



Multidisciplinary Profile Of Emergency And Community ICPOP Patients Admitted To A Rehabilitation Hospital In 2024

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Introduction

The Integrated Care Programme for Older People (ICPOP) Community Specialist Team aims to reduce acute hospital admissions which can be hazardous for frail older adults (HSE, 2024). Since May 2022, a rehabilitation hospital in north Dublin has implemented a pathway for direct admissions from the ED or community to a post-acute MDT rehabilitation ward. The aim of this study is to examine patient data from the ICPOP admission pathway to evaluate patient profiles, multidisciplinary team (MDT) input, referral sources, and clinical outcomes.

Methods

All patients admitted via the ICPOP pathway receive assessments from physiotherapy, occupational therapy, and medical social work. Dietetics and speech and language therapy (SLT) provide input on a referral basis. On admission, the Clinical Frailty Scale (CFS) and Rehabilitation Complexity Scale – Extended (RCS-E) are completed. The Cumulative Ambulatory Score (CAS) and modified Functional Independence Measure (FIM) are recorded on both admission and discharge. Data from the 2024 cohort was reviewed.

Results

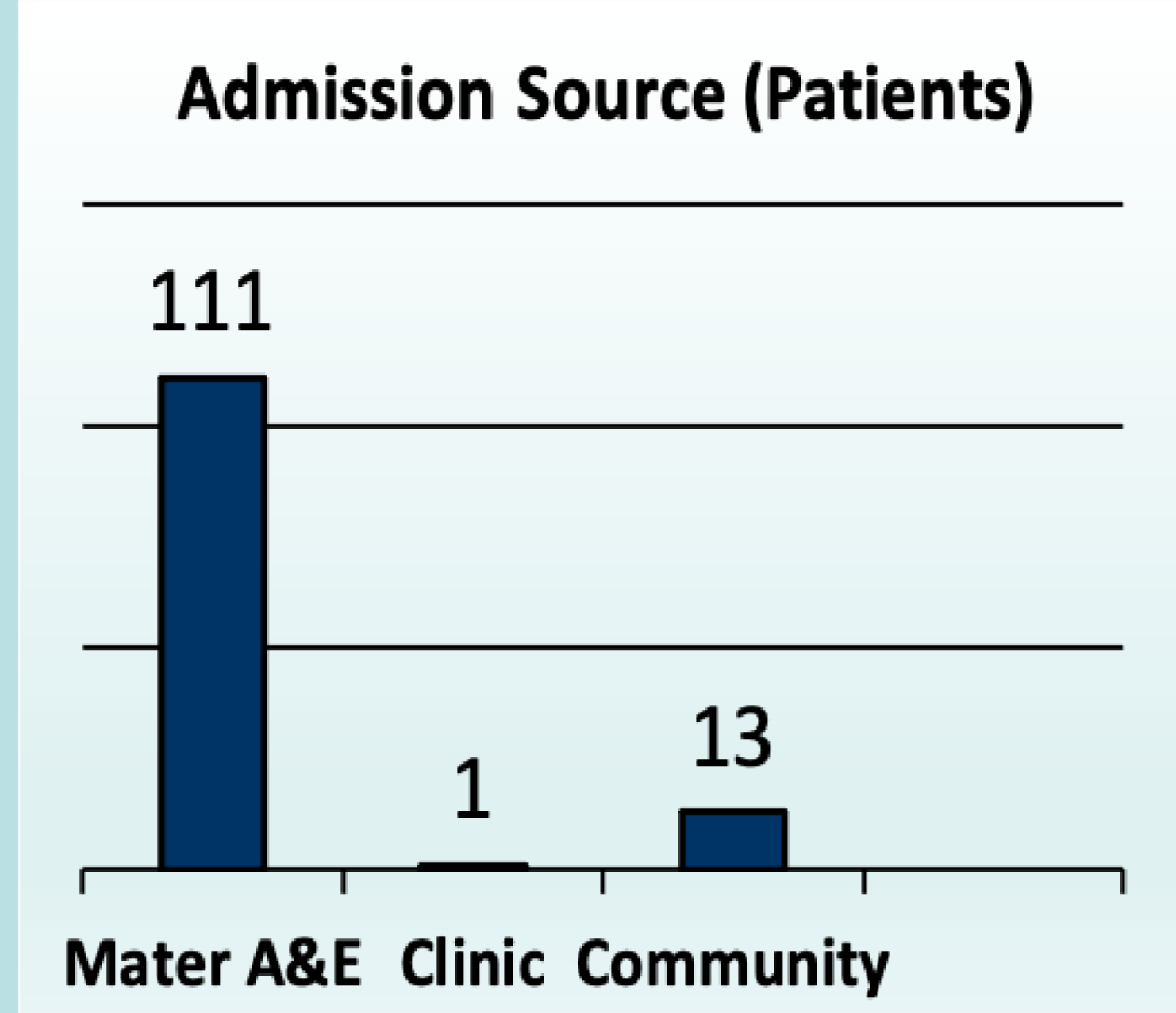


Figure 1: Admission source (patients n=125)

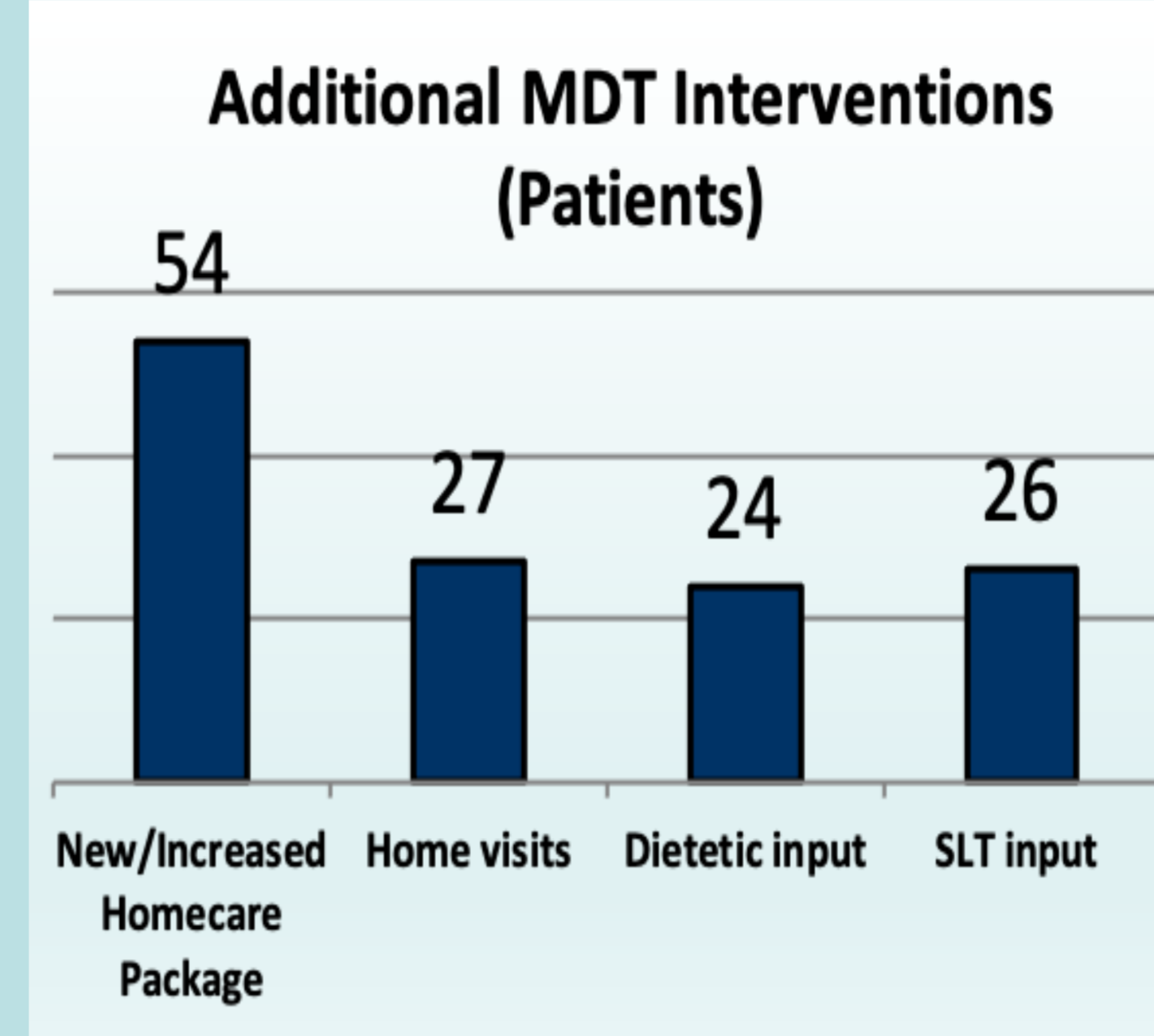


Figure 2: Additional MDT interventions (patients)

