

Mental Health Readmissions

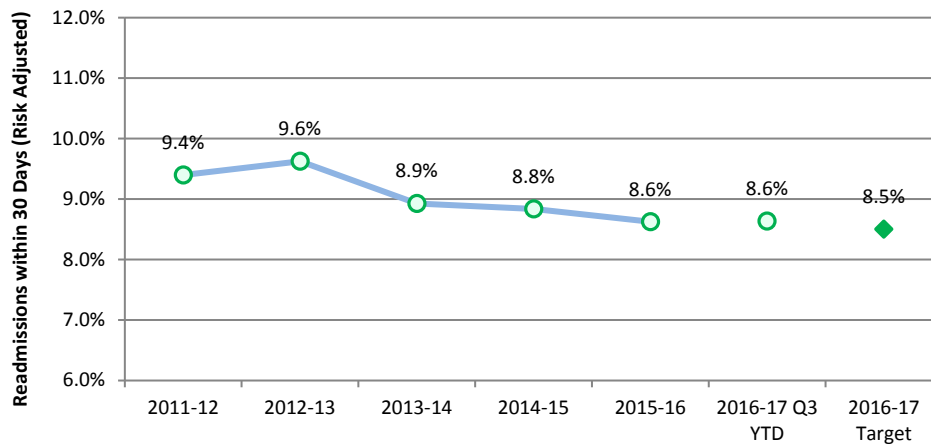
Measure Definition

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 followup 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 followup care. Note: This measure is reported a quarter later due to the requirement to followup with patients after the end of the reporting quarter.

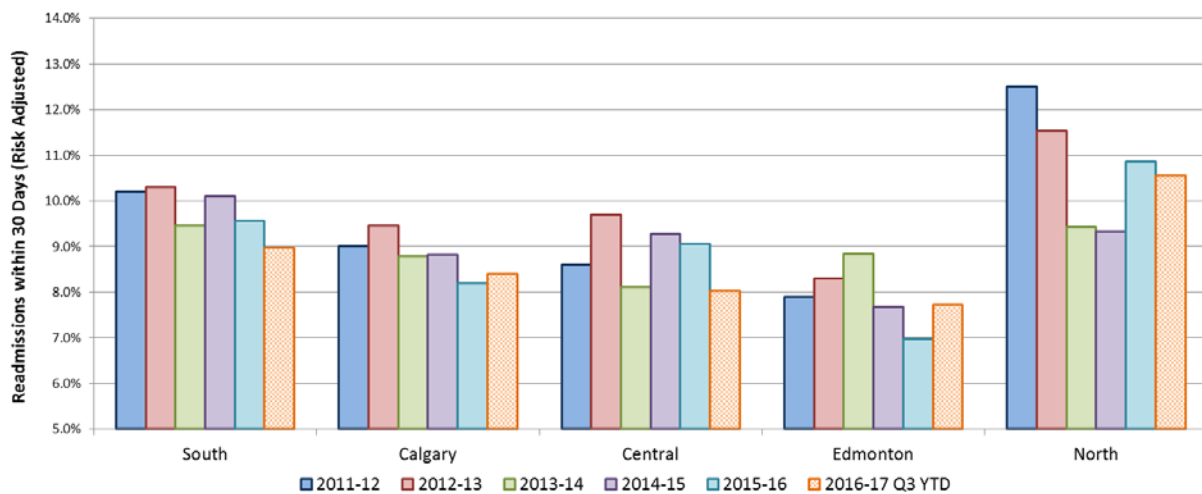
Mental Health Readmissions - Annual



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 - 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

HIGHLIGHTS

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

Telemental health uses technology to ensure clients receive help without leaving their community by linking them to mental health professionals. The utilization of telemental health events increased by 36% from 2015-16 to over 10,000 events

Zone initiatives include:

- Calgary Zone patients are contacted within seven days of discharge to provide post-discharge support and reinforcement of discharge recommendations.
- 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, enhanced discharge planning/transition occurring via Centennial Centre for persons with Development Disabilities, and partner with Child and Family Services for community living.
- Individuals in Medicine Hat who experience mental health, addiction or psychosocial crises and are at risk will now be identified for treatment by a Police and Crisis Team (PACT). PACT, a partnership between AHS and the Medicine Hat Police Service, pairs a mental health clinician and a police officer who attend emergency calls to assist individuals in crisis and diverts individuals toward the most appropriate community services and resources to stabilize them.
- Crisis Response EMS (CREMS) team in the Edmonton Zone works with mental health therapists to respond to clients in mental health crisis and has the ability to use primary care and existing community supports, addiction and mental health clinics and inpatient beds to best meet a client's immediate needs.
- North Zone implemented the Integrated Crisis and Access Team in Grande Prairie to offer access to triage and intake assessments. A pull system was established where a nurse at the Medical Detox Unit (MDU) calls to enquire about ED patients requiring medical detoxification and transport to MDU.

SUMMARY OF RESULTS

The most recent data for this measure is a quarter behind. This analysis is based on Q3 YTD 2016-17.

South, Calgary and Central Zones achieved target for Q3 YTD. Provincial and North Zone remained stable compared to the same period as last year. Edmonton Zone deteriorated from the same period as last year. A deeper analysis of data (not shown) finds that, Edmonton Zone has noted improvement quarter over quarter (Q2 = 9.6% to Q3 = 7.9%). Edmonton Zone mental health readmission rates remain amongst the lowest in the province.

In the Edmonton Zone, the 30-day readmission rate is 5.2% for patients discharged only from acute mental health beds. The reported 7.7% 30-day readmission rate is due almost exclusively to patients with a mental health diagnosis who receive medical treatment in non-mental health beds. Edmonton Zone mental health readmission rates remain amongst the lowest in the province.

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 followup care.

Mental Health Readmissions within 30 Days (Risk Adjusted)	2013-14	2014-15	2015-16	Q3 YTD		Trend	2016-17 Target
				2015-16 Last Year	2016-17 Current		
Trend: ★ Target Achieved; ✓ Improving; ⇔ Stable; ✖ Performance not improving							
Provincial	8.9%	8.8%	8.6%	8.6%	8.6%	⇔	8.5%
South Zone	9.5%	10.1%	9.6%	9.5%	9.0%	★	9.0%
Calgary Zone	8.8%	8.8%	8.2%	8.6%	8.4%	★	8.5%
Central Zone	8.1%	9.3%	9.1%	9.0%	8.0%	★	9.0%
Edmonton Zone	8.8%	7.7%	7.0%	6.4%	7.7%	✖	7.0%
North Zone	9.4%	9.3%	10.9%	10.5%	10.6%	⇔	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.

* "Stable" trend indicates when current period performance is ≤ 3% from the same time period as last year.

Mental Health Discharges (Index)*	2013-14	2014-15	2015-16	Q3 YTD	
				2015-16 Last Year	2016-17 Current
Provincial	13,455	13,887	14,690	10,885	11,639
South Zone	1,503	1,485	1,511	1,112	1,206
Calgary Zone	4,716	5,099	5,384	3,988	4,076
Central Zone	1,483	1,615	1,893	1,423	1,417
Edmonton Zone	3,427	3,408	3,532	2,618	3,012
North Zone	2,326	2,280	2,370	1,744	1,928

*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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