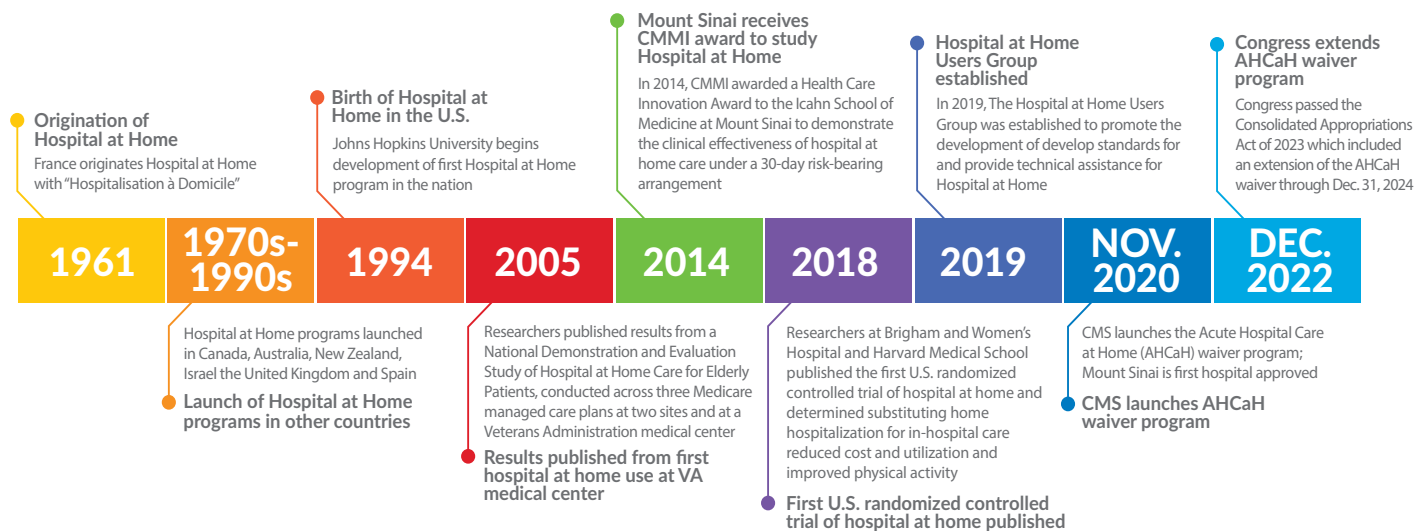


No Place Like Hospital at Home

Hospital at Home (HaH) was introduced as a model of care over 50 years ago, and has spread across the world since then. The implementation of HaH in the U.S. began at Johns Hopkins School of Medicine in 1994. In November 2020, the Centers for Medicare and Medicaid Services (CMS) launched the Acute Hospital Care at Home (AHCaH) waiver program. To date, this waiver has enabled over 280 hospitals across 125 health systems and 37 states to adopt HaH programs in the U.S. with the following goals: to improve clinical outcomes, reduce hospital readmissions, improve patient safety and experience, and prioritize patient choice.¹

HISTORY OF HOSPITAL AT HOME



A robust body of research, nationally and internationally, supports hospital at home as a **safe, effective, and preferred** care delivery model.² Data from the AHCaH program confirm the decades of studies demonstrating the benefits of hospital at home care.² Over **345** published research studies and **30 years** of randomized controlled trials, including studies of hospital at home care provided under the waiver, consistently convey the following messages, as illustrated by the examples below:

LOWER READMISSIONS

9 Randomized Clinical Trials assessed 959 adult patients with chronic conditions. Patients who received HaH care had statistically significant lower 30-day readmissions, lower Emergency Department revisits, and lower risk of long-term care readmissions.³

FEWER INFECTIONS

Representative HaH programs have reported <1% Hospital Acquired Infection (HAI) rates in 2022, significantly lower than national average of 8.6%.⁴

LESS DELIRIUM

Studies from 2005 through the present report 9% delirium in patients receiving HaH care compared to 24% delirium from brick-and-mortar hospital care.⁵

REDUCED SNF ADMISSIONS

A meta-analysis determined that HaH care led to a statistically significant reduction in patient discharges to a skilled nursing facility (SNF). HaH care was affiliated with a 1.7% SNF discharge rate vs. the 10.4% average brick-and-mortar SNF discharge rate.⁶

LOWER UNEXPECTED MORTALITY

Data suggests that an estimated 3.1% of inpatient deaths are preventable.⁷ In a recent paper published on the CMS waiver experience, researchers evaluated nearly 1900 patients who received HaH care from 2020-2021 and found an overall unexpected mortality rate of 0.43%, which is lower than reported rates for traditionally hospitalized patients.⁷

PREFERRED CARE MODEL

A 21-year long longitudinal analysis from 1995 - 2016 assessed patients in 25 systematic reviews with serious medical conditions who had received HaH care compared to inpatient hospitalization. Results showed higher patient and caregiver satisfaction with HaH care compared to traditional inpatient hospital care.⁸

