

HOT Evidence

Occupational Therapy and Hospital Readmissions

Why This Matters

- ▶ Hospital readmissions have been associated with worsening prognosis, reduced quality of life, and increased mortality.
- ▶ Many hospital readmissions are avoidable.
- ▶ Occupational therapy interventions can be effective in reducing hospital readmissions for some patients admitted to hospitals for surgeries or with acute medical conditions.
- ▶ Some research shows that occupational therapy is the only service where additional spending results in lower readmission rates.

Common Reasons for Hospital Readmissions



Falls

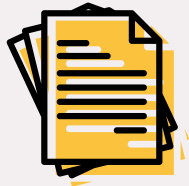


Functional decline



Medical reasons

Evidence-based OT to Reduced Readmissions



Comprehensive patient evaluation

(i.e., contextual factors, functional needs, and social needs)



Individually tailored interventions and strategies



Self-management and empowerment interventions



Pre-discharge and transition planning

Find the Evidence:

Visit <https://doi.org/10.5014/ajot.2022.048959> for the systematic review on this topic.