



Medicaid Transformation Project: Transitional Care

Purpose

Costly, avoidable hospital readmissions, a common occurrence in our region, are a symptom of a larger problem in our health care system. Transitional Care happens when a patient moves from one health care setting to another or to home. Many patients are not fully recovered when they leave the hospital, and a poor transition can lead to longer recovery times and stress for both patients and their caregivers. Coordinating transitional care services prevents medication errors, emergency room visits, and hospital readmissions, which results in lower health care costs and healthier, more satisfied patients.

Goals

What is the Transitional Care Model and Care Transitions Intervention?

The Transitional Care Model aims to prevent health complications and readmissions of chronically ill, elderly hospital patients by providing them with comprehensive discharge planning and home follow-up care, coordinated by a “Transitional Care Nurse” who is trained to care for people with chronic conditions.

Care Transitions Intervention is a 4-week program for patients with complex care needs. The patient and family caregivers work with a Transitions Coach, through home-visits and phone calls, to learn self-management skills to ensure their needs are met during the transition from hospital to home.

CPAA will work directly with partnering providers to:

- Limit the time between patient discharge and follow-up appointments
- Reduce hospital readmissions
- Improve coordination between medical and community resources for high risk patients
- Expand admission screenings to identify high risk patients

How Patients Can Ensure a Smooth Transition

- Ask your doctor or nurse questions about your condition, medications, and the discharge plan
- Involve family members and ensure they know their role in your recovery
- Know who to call with concerns or questions about your recovery
- Schedule a follow-up appointment with your doctor and bring hospital paperwork with you