

**Step up Step Down (New Model of Care)
Now My Care My Way – Home First**

Evidence Base:

The association between bed rest and functional decline over 18 months 10 days in hospital (acute or community) leads to the equivalent of 10 years ageing in the muscles of people over 80 a study by **Gill et al (2004)**.

<http://biomedgerontology.oxfordjournals.org/content/59/7/M755.full>

The relationship between the amounts of time spent in bed rest and the magnitude of functional decline in instrumental activities of daily living, mobility, physical activity, and social activity. **Kortebein P, Symons TB, Ferrando A, et al**

<http://www.ncbi.nlm.nih.gov/pubmed/18948558>

Functional impact of 10 days of bed rest in healthy older adults. **J Gerontol A Biol Sci Med Sci. 2008; 63:1076–1081.**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3276215/>

The Principles to improve Care for Older People (Prof. Ian Philp): **Health Service Journal May 2012**

- choose to admit' only those frail older people who have evidence of underlying life-threatening illness or need for surgery – they should be admitted, as an emergency, to an acute bed
- provide early access to assessment, ideally within the first 24 hours, to set up the right clinical management plan
- 'discharge to assess' as soon as the acute episode is complete, in order to plan post-acute care in the person's own home
- provide comprehensive assessment and re-ablement during post-acute care to determine and reduce long term care needs

<http://www.hsj.co.uk/resource-centre/best-practice/care-pathway-resources/four-principles-to-improve-the-care-of-older-patients/5043552.article>

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One person – main point of contact and assessment with input from others if needed – inter professional working not just parallel MDT approach: **Liew D, Liew D, Kennedy M.**

- National Commissioning Board, Everyone Counts: **Planning for Patients, (2013-2014)**
- National Commissioning Board, **The CCG Outcomes Indicator Set, (2013-2014)**
- The Kings Fund, **Older People and Emergency Bed Use, (2012)**
- Department of Health. **Care Closer to Home / Our Health Our Future review -Lord Darzi report (DH 2007)**
- Department of Health. **No Secrets: Guidance on developing and implementing multi-agency policies and procedures to protect vulnerable adults from abuse (DH 2000)**

- Department of Health. **Direction of Travel for Urgent Care (DH 2007)**
- **The Operating Framework for the NHS in England 2014/15**
<https://www.gov.uk/government/publications/nhs-outcomes-framework-2014-to-2015>
- **The Health and Social Care Act 2012**
http://www.local.gov.uk/c/document_library/get_file?uuid=e0e0321b-49f1-4ec2-9e73-5ba379e0787b&groupId=10180
- **Department of Health - Liberating the NHS, 2010**
- <https://www.gov.uk/government/.../liberating-the-nhs-white-paper>
- Department of Health - **Taking Healthcare to the patient, 2005**
- Kings fund -**Specialist in out-of-hospital settings 2014**
- Future Hospital Commission – **Caring for Medical Patients – RCP 2013**
<https://www.rcplondon.ac.uk/projects/future-hospital-commission>
- Department of Health;2009 Transforming Community Services
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/215624/dh_126111.pdf
- Managing capacity and demand across the patient journey –**Allder S, Silvester K, Walley P 2010**
- A National Evaluation of the Costs and Outcomes of Intermediate Care for Older People -
Barton P, Stirling B 2006
- Clinical and Service Integration: The route to improved outcomes - **Curry N, Ham C 2010**
<https://www.kingsfund.org.uk/sites/files/kf/Clinical-and-service-integration-Natasha-Curry-Chris-Ham-22-November-2010.pdf>

Avoiding Hospital Admissions: What does the research evidence say? - **Purdy S, 2010**

Integrating Health and Social Care in Torbay: **Improving care for Mrs Smith.**

Thistlethwaite P, 2011

Imminence of death among hospital inpatients: Prevalent cohort study-**David Clark, Matthew Armstrong, Ananda Allan, Fiona Graham, Andrew Carnon and Christopher Isles, published online 17 March 2014 *Palliat Med***

- Emergency Department Length of Stay independently predicts Inpatient length of stay. **MJA 2003; 179; 524-526**
- CCG Five year Plan
- North Staffordshire Integrated Strategy Operating Plan
- Counting the Cost: Caring for People with Dementia on Hospital Wards, Alzheimer's Society (2009)
<http://alzheimers.org.uk/countingthecost>
- Royal College of Psychiatry National Dementia Audit
<http://www.rcpsych.ac.uk/quality/nationalclinicalaudits/dementia/nationalauditofdementia.aspx>
- Keogh Report: Urgent and Emergency Care Review
<http://www.nhs.uk/nhsengland/keogh-review/Pages/urgent-and-emergency-care-review.aspx>
- British Geriatrics Society: Fit for Frailty
<http://www.bgs.org.uk/index.php/fitforfrailty-2m>
- Everyone Counts: Planning for Patients 2013/2014
<http://www.england.nhs.uk/everyonecounts/>
- West Midlands Quality Review – LTC
<http://www.wmqr.nhs.uk/review-programmes/view/long-term-condition>
- Francis Report: Robert Francis report into the failings at Mid Staffordshire foundation Trust
http://www.kingsfund.org.uk/projects/francis-inquiry-report?qclid=CNDI3lqh1cUCFQ_MtAodDUqAgA
- Healthcare Commission – **Urgent Care Review (DH 2008)**
- Royal College of Physicians. Acute Medical Care – the right person, in the right setting – first time **(RCP 2007)**
<https://www.rcplondon.ac.uk/publications/acute-medical-care>
- Seven Ways to No: Delays **NHS Institute for Innovation and Improvement 2010**
- Enforcement Policy: **Care Quality Commission: (CQC 2012)**
- Urgent Care Strategy: **Northern Staffordshire LHE (2014-2017)**
- Call to Action Report (2014)
<http://www.england.nhs.uk/ourwork/qual-clin-lead/calltoaction/>
- Acute Medical Care of Elderly People, **British Geriatrician Society (2011)**
<http://www.bgs.org.uk/index.php/readingsubjectlist/206-acute-care>