

Patient and Caregiver Advisory Group for a Research Study on Delayed Hospital Discharge (i.e., Alternate Level of Care)

*Have you or a loved one experienced a delay in transitioning from hospital to home or long-term care? **We Want to Hear from You!***

A Toronto based research team is looking for interested patients or caregivers (i.e., family members) with current or previous experience with a hospital discharge delay to be part of a patient and caregiver advisory panel.

The advisory group has three goals:

- Provide direction/input on a research study about delayed hospital discharge (summary of study is provided on the next page);
- To review results of the study and provide input on how these results can be shared with policy makers; and
- To take part in other activities as agreed upon by members of the advisory panel. The advisory panel will likely have about 6-8 members (of other caregivers or patients as well as some members of the research team).

What is required?

- Attend approximately 3-4 meetings over the next 12 months (for about 2 hours each) – may be altered later based on the advice of the advisory group
- Provide input into the study (review results and discuss how they can be shared to make a difference).

Compensation for parking and travel will be provided along with refreshments at the meetings and an honorarium for participating.

If you are interested in learning more, please contact Kerry Kuluski @ Kerry.Kuluski@sinaihealthsystem.ca or 416-461-8252 x2988.

Study Summary:

Title: Co-Designing Strategies to Address Alternate Level of Care: Patient and Caregiver Engagement for Quality Improvement

Alternate Level of Care (i.e., delayed hospital discharge) is a care quality issue experienced across all developed health care systems. An 'ALC' status is given to a patient when they no longer require the services of a hospital, have been cleared for discharge by a physician, but remain in hospital because an 'alternate' level of care (in the home or long-term care facility) is not available. As they wait, patients are at risk of hospital related infections, falls, medication errors and functional decline (because the level of care they receive decreases as they wait). Delayed discharge has a ripple effect through the health care system including delays in hospital admissions, emergency rooms overcrowding, and delays or cancellations in hospital procedures. The few studies that have captured patient and family member experience of ALC note that patients and caregiver are overwhelmed, confused, frustrated and experience poor quality care. No studies have engaged patients and caregivers with ALC experience in co-designing solutions to the ALC problem. This study will engage patients and their caregivers in Toronto with a current (or recent) ALC experience to accomplish 2 goals: 1) convene an ongoing stakeholder council to inform and respond to service and policy changes in ALC and 2) to co-design strategies to capture what is needed a) **before** ALC, b) **during** ALC and c) **post** ALC. From these strategies 'tests of change' will be planned for the health system and evaluated in a future study.