STAAR-SA (State Action on Avoidable Rehospitalisations and Unplanned Admissions)

Members of the
STAAR-SA Project Team

What is the challenge?

SA hospitals are facing escalating demand from frail older people with multiple long-term conditions who have complex health and social care needs. Current approaches to avoidable hospital admissions/readmissions in SA are fragmented. While there is evidence about strategies to improve older patients' experiences of hospital discharge and reduce hospital readmissions, they are not implemented systematically across South Australia.

About this research translation project

The STAAR-SA research project aims to improve the pathways of care for older people aged 65 years and over after discharge from hospital. The project includes older people living in the community, including residential care, who have had an aged care eligibility assessment and are particularly vulnerable to admission/readmission to hospital. A state-wide approach is being taken and the project is partnering with Local Health Networks, Primary Health Networks, the 3 universities, consumers and key non-government agencies. STAAR-SA consists of three work packages as outlined below:

Work Package 1 (WP1) – involves analysing data in the Registry of Senior Australian's (ROSA) to monitor whole of system outcomes for high risk older people. A Risk Profiling tool has been developed, that could be used to identify patients at high risk for unplanned hospitalisation by examining a number of identified predictive factors.

Work Package 2 (WP2) - evaluating the cost and outcomes of a number of existing out-of-hospital care programs in South Australia. This evaluation will determine a) which types of program works best for whom, where and when, and b) what standardized approach for monitoring and reporting would be useful.

Work Package 3 (WP3) - establishing a quality improvement collaborative where front-line clinicians and their service managers come together to learn, share and benchmark outcomes with the goal of increasing the quality of care for older people at times of transition.

Revised plan for WP3 due to Covid-19

Work Packages 1 and 2 are progressing as planned but the start of WP3 will be delayed until later in the year, as it involves the active engagement of health service staff. During the delay period, we will be exploring opportunities to complement the quantitative components of the study. This may include a qualitative piece of work to seek input on the Risk Profiling Tool and consolidating the knowledge base on transitioning from hospital to home safely. We will keep you updated on the progress of STAAR-SA with regular short updates over the coming months. Please feel free to share with other colleagues.

Project contact details

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