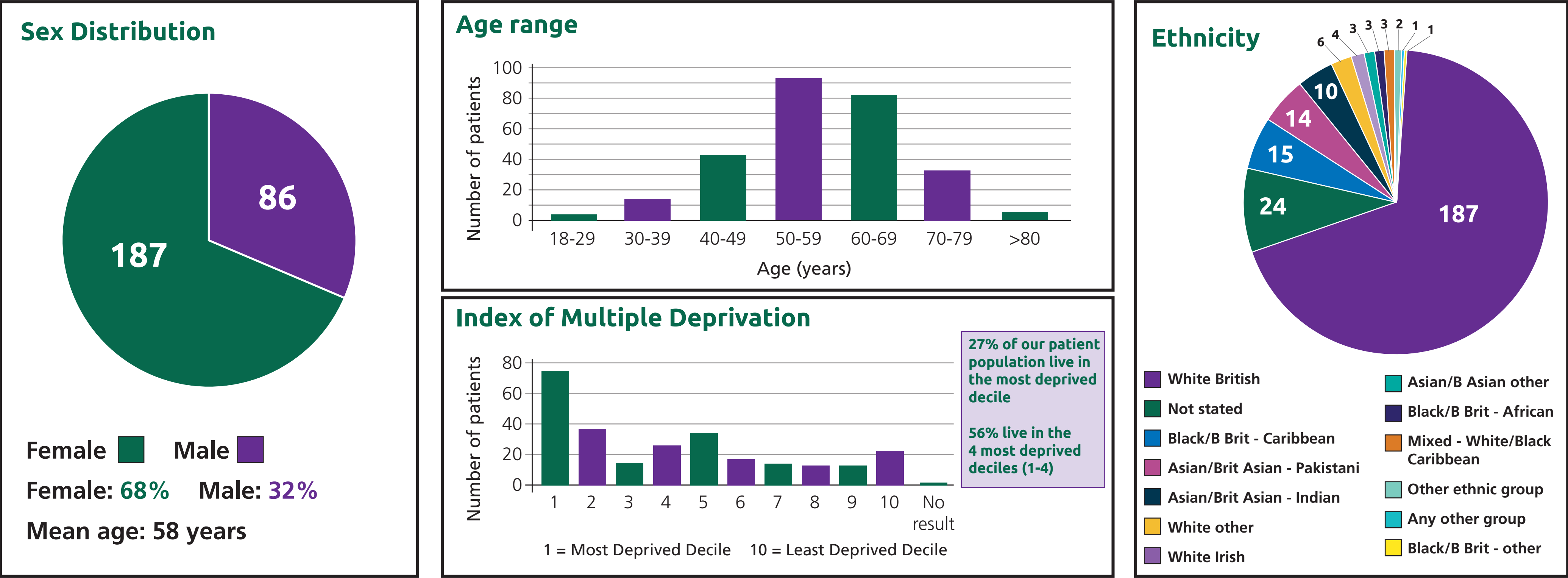


Understanding Factors Associated with Unplanned Hospital Admissions of PwMS under the West Midlands MS Specialist Clinic

National data suggests that: “emergency hospital admissions for people with MS continue to rise, despite many of them being avoidable through preventative care” (MS Academy 2020) and “Acute illness requiring hospitalisation is associated with a worsening of MS-related disability”. (Garland et al. 2017).

The MS Specialist Clinic provides Consultant-led, Multi-Disciplinary Rehabilitation support for people living with MS in the West Midlands. We investigated levels and causes of acute hospital admissions of our patients during 2023 to compare with national data and look for patterns. The results will be used in identifying areas for additional training and potential service developments.

Total Clinic Demographics n= 273 PwMS



Method

- All patients registered to the MS clinic for 2023 were reviewed.
- Data was collected using electronic patient records (RIO, Clinical Portal and the Shared Care Record).
- Demographic data was collected, including postcode, and used to identify the Index of Multiple Deprivation for that location using an online calculator.
- Hospital admissions were identified via discharge letters on the Shared Care Record (or Clinical Portal).
- Admissions included overnight stays in hospital as well as A&E attendances (unscheduled care).
- The number of and reason for admissions were recorded, based on the detail provided in the discharge summary.
- Data was collected in a spreadsheet and then analysed.

