Abstract Group: 10.1. Respiratory Infections

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Title: Community acquired pneumonia: Can physiotherapists and occupational therapists help reduce the length of stay?

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Body: Introduction: Community Acquired Pneumonia (CAP) places a significant burden on healthcare budget'. With an increasingly ageing population, an unmet need for measures to cut down on length of stay (LOS) from this diagnosis exists. Methods: We retrospectively analysed all cases of CAP admitted to our hospital for a period of six months. After adjusting for co-morbidities with charlson index, 40 cases of LOS over and above the expected LOS were identified. Their case notes were analysed in detail to identify potential remediable factors to help reduce overall LOS. Results: All of the 40 cases received timely diagnosis, review by senior clinicians and appropriate treatment in keeping with national guidelines. The average age was 79 years. Higher Charlson index correlated well with increased LOS. Overall, 42% (n=17) developed complications of pneumonia resulting in increased LOS. Out of these, 23% (n=4) continually deteriorated resulting in an overall mortality of 10%. Unmet occupational and physiotherapist needs resulted in an increased LOS in 45% (n=18) after time to clinical stability (TCS). In 10% (n=4) increased LOS was attributable to ongoing social needs whilst no documented cause could be ascertained in the last remaining case. Conclusions: Early institution of physiotherapy and occupational therapy interventions can potentially help reduce LOS from CAP and reduce economic burden on healthcare budget. A multi-disciplinary team approach to CAP, especially in elderly patients, should be considered. Reference 1) Welte T el al; Thorax 2012 Jan;67(1):71-9.