

Optimising older People's Transition from acute care Into residential aged care through Multidisciplinary Assessment and Liaison (OPTIMAL)

ACTRN12624001008516

Status	RECRUITING
Sponsor	College of Medicine and Public Health, Flinders University
Enrollment	1,545 participants

Plain Language Summary

Being discharged from hospital to a residential aged care facility (RACF) for the first time is a significant and often difficult transition for older people. The risk of being readmitted to hospital shortly afterwards is high, particularly when care plans are complex and communication between hospital and aged care staff is not always seamless. The OPTIMAL trial is testing whether a multidisciplinary team assessment — including doctors, nurses, and allied health professionals — combined with personalised post-discharge support bundles can reduce the rate of hospital readmissions during this transition.

Patients are assessed for their risk of readmission and then receive a tailored bundle of interventions based on that risk level. The study is running across multiple hospitals in South Australia and will measure readmission rates at 30 and 90 days after discharge as the main outcomes.

You may be eligible if you are aged 65 or older and are being discharged from a participating South Australian hospital to a residential aged care facility for the first time. Patients who have a planned surgical procedure that will require readmission within 90 days after discharge are not eligible. The study is run by Flinders University.

Key Eligibility Criteria

Inclusion (1)

- Patients aged 65 years and older who will be discharged from hospital to a residential aged care facility for the first time.

Exclusion (1)

- Patients with a planned surgical intervention which will require readmission within the 90 days following hospital discharge

Locations (7 total)

The Royal Adelaide Hospital - Adelaide, SA, Australia
Flinders Medical Centre - Bedford Park, SA, Australia
Noarlunga Health Service - Noarlunga Centre, SA, Australia
... and 4 more locations