

# Addressing safety, quality and cost of care through a novel, telehealth, outpatient transitional care model – the TTOMMI trial

ACTRN12624000142538

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Status	RECRUITING
Sponsor	The University of Adelaide
Enrollment	200 participants

## Plain Language Summary

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This study is looking at a new way to support people who have multiple chronic health conditions — like diabetes combined with heart disease, lung disease, or kidney problems — after they leave hospital. Managing several serious conditions at once can be overwhelming, and people often end up back in hospital shortly after discharge.

The trial tests a program called TTOMMI, where specially trained nurses (called STARnurses) check in with patients by telehealth for 6 to 8 weeks after they go home. These nurses help coordinate care between the hospital and regular GP or community health services, making sure nothing falls through the cracks during that vulnerable transition period.

You may be eligible if you are 18 or older, were recently hospitalised, have diabetes plus heart disease, or at least three chronic conditions from a list including heart failure, respiratory disease, kidney disease, psychiatric illness, or active cancer. You must be able to use telehealth and have enough English and cognitive ability to participate. People going to aged care facilities or already enrolled in formal rehabilitation programs are not eligible.

## Key Eligibility Criteria

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### Inclusion (11)

- Inpatients (ward or emergency department)
- Sufficient cognitive function and English language skills to provide informed consent and complete assessments
- Ability to engage in telehealth
- A history of either diabetes with cardiovascular disease, or comorbidity in at least 3 of the following illness domains:
  - Diabetes: type 1 or type 2
- ... and 6 more (see full listing online)

### Exclusion (7)

- Patients living in or likely to be discharged to high level residential aged care facility
- Patients enrolled in a comprehensive management program on discharge, e.g., formal rehabilitation program, rehabilitation in the home, heart failure outreach service, COPD pulmonary rehabilitation, hospital in the home, or receiving disability or community psychiatric services including care coordination
- Patients followed up through other local health network (LHN) services providing community outreach such as patients who are homeless
- Patients with a current history of illicit drug or alcohol dependence which may interfere with ability to engage with the program
- Patients with palliative intent and likely to have a life expectancy of less than 6 months
- ... and 2 more (see full listing online)

## Locations (2 total)

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The Queen Elizabeth Hospital - Woodville, SA, Australia  
The Royal Adelaide Hospital - Adelaide, SA, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000142538>

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