



January 5, 2015



Marion County Medical Multi-Agency Coordination Center

NATIONAL TERRORISM ADVISORY SYSTEM

No active alerts



49°

Mostly sunny, with a high near 49. South wind 3 to 5 mph.

Mostly Sunny



39°

Mostly cloudy, with a low around 39. South southeast wind 3 to 5 mph.

Mostly Cloudy



ASTHMA INDEX

0



UV INDEX

4

## THREAT ANALYSIS

### Stress of hospital stays contributes to patient readmissions

Inactivity, the unpredictability of daily routine and other challenges patients often endure during hospital stays may be contributing to readmissions, according to physicians who have been publishing on what they call "post-hospital syndrome" over the past two years.

Post-hospital syndrome is a state of susceptibility to new illnesses that many patients experience in the days and weeks following hospitalization. These patients are vulnerable to a range of medical problems, including infections, gastrointestinal conditions, mental illness, falls, nutrition-related ailments and electrolyte imbalances. (Sources: [New York Times](#), [Journal of the American Medical Association](#))

The condition came to light amid studies associated with new Medicare policies that hold hospitals responsible for readmissions that occur within 30 days of discharge. Research showed nearly one in five Medicare patients was rehospitalized, often due to new afflictions rather than relapses of original illness. The idea that hospital stays may themselves be making people sick has several consequences; readmissions not only represent a preventable impact on census, but also a financial burden. (Sources: [New York Times](#), [New England Journal of Medicine](#), [PLOS Medicine](#))

Factors that contribute to post-hospital syndrome include noisy environment, unappetizing food, long wait times and the stress caused by frequent interactions with many medical professionals who are essentially strangers to a patient. While no definitive studies have been published on the readmission impact of reducing these issues, many doctors advocate for logistical adjustments to the patient care environment that would likely make a difference. (Source: [NEJM](#))

## ACTION STEPS

1

Promote personalization of patient care in your facility. Have staff (re)introduce themselves before beginning even minor procedures or monitoring activities. Consider equipping each patient room with a log book that providers sign each time they visit so patients and family members can keep track. (Source: [JAMA](#))

2

Make the patient environment more conducive to rest. Eliminate any excessive nighttime procedures and make sure that patients are served nutritious food at appropriate times. (Source: [JAMA](#))

3

Reduce patient anxiety by ensuring that follow-up appointments are scheduled before the patient leaves the hospital and that he or she has clear information on who to contact with questions. (Source: [NEJM](#))

## UPCOMING EVENTS

MONDAY

05

**Marvel Universe Live!**  
*Bankers Life Fieldhouse*

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