Hospital Discharge of the Dialysis Patient: assessment, barriers and a bit of everything in between

Kristin Woody CM, MSN Supervisor Care Management Department Regions Hospital
Financial Disclosure

Nothing to disclose
Objectives

1. To understand the role of Case Management in the care of the dialysis patient
2. To understand the overall assessment of the patient for needs determination
3. Describe how social determinants of health can assist the Case Manager in understanding potential barriers
4. Describe common barriers to discharge and ongoing needs for improved patient education
Admission Assessment/Evaluation

• Admission type: acute kidney injury or chronic kidney disease
• New start or existing dialysis patient
• Interdisciplinary Care Team planning determine needs and course of care
• Baseline assessment within 24 hours of admit as per regulatory bodies
• Social Determinants of Health Assessment
Admissions related to Acute Kidney Injury:

• Major surgery large blood loss hypovolemic shock
• Severe Burns
• Heart Attack
• Organ Failure
• ATN, obstructions (kidney stones) and inflammatory processes
• Over use of NSAID’s
Admission with ESRD complications

- Existing dialysis patient missed dialysis
- Access complications
- Missed rides to dialysis facility
- Exacerbation of other illness
- Point of entry: ED - are they an observation patient
Initiation/New Start of Dialysis

- Case Manager meets with patient/family offers choice of agency
- Referral sent per patient decision
- Discussion regarding location, chair/run time and days
- Coordination of other disposition needs
- Transportation discussion with patient/family
Resumption of Outpatient Dialysis

- Case Management team sends referral and orders for resuming dialysis
- Patient typically remains at same center unless their overall condition changes and the patient has other care needs
- Ensure patient has transportation
- Education regarding importance of keeping appointments
Assessment of SDOH

• Definition of The social determinants of health (SDOH) are the economic and social conditions and their distribution among the population that influence individual and group differences in health status.
What is a Health Disparity?

- Department of Health and Human Services defines health disparities as “differences in health outcomes that are closely linked with social, economic, and environmental disadvantage.”
Social Determinants Assessments

- Economic Stability
- Neighborhood and Built Environment
- Health and Health Care
- Education
- Social and Community Context

SDOH
Economic Stability

- Debt including medical debt
- Income
- Expenses
- Support
- Employment
Neighborhood and Physical Environment

- Housing
- Transportation
- Safety
- Parks
- Playgrounds
- Walkability
Education

- Literacy
- Language
- Early Childhood Education
- Vocational Training
- Higher Education
Community and Social Context

- Social Integration
- Support Systems
- Community Engagement
- Discrimination
Health Care System

- Health Coverage
- Provider Availability
- Provider linguistic and cultural competency
- Quality of care
# Additional Model of SDOH

## Social Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
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<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger</td>
<td>Social integration</td>
<td>Health coverage</td>
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<td>Access to healthy options</td>
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### Health Outcomes

- Mortality
- Morbidity
- Life Expectancy
- Health Care Expenditures
- Health Status
- Functional Limitations
Final Discharge Planning

• Determine Discharge Disposition
  ~ Home with no needs
  ~ Home with home care
  ~ Transitional Care
  ~ Long Term Care
Insurance Coverage

- Commercial Insurance all needs covered
- Medicare with Secondary Payer
- Medicaid
- Under-insured patient population
- Self-Pay (no-insurance)
- Undocumented patient or EMA Emergency Medical Assistance
Transportation

- Does the patient drive, do they have a car or access to one
- Proximity to public transportation, bus or train
- Insurance benefit for transportation
- Metro-Mobility Eligible
Family/Social Support

• Lives alone
• Estranged from family
• Isolated due to mental health disorder
• Lives remotely
Discharge

• Communicate with patient final arrangements
• Discuss any further needs with patient and family
• Ensure understanding of dialysis run days and chair time
• Report to accepting dialysis center if possible
What’s Still Missing?

• Ongoing real time education during patient’s acute hospitalization
• Education regarding diet, fluid restriction and medications
• Discussion surrounding importance of not missing and it patient did understanding why
Bridging to Transplantation

- Discussion about transplant as an option with renal failure
- Connection to transplant center for evaluation process
- Living-Donor Evaluation for transplant option
• Blogs on-line for dialysis patients including Peritoneal Dialysis patients
• On-line forums and patient educational opportunities
• Hemo-dialysis support groups sponsored by dialysis centers nationally on-line and locally see schedules
We Can Do Better....

Thank-you!
Questions

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