Consultants of the Week Model in Orthogeriatric Care

Radcliffe Lisk
Consultant Orthogeriatrician
Ashford & St. Peter’s NHS Foundation Trust
Average life expectancy

• In the 20\textsuperscript{th} century, the average lifespan of a male in the UK has risen from 45-75 and females from 49-80.
1 in 3 babies born in the UK in 2013 are expected to celebrate their 100th birthday.

Thought-provoking discussion from the Royal Geographical Society (with IBG)
www.21stcenturychallenges.org
Source: Office for National Statistics, 2013
### Ashford & St. Peter’s - Demography

Percentage of hospital admissions from A&E by age group – NHS Benchmarking Report 2017

<table>
<thead>
<tr>
<th>Group</th>
<th>Your position</th>
<th>Average position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 0 to 64</td>
<td>46.51</td>
<td>51.15</td>
</tr>
<tr>
<td>Age 65 to 74</td>
<td>12.37</td>
<td>13.99</td>
</tr>
<tr>
<td>Age 75 to 84</td>
<td>20.02</td>
<td>17.61</td>
</tr>
<tr>
<td>Age 85 plus</td>
<td>21.10</td>
<td>15.12</td>
</tr>
</tbody>
</table>
• We can no longer afford to be caring for older people the same way we have been doing for many years

Insanity: doing the same thing over and over again and expecting different results.

- Albert Einstein
Orthogeriatric Team

- 2 Orthogeratricians
- 17 orthopaedic surgeons
- 16 junior doctors
- Trauma coordinator
- Dedicated physios
- OTs
- 400 hip fractures annually
Orthogeriatric Models of Care

• Traditional model

• Newer models of orthogeriatric care
  – Routine orthogeriatrics review
  – Admitted under geriatricians

• Shared care model
  – patients are managed throughout their stay by
    • named orthopaedic surgeon
    • named orthogeriatrician within a defined orthogeriatric team
Ward Rounds

- Daily attendance at Trauma Meetings (0800-0830hrs)
- Pre op review of # NOF fractures (0830-0900hrs)

- **Ward Rounds (0900-1115hrs)** NOFs
  1. Dr Yeong – Mondays and Fridays and alt. Weds
  2. Dr Lisk – Tuesdays and Thursdays and alternate Wed
     Board Round all patients MDT (1130hrs – 1200hrs) DAILY
Drivers for change

- The orthogeriatrician focused on the hip fracture patients (NoFs) whereas the orthopaedic surgeon focused on the other trauma patients.

- Trauma patients frail with fragility fractures and medical needs not addressed

- Orthopaedic needs of hip fractures were delayed

- Poor GMC trainee report – only 68.3% satisfied in 2016
Innovative Model of Care

• The Consultants of the Week Model (CoW)

• X1 Trauma ward (30 beds)

• The same orthopaedic surgeon and orthogeriatrician see patients on the ward round. (trainees designated to each half)
  – Mondays, Tuesdays – all patients;
  – Wednesdays, Thursdays – half the ward (trainees focus)
  – Fridays – all patients seen with handover to another orthopaedic surgeon who will be CoW next week
Results

• Before the CoW model (July – Oct 2016), the LOS for NoFs was 13.13 days and after the CoW model (Nov – Feb 2017), the LOS was 13.33 days.

• Trauma patients, before CoW (same period), LOS was 7.77 days and after CoW 6.49 days.

• Readmissions NOFs: 16.0% before CoW and 13.1% after CoW.
  • LOS on readmission before CoW 13.05 days
  • LOS on readmission after CoW 7.81 days.
Results

• Midnight bed occupancy: 26.77 before CoW and 24.44 after CoW.

• We receive 1291 other traumas annually; approximate saving over £400K
  • 1.28 day reduction for other traumas
  • £275/bed

• Further cost saving in NOFs as less readmissions and reduced LOS for readmissions

• GMC trainee report – 80.46% satisfied in 2017 (best ever result)
Conclusion

• Fragility fractures are a significant cost burden and as our population is increasingly ageing, so too will be the incidence of this injury.

• This model of care addresses the needs of this older population with frailty and complex co-morbidities whereby continuity and working together achieves cost savings.