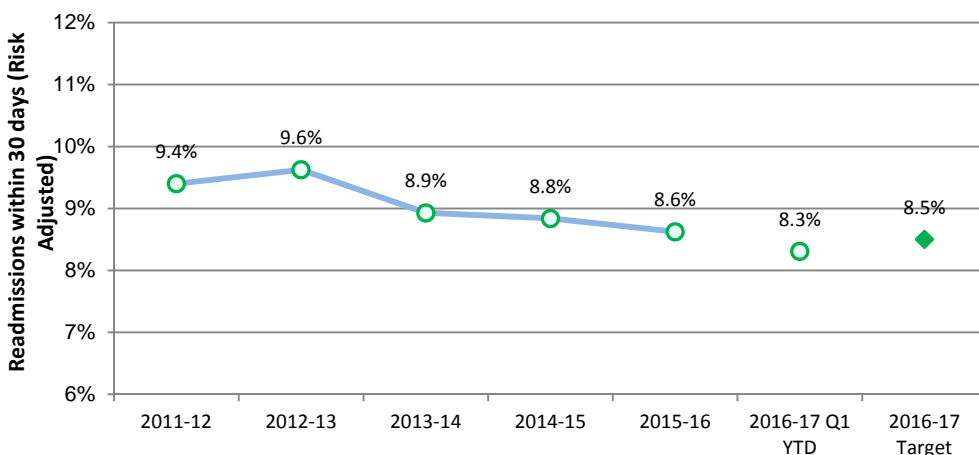
### Measure Definition

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 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.

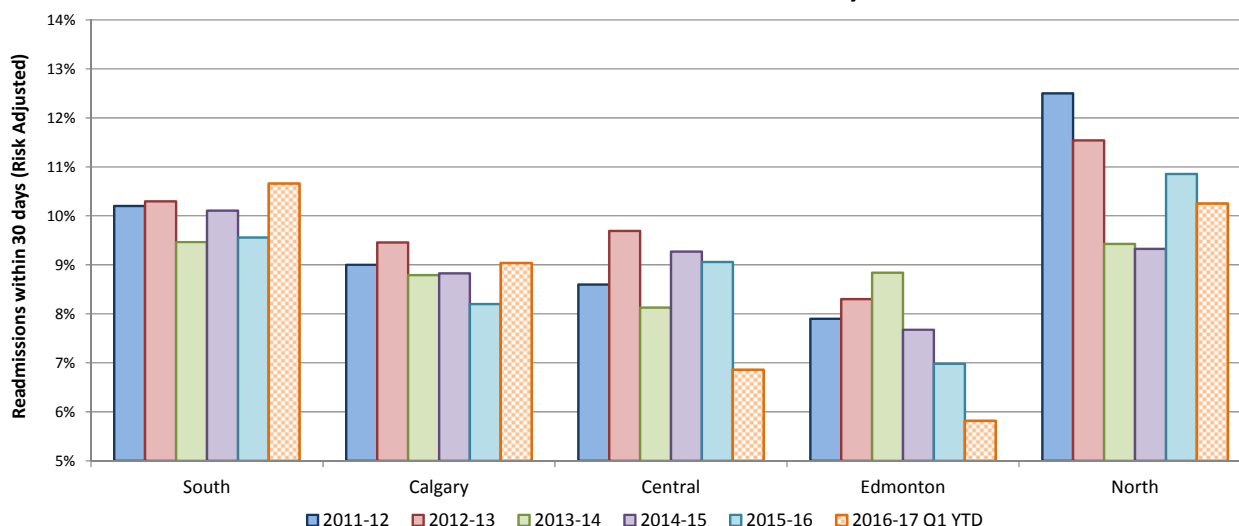
### Mental Health Readmissions - Annual



### How Do We Compare?

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

### Mental Health Readmissions - by Zone



Note: North Zone results have been impacted by the temporary closure of Northern Lights Regional Hospital and displacement in Fort McMurray due to the wildfires in Q1.

## 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 departments, and other agencies continues; enhanced discharge planning/transition occurring via Centennial Centre for persons with Development Disabilities; 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. This analysis is based on Q1 2016-17.*

Provincial, Central, and Edmonton Zones met the 2016-17 target in Q1. South and North Zones performance improved from the same period last year.

Calgary Zone performance deteriorated compared to the same period last year due to the increase in demand for addiction and mental health services, possibly related to the economic downturn. Discharges from inpatient units have risen and referrals to outpatient programs have also increased. With the additional demand on services and a shortage of supportive housing options for individuals with severe mental illness, it is becoming more difficult to support patients in the community. However, this is the first increase in several reporting periods, so may not indicate a trend. We will continue to monitor and further explore into the details to better understand what is driving this change if it continues.

### DID YOU KNOW

**Community Treatment Orders (CTOs)** are an important tool to supporting individuals with serious and persistent mental health illness to 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)	2013-14	2014-15	2015-16	Q1 YTD		Trend	2016-17 Target
				2015-16 Last Year	2016-17 Current		
Trend: ★ Achieved Target, ✓ Stable or better than prior period, ✖ Area requires additional focus							
Provincial	8.9%	8.8%	8.6%	9.0%	8.3%	★	8.5%
South Zone	9.5%	10.1%	9.6%	11.6%	10.7%	✓	9.0%
Calgary Zone	8.8%	8.8%	8.2%	8.3%	9.0%	✖	8.5%
Central Zone	8.1%	9.3%	9.1%	10.8%	6.9%	★	9.0%
Edmonton Zone	8.8%	7.7%	7.0%	6.7%	5.8%	★	7.0%
North Zone <sup>+</sup>	9.4%	9.3%	10.9%	10.5%	10.3%	✓	10.0%

+ North Zone results have been impacted by the temporary closure of Northern Lights Regional Hospital and displacement in Fort McMurray due to the wildfires in Q1.

Mental Health Discharges (Index)*	2013-14	2014-15	2015-16	Q1 YTD	
				2015-16 Last Year	2016-17 Current
<b>Provincial</b>	<b>13,455</b>	<b>13,887</b>	<b>14,692</b>	<b>3,659</b>	<b>4,012</b>
South Zone	1,503	1,485	1,511	388	434
Calgary Zone	4,716	5,099	5,385	1,299	1,418
Central Zone	1,483	1,615	1,894	504	484
Edmonton Zone	3,427	3,408	3,532	900	1,094
North Zone <sup>+</sup>	2,326	2,280	2,370	568	582

\*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.

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