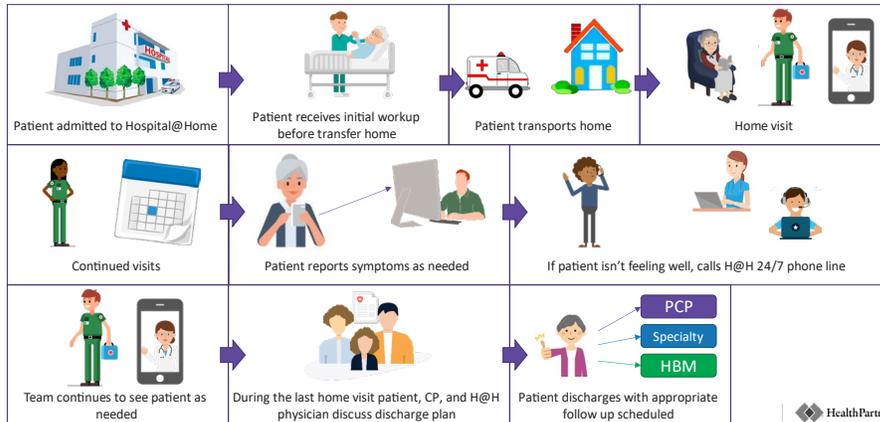


What is Hospital@Home?

Hospital@Home (also referred to as Acute Hospital Care at Home or AHCAH) is a care delivery model designed to replace an inpatient hospital stay with a hospitalization within a patient’s home. Programs provide patients with the same care and interventions to treat acute illness as a brick-and-mortar hospital in the comfort of their homes, alleviating the need to stay in a hospital room.

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Why is this Model of Care Important for an Aging Population?

Research has shown that patients cared for in AHCAH programs benefit all populations. At HealthPartners, we have seen great benefit to patients with cognitive, physical or sensory impairments who often do best in their homes. We also see this model of care embraced by frail elders, people of color and patients who do not speak English. For patients cared for in AHCAH programs across the country, when compared to traditional hospital care, data shows:

- Lower readmissions¹
- Reduced admissions to Skilled Nursing facilities after an acute care is completed²
- Higher patient and caregiver satisfaction³
- Improved physical activity⁴
- Lower unexpected mortality
- Fewer infections
- Less delirium
- Lower cost of care
- Higher job satisfaction for H@H clinicians

What is the state of Hospital@Home care in Minnesota?

Stratis Health is helping to lead a coalition of healthcare organizations across the state of Minnesota, to provide support for growth, as well as be a resource for legislators, healthcare organizations and patients. The coalition is in favor of including AHCAH (H@H) in state program benefits. Current state:

- Two health systems currently operating AHCAH programs in MN (metro-focused)
- Several additional health systems exploring how to deliver this care
- Rural and underserved populations lack access to this service

1. **9 Randomized controlled trials reviewed >900 chronically ill adults. This review found that patients who received H@H care had a statistically significant lower incidence of readmission at 30 days, fewer emergency department revisits and a lower risk of needing long term care.** (Arsenault-Lapierre G, Henein M, Gaid D, Le Berre M, Gore G, Vedel I. *Hospital-at-Home Interventions vs In-Hospital Stay for Patients With Chronic Disease Who Present to the Emergency Department: A Systematic Review and Meta-analysis.* JAMA Netw Open. 2021;4(6):e2111568. doi:10.1001/jamanetworkopen.2021.11568)
2. **A meta-analysis determined that H@H care led to statistically significant reduction in patient discharges to a skilled nursing facility (SNF). H@H care was affiliated with a 1.7% SNF discharge rate compared to 10.4% average brick-and-mortar SNF discharge rate.** (Federman AD, Soones T, DeCherrie LV, Leff B, Siu AL. *Association of a Bundled Hospital-at-Home and 30-Day Postacute Transitional Care Program With Clinical Outcomes and Patient Experiences.* JAMA Intern Med. 2018;178(8):1033–1040. doi:10.1001/jamainternmed.2018.2562)
3. **A 21-year long longitudinal analysis assessed patients in 25 systematic reviews who had received H@H care compared to inpatient hospitalization. Results showed higher patient and caregiver satisfaction with H@H care compared to traditional hospital care.** (Conley J, O'Brien CW, Leff BA, Bolen S, Zulman D. *Alternative Strategies to Inpatient Hospitalization for Acute Medical Conditions: A Systematic Review.* JAMA Intern Med. 2016 Nov 1;176(11):1693-1702. doi: 10.1001/jamainternmed.2016.5974. PMID: 27695822.)
4. **The first US based Randomized controlled trial on H@H compared to traditional hospital care showed improved physical activity in patients who received their acute care at home, as well as improved patient satisfaction. Of note, patients in H@H arm of the study spent 18% of their day lying down, compared to 55% of the day in brick-and-mortar hospital.** (Levine DM, Ouchi K, Blanchfield B, Saenz A, Burke K, Paz M, Diamond K, Pu CT, Schnipper JL. *Hospital-Level Care at Home for Acutely Ill Adults: A Randomized Controlled Trial.* Ann Intern Med. 2020 Jan 21;172(2):77-85. doi: 10.7326/M19-0600. Epub 2019 Dec 17. PMID: 31842232.)

Scan here for a 3-minute video explanation of the HealthPartners H@H program:



For questions, please reach out:

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