

## Delayed Hospital Discharges Strain Patients and Providers



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One of the most persistent challenges in modern healthcare systems is the timely discharge of patients who no longer require acute care. This issue has plagued hospitals for years and is now reaching critical levels, leaving both patients and providers in a precarious situation. Across the United States, hospital leaders are grappling with an increasingly frustrating predicament: patients who linger in hospital beds for weeks, sometimes months, due to discharge delays. The root cause? There is a severe shortage of available beds in nursing homes, rehabilitation centres, and other post-acute facilities. This shortage strains hospital resources and financially burdens healthcare institutions, as they are not adequately reimbursed for providing non-acute care.

### Unnecessary Hospital Stays: A Nationwide Crisis

The situation is particularly dire in California, with thousands of patients spending unnecessary days in hospitals annually. The California Hospital Association has taken legal action against insurers like Anthem Blue Cross, alleging that their policies force hospitals to keep patients longer than necessary. The consequences ripple through the healthcare system, causing backups in emergency departments and denying patients the required level of care. Similar challenges are echoed in Wisconsin and Washington state, where hundreds of patients occupy hospital beds despite no longer needing acute care. Some patients endure prolonged stays of months or over a year, exacerbating the strain on hospital resources and affecting overall patient well-being.

### Patients frustration and demoralisation: Consequences of Extended Hospital Stays

For patients caught in this limbo, the consequences are multifaceted. Extended hospital stays not only deprive them of freedom and social interaction but also increase the risk of developing secondary illnesses or infections. Moreover, the toll on mental well-being cannot be overstated, as patients endure the frustration and demoralisation of prolonged hospitalisation. Efforts to address this crisis have met with limited success. Advocates, including the American Hospital Association, have lobbied for government reimbursement for housing patients who no longer need acute care, but concrete action remains elusive. Additionally, proposed minimum nurse staffing standards in nursing homes have sparked debate, with hospitals fearing further bed closures and exacerbating discharge delays.

### Reimagining Hospital Roles: Addressing the Challenges of Prolonged Care

The crux of the matter lies in hospitals' fundamental purpose: to provide acute care. When hospitals become de facto long-term care facilities, both patients and providers suffer. While hospitals strive to ensure patient safety and well-being, they are ill-equipped to meet the complex needs of non-acute patients. Addressing delayed discharge challenges must be a priority as the healthcare landscape evolves. This entails increasing capacity in post-acute care facilities and implementing policy changes to streamline discharge processes and enhance reimbursement mechanisms for hospitals.

The solution might involve a collaborative effort involving healthcare providers, insurers, policymakers, and community stakeholders. By working together to address the root causes of delayed discharges, we can ensure better patient outcomes, alleviate strain on hospital resources, and uphold the fundamental principles of patient-centred care.

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