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Hospital follow-up at a resident primary care clinic decreases readmission rates

Background: Hospital Readmissions are a multifaceted problem that greatly impact health care quality and costs. Interventions such as follow-up and discharge planning improvements have shown variable levels of success in decreasing readmissions. This study examines the impact of resident-based clinics on adjacent hospital readmission rates.

Objective: Our study examined if outpatient follow-up at a resident-run primary care clinic after hospitalization decreases future utilization of inpatient and emergency care.

Methods: This quality improvement project utilized a pre-post analysis of all patients with a hospital admission and subsequent follow-up at an internal medicine resident outpatient clinic begun in July 2014 to assess total number of admissions, ER visits, and cumulative hospital days before and after establishing outpatient care in the resident clinic. Randomly selected non-clinic patients admitted to the hospital within that timeframe were also assessed in a pre-post manner and then also compared with patients seen in the resident clinic.

Result: The total number of eligible patients seen at the residency outpatient clinic was 326, 155 insured and 171 uninsured, and all patients eligible were included in this study (100%). Patients seen in the resident clinic had a significant decrease in number of readmissions and length of stay from pre-clinic to post-clinic

dates. Uninsured clinic patients also demonstrated a decreased use of emergency room Services. The non-clinic population did not demonstrate any Statistically significant Changes during the timeframe.

Conclusion: Resident-run primary care clinics may be a useful intervention to prevent hospital readmissions for patients and thus substantially reduce costs and penalties that might be imposed.

Speaker Biography

Henry M. Haire, M.D., FACP, B.A., M.S., serves as the inaugural Medical Director of the FAU Medicine Resident Clinic and Associate Professor of Integrated Medical Sciences In the Charles E. Schmidt College of Medicine. Dr. Haire has extensive clinical experience as an Internist and nephrologist in private practice in Fort Walton Beach Florida and developed the Watson Clinic Kidney Center as well as served as a Medical Director of multiple entities. These included Medial Director of Advanced Home Health, Watson Clinic Kidney Center, Senior Health Care Center, Dialysis Services of Florida, Renal Care Group and NW Florida Humana Health Insurance. He has had extensive experience in multiple health care systems, including Kaiser Permanente, FoundCare, Community Health Center, Redington Medical Primary Care, Charis Health Center, and was the owner of Nephrology Associates of NW Florida. He has held many positions including Chief of Staff and Chief of Medicine at Fort Walton Beach Medical Center and currently is the Chairman of the Education Council for the Palm Beach County Medical Society and on the Board of Directors. He is an active member in multiple national societies and is a Fellow of the American College of Medicine and is a member of the American Medical Association Florida Medical Association, American Society of Nephrology, and emeritus member of the Florida Society of Nephrology.

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