

## OP 14

### **Post discharge plan and follow up care intervention in improving quality of life among elderly patients discharged from a Sri Lankan hospital setting: A randomised controlled trial**

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**Background:** The elderly population of Sri Lanka is growing fast and among them disease burden and poor quality of life (QOL) are two major interrelated problems.

**Objective:** To evaluate the effect of a Post Discharged Plan and Follow up Care (PDP&FC) on QOL of a group of elderly patients who were discharged from Colombo South Teaching Hospital (CSTH) in Sri Lanka.

**Method:** A randomised controlled trial was conducted. A total of 128 patients were randomly allocated into intervention (IG) (n=64) and control groups (CG) (n=64). Primary outcome data were collected by using WHOQOL-BREF questionnaire consisting of four domains of health [Physical (DM1), psychological (DM2), social relationships (DM3) and environment (DM4)]. Data were collected at baseline before discharge, three, and six months following discharge. IG received PDP&FC intervention led by a nurse and CG received routine discharge plan.  $p < 0.05$  was considered as statistically significant. Descriptive statistics and t-test were used to analyze data.

**Results:** The majority were in 60-69 years age group (n=68, 53.1%). IG showed a significant improvement in QOL scores in all domains at baseline vs three and six months respectively [(DM1:3.3±10.4,  $p=0.013$ ; 5.1±11.9,  $p=0.001$ ):(DM2:2.9±9.4,  $p=0.018$ ; 5.2±10.7,  $p=0.000$ ):(DM3:4.7±9.8,  $p=0.004$ ; 4.7±12.5,  $p=0.004$ ) and (DM4:3.3±7.0,  $p=0.000$ ; 4.6±7.7,  $p=0.000$ )] following the PDP&FC. CG showed a significant improvement in QOL scores at baseline vs three and six months in only DM1 (-4.9±9.6,  $p=0.000$ ; -4.3±9.9,  $p=0.001$ ) and DM3 (-6.3±14.1,  $p=0.001$ ; 10.5±15.3,  $p=0.000$ ) respectively. A significant improvement in QOL scores of all four domains from baseline to three [(DM1:IG:3.3±10.4, CG:-4.9±9.6,  $p=0.000$ );(DM2:IG:2.9±9.4, CG:-1.0±9.1,  $p=0.022$ ); (DM3:IG:4.7±9.8, CG:-6.3±14.1,  $p=0.000$ );(DM4:IG:3.3±7.0, CG:-1.6±7.5,  $p=0.000$ )] and six months [(DM1:IG:5.1±11.9, CG:-4.3±9.9,  $p=0.000$ );(DM2:IG:5.2±10.7, CG:-0.4±11.1,  $p=0.004$ ); (DM3:IG:4.7±12.5, CG:-10.5±15.3,  $p=0.000$ );(DM4:IG:4.6±7.7, CG:1.9±9.4,  $p=0.000$ )] were found in IG compared to CG.

**Conclusion:** Improvement of QOL measures in IG over CG is significant. Incorporation of PDP&FC intervention is recommended for improving QOL of post discharged elderly patients in Sri Lankan hospital settings.

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