

Perceived quality of care transitions between the stroke unit and the home - a cross sectional study

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Conclusion

Increased quality of the care transitions can be achieved by:

- Stating clear health goals and how to reach them
- Informing about further needs of health care after discharge and planned subsequent care
- Increasing knowledge about self-monitoring and side-effects of medications



Introduction

Uncoordinated care transitions can render a substantial burden for patients and their family with lack of information to navigate the healthcare system, risking information loss and unwanted outcomes. Coordination of care is especially important for persons with long-term complex conditions and in particular for people with language or cognitive impairments.

Aim

The aim was to explore the perceived quality of care transitions between a stroke unit and the home in people with mild stroke.

Methods

The study included 80 participants with mild stroke, 53 men and 27 women, mean age 70 years. One week after discharge from the stroke unit the participants assessed the quality of their care transition with the Care Transition Measure (CTM).

Results

A majority perceived a high quality of care transitions in most areas. However, the results also revealed that there is room for improvement regarding the transition process between stroke unit and the home.

Before I left the hospital:

The staff and I agreed about clear health goals for me and how these would be reached

The staff took my preferences into account in deciding what my health care needs would be

The staff took my preferences into account in deciding where my health care needs would be met

When I left the hospital:

I had all the information I needed to be able to take care of myself

I clearly understood how to manage my health

I clearly understood the warning signs and symptoms I should watch for to monitor my health condition

I had a readable and easily understood written plan that described how my health care needs were going to be met

I had a good understanding of my health condition and what makes it better or worse

I had a good understanding of the things I was responsible for in managing my health

I was confident that I knew what to do to manage my health

I was confident I could actually do the things I needed to do to take care of my health

I had a readable and easily understood written list of the appointments or tests I needed to complete within the next several weeks

I clearly understood the purpose for taking each of my medications

I clearly understood how to take each of my medication, including how much I should take and when

I clearly understood the possible side effects of each of my medications

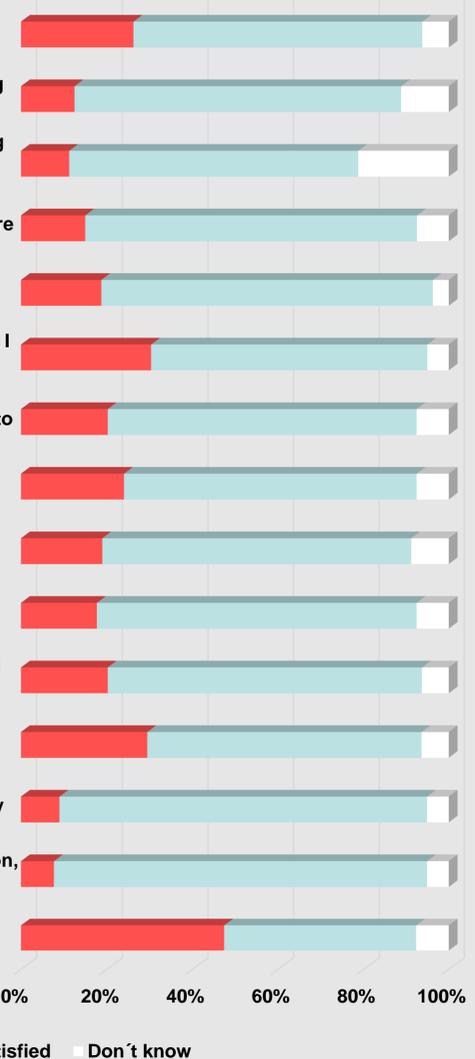


Figure 1. Proportions of participants reporting satisfied, dissatisfied and "don't know" per item of the CTM.

Recruitment of participants is ongoing, hence the results are preliminary.



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