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Risk factors for mortality in hospitalized elderly patients at 6 months after discharge

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Background: As the population ages, the percentage of elderly hospitalized patients also increases. In Taiwan, 26.93% of hospitalized patients consist of the elderly population. However, the literature pays low attention to physical functional change and mortality for hospitalized elderly patients after discharge in Taiwan.

Purpose: The purposes of the study were to explore the incidence rate of mortality in hospitalized elderly patients at 6 months after discharge and to explore the risk factors for mortality in hospitalized elderly patients at 6 months after discharge.

Methods: A cohort study design and convenience sampling were used at a medical center in southern Taiwan. The subjects comprise of hospitalized 65 and over elderly people. The tools used for data collection include: demographic data sheet, geriatric syndrome, modified Katz activities of daily living, instrumental activities of daily living, mini-mental status examination, geriatric depression scale and Charlson comorbidity index. Data was collected from each participant and followed survival condition until 6 months after discharge by telephone.

Results: A total of three hundred and eight (308) participants met the inclusion criteria. 37 participants died until 6 months after discharge. Mortality rate was 12%. Cox regression found that body mass index, two weeks before admission in IADL score, and CCI could significantly predict mortality 6 months after discharge.

Implications for Practice: Predictors of mortality included IADL score two weeks before admission, body mass index, and comorbidities. Clinical nurses can integrate the findings of this study and apply comprehensive geriatric assessment to tailor intervention during hospitalization to prevent older patient's functional decline and early mortality after 6 months discharge.

Biography

Hui-Tzu Huang has completed her PhD from Institute of Allied Health Sciences, College of Medicine, National Cheng Kung University in Taiwan. She is the Director of Department of Nursing, Chung Hwa University of Medical Technology. Her research focus is on elderly nursing. She has published more than 12 papers in reputed journals and has been serving as an Editorial Board Member of repute.

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