So what?... Service Development Discussions

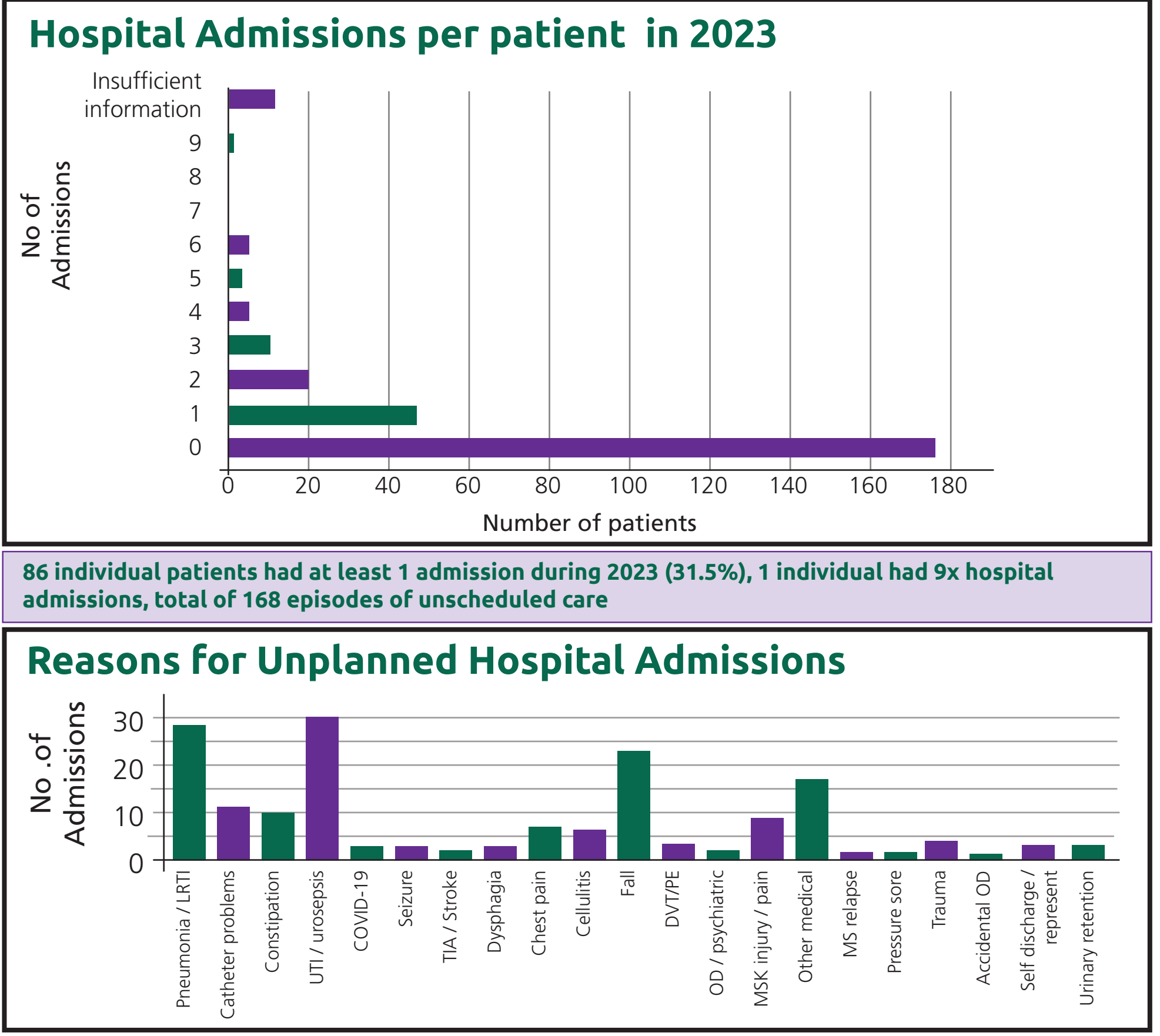
How does greater understanding of our population demographics inform areas for personal/team development?

- Impact of Menopause/Andropause - most patients >50 years.
- Bone health - most patients > 50yrs and 13.7% admitted with a fall over a 12-month period.
- Social Determinants of health since 56% + live in more deprived post codes.
- Further data collection of EDSS may support funding request for Advanced MS Champion Practitioner.

Can we change elements of MDT review appointments to maximise our ability to reduce preventable causes of acute admissions?

- Promoting respiratory health/secretion management - could this be optimised?
- Can we better support optimisation of bladder/bowel management?
- Can we offer a programme of MS Specialist education to local services and care providers?

Unplanned Hospital Admissions



References

MS Academy: MS-Infographic-whc-emergency-hospital-admissions-Jan2020.pdf
Garland, A. et al (2017) Hospitalisation is Associated with Subsequent Disability in Multiple Sclerosis. Multiple Sclerosis and Related Disorders 14 (23-28)
Index of Multiple Deprivation Postcode checker www.fscbiodiversity.uk/imd
<https://www.wmca.org.uk/what-we-do/inclusive-communities/>

Dr Laura Smith (Consultant in Rehabilitation Medicine) laura.smith104@nhs.net
Lizz Maycock (Specialist Physiotherapist) lizz.maycock@nhs.net
West Midlands Rehabilitation Centre, 91 Oak Tree Lane, Selly Oak, Birmingham, B29 6JA
With thanks to Jon Vickers for data analysis