PATIENTS ARE MORE ACTIVE AT HOME

A randomized controlled trial conducted by Harvard Medical School compared HaH care with traditional inpatient care. Results showed improved physical activity in patients who received HaH care vs. brick-and-mortar care and improved patient satisfaction.⁹

- Proportion of the day sedentary: 12% HaH vs 23% in brick-and-mortar hospital
- Proportion of the day lying down: 18% HaH vs. 55% in brick-and-mortar hospital

HISTORICALLY MARGINALIZED PATIENTS HAVE HIGH-QUALITY OUTCOMES FROM HOSPITAL AT HOME CARE

Medicaid Patients and Patients of Low Socioeconomic Status (SES) Receiving HaH Care Have Lower 30-Day Readmissions Than Comparable Patients Receiving Traditional Inpatient Care

| | All-cause hospital readmission | All-cause Emergency Department revisit |
|-----------------------------|--------------------------------|--|
| Low SES Hospital at Home | 13.21 | 6.92 |
| Low SES Inpatient Hospital | 17.39 | 13.91 |
| Medicaid Hospital at Home | 9.92 | 4.96 |
| Medicaid Inpatient Hospital | 20.27 | 16.22 |

2014-2017 longitudinal study (Siu et al., 2022)¹⁰ [Care provided pre-waiver]

In a Study of Care Provided Under the AHCAH Waiver, Medicaid Patients Have Lower 30-Day Readmission Rates with HaH Care

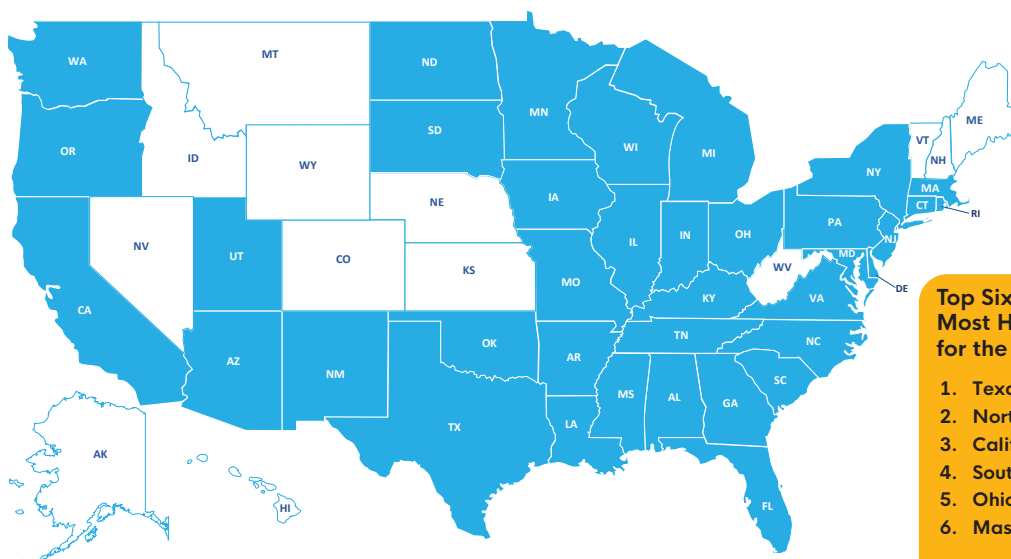
| | 30-Day Readmissions (%) | |
|-----------------------------|-------------------------|--------------------|
| | Hospital at Home | Inpatient Hospital |
| Medicaid as Primary Payer | 5.7 | 14 |
| Medicaid as Secondary Payer | 7.9 | 21.5 |

(Michaelidis, 2022)¹⁰ [Care provided under AHCAH waiver]

To date, over 280 hospitals across 125 health systems in 37 states are approved to participate in the AHCAH program

(Source: <https://qualitynet.cms.gov/acute-hospital-care-at-home/resources>)

States with Hospitals Approved for the CMS Acute Hospital Care at Home Waiver



Related literature

1. **Sources:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6481686/#CD000356-bbs2-0090>; <https://www.hospitalathome.org/about-us/history.php>; https://www.hospitalathome.org/files/HAH_Annals_12-5.pdf; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6143103/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5910347/>; <https://qualitynet.cms.gov/acute-hospital-care-at-home>
2. **Sources:** <https://bmjopen.bmj.com/content/11/1/e043285#ref-9>; <https://doi.org/10.7326/M19-0600>; <https://doi.org/10.5694/mja12.10480>; <https://doi.org/10.1001/jamainternmed.2018.2562>; <https://doi.org/10.7326/M19-0600>; <https://doi.org/10.1001/jamanetworkopen.2021.11568>; <https://doi.org/10.1111/jgs.17759>; <https://doi.org/10.1111/jgs.17759>; <https://doi.org/10.1017/ash.2022.138>; <https://qualitynet.cms.gov/acute-hospital-care-at-home>
3. **Source:** <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2780783>
4. **Source:** Data is hospitals' own.
5. **Source:** <https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/quality-patient-safety/pfp/Updated-hacreportFinal2017data.pdf>
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