Measure	Value / Note
Median CFS	5 (mild frailty)
Median RCS-E	9 (medium rehab needs)
Mean LOS	31.7 days (Higher CFS linked to longer LOS)

Figure 3: (CFS), RCS-E & Length of Stay (LOS)

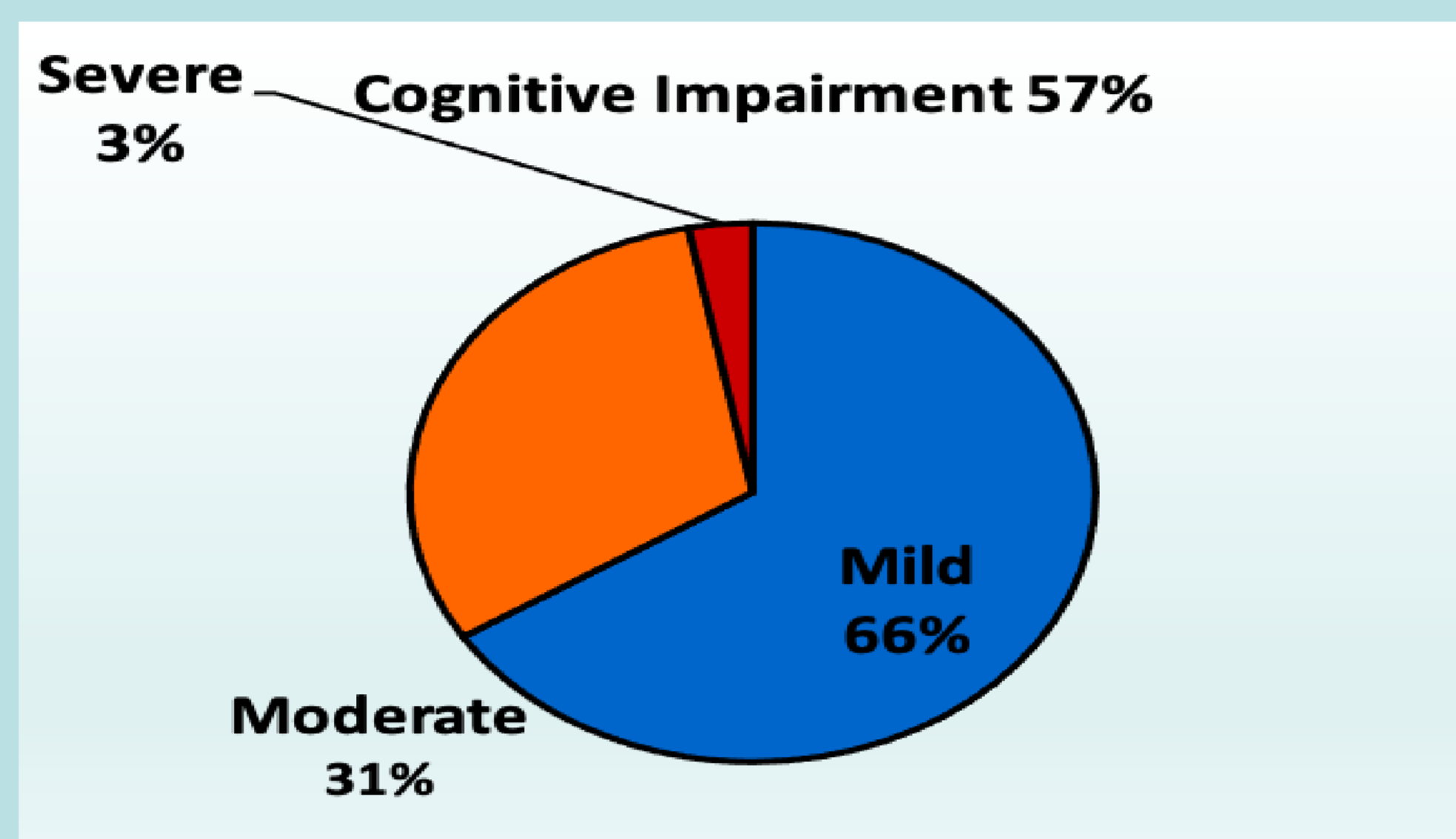


Figure 4: Cognitive impairment

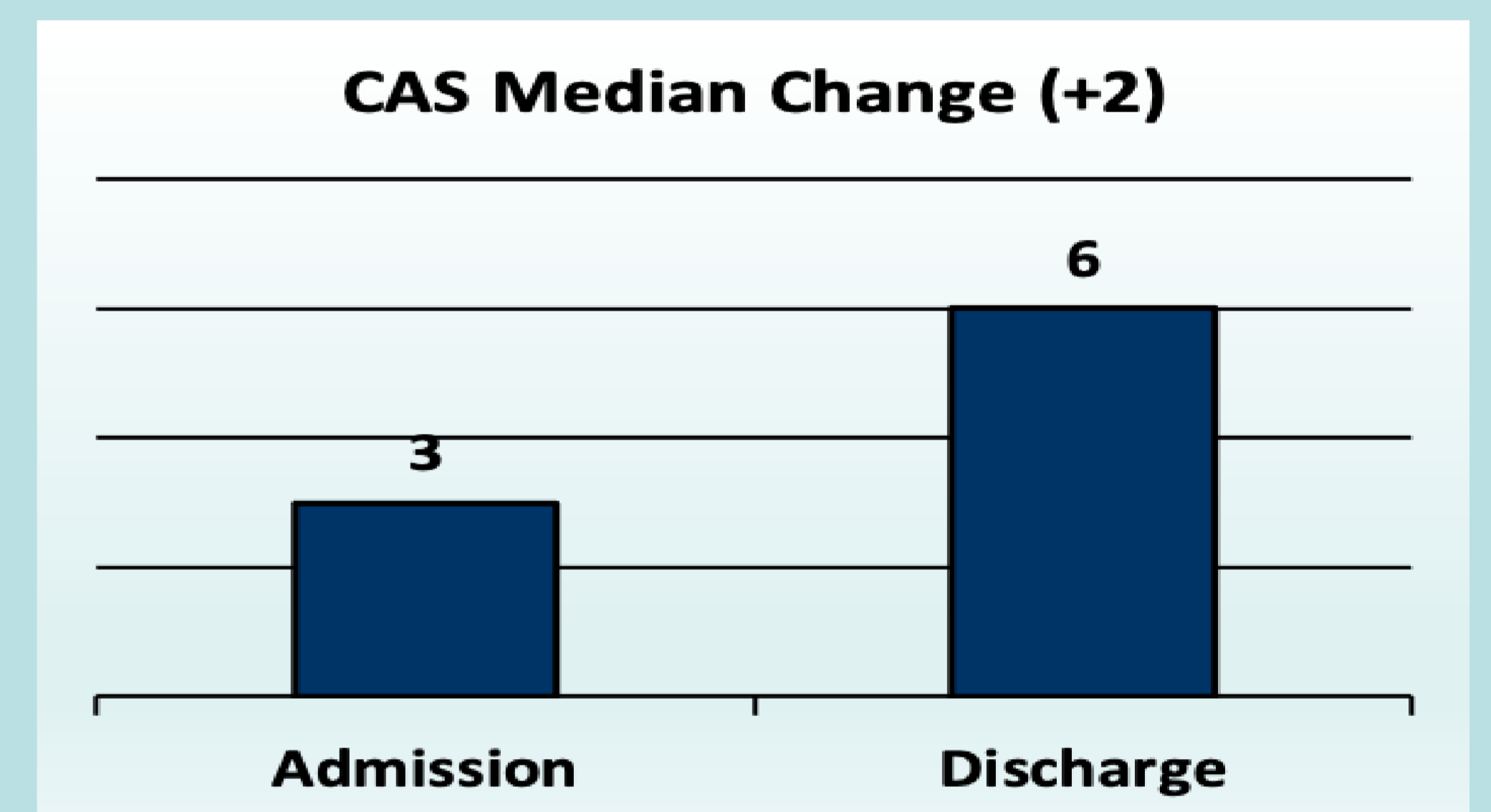


Figure 5: CAS

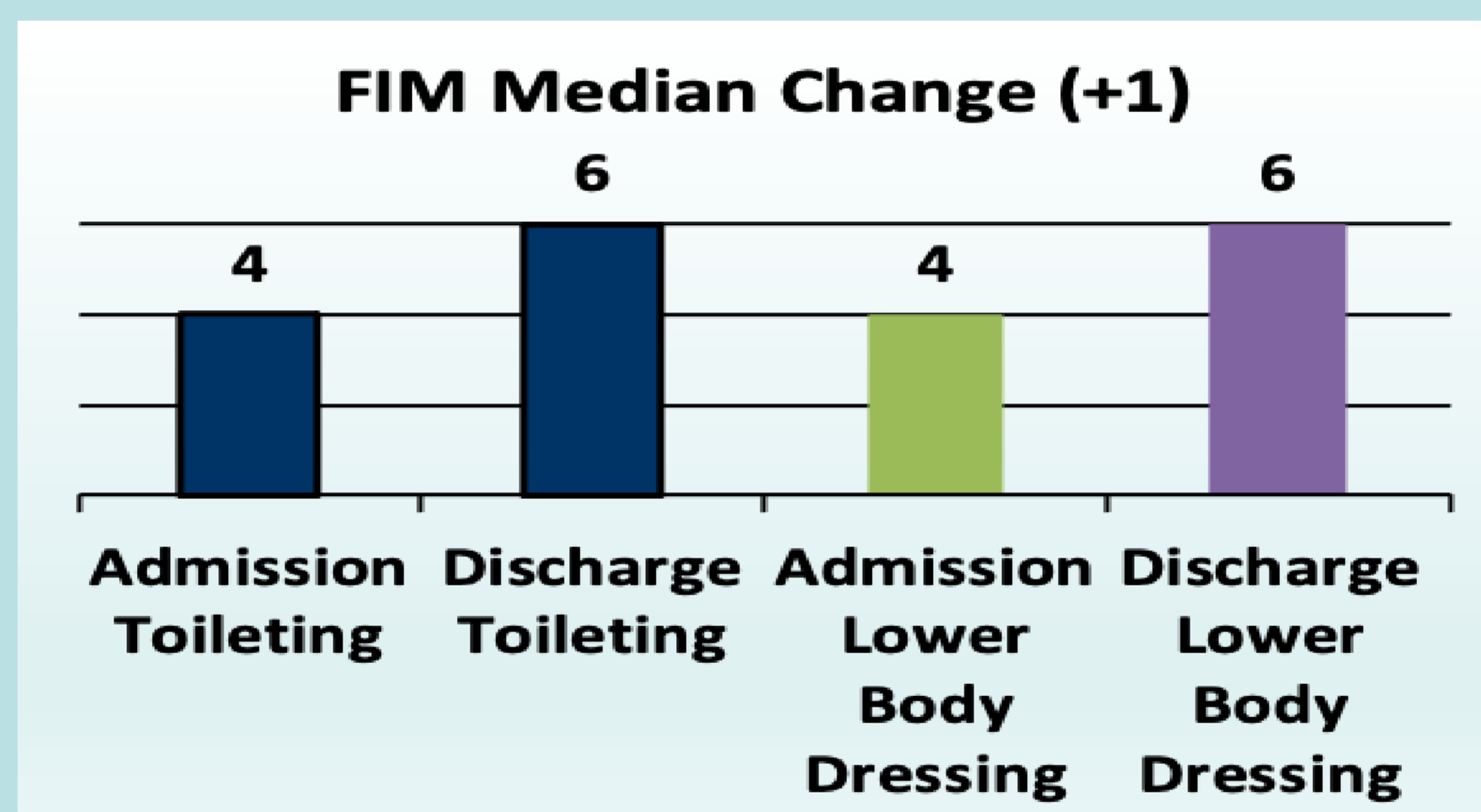


Figure 6: FIM

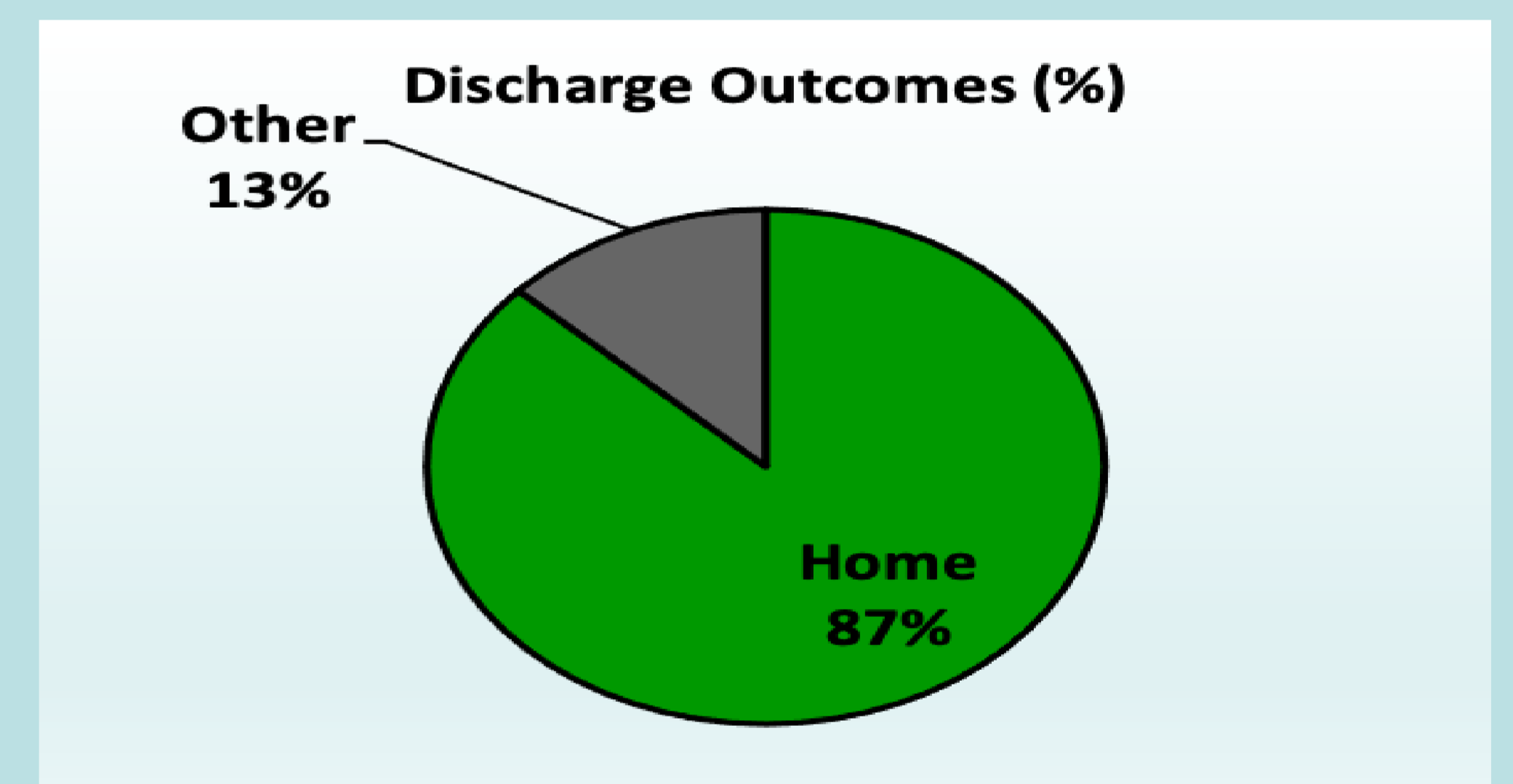


Figure 7: Discharge outcomes

Discussion

A total of 125 patients admitted through the ICPOP pathway successfully avoided acute hospital admission (Figure 1). These patients received MDT care in a post-acute setting, with 24 patients requiring dietetic support and 26 receiving speech and language therapy (SALT) (Figure 2). The median CFS and RCS-E scores were 5 and 9, respectively, indicating mild frailty and moderate rehabilitation needs (Figure 3). Cognitive impairment was present in 57% of the cohort (Figure 4). Significant improvements were observed in both the CAS and the modified FIM, with 87% of patients discharged home, highlighting the effectiveness of this rehabilitation pathway (Figures 5-7). This pathway has shown improved patient outcomes while simultaneously avoiding acute inpatient admission for frail older adults and reducing the burden on acute healthcare services.

Conclusion

This pathway assists in the reduction of acute hospital admissions with many patients being transferred directly from ED or community achieving optimal MDT input and outcomes.

References

1. HSE. (2024) *Integrated Care Programme for Older People (ICPOP) Community Specialist Team Survey*. Available at: [Integrated Care Programme for Older People \(ICPOP\) Community Specialist Team Survey - HSE.ie](https://www.hse.ie/eng/health/olderpeople/ICPOP/ICPOP-Community-Specialist-Team-Survey-2024)