



Home care is best care

Many patients do not need to be admitted to hospital and can be treated safely at home and recover from an illness better in their own environment. Being admitted to hospital unnecessarily or staying longer than necessary in hospital can often cause serious harm, impacting your health and wellbeing.

So, what are the risks of being admitted to hospital?



Blood clots

Following admission there is an increase in the risk of developing blood clots in the deep veins of the legs and lungs.

- 1 in 100 older people will develop hospital associated thrombosis.



Infection

You are at less risk of infection in your own home.

- Over 1 in 10 older people will acquire a hospital associated infection during their admission.



Delirium (sudden confusion)

Hospitals are unfamiliar and can be very confusing which increases your risk of developing delirium.

- A third of older people experience delirium at some point during their hospital stay.



Deconditioning

If you stay in bed for long periods during a hospital stay, you lose mobility, fitness and muscle strength.

- More than half of older people experience deconditioning in hospital.
- Almost a third who were walking independently two weeks prior to admission need help to walk on discharge.
- Up to half of older people will become incontinent within 48 hours of admission.



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