

# Duration of Boarding for Adult Mental Health Conditions with Co-Morbid Medical Conditions at an Acute Care Hospital: Analysis of Complex Case Committee List



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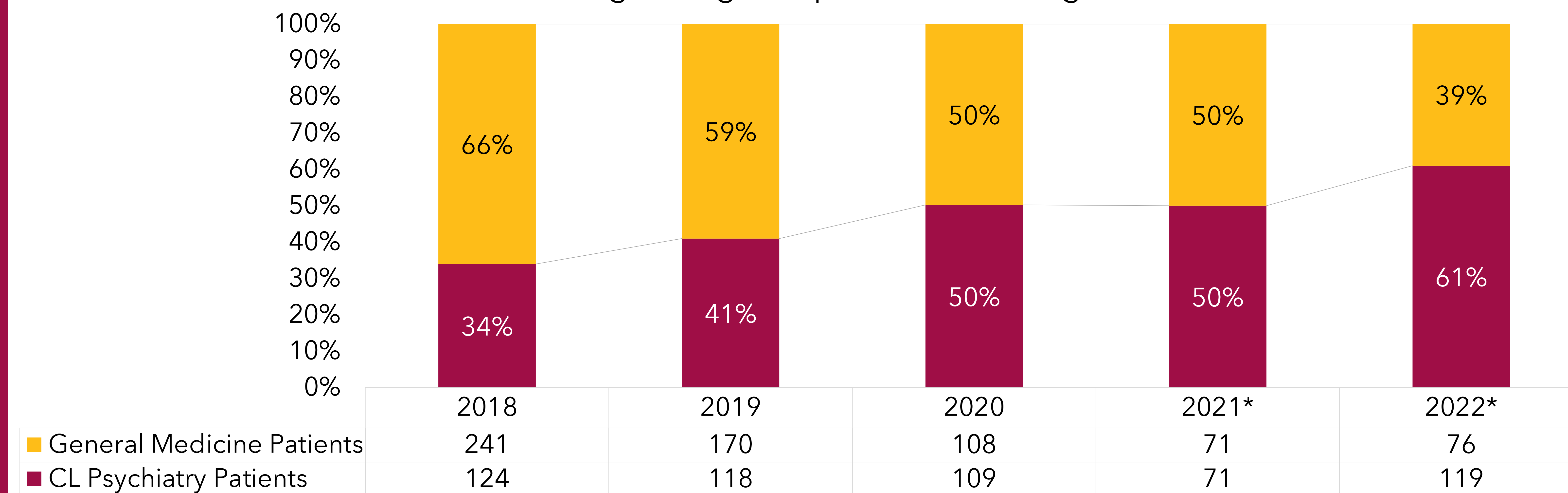
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## Background

- Patients presenting with a common mental health problem very often have **medical problems**.
- The number of mental health-related admissions to hospitals increased during the **COVID-19** pandemic.<sup>1</sup>
- COVID-19 has been a known significant stressor.<sup>2,3</sup> Moreover, patients with enduring psychiatric symptoms have a much bigger spectrum of needs.<sup>4</sup>
- Though it is common for patients with mental health problems to have **co-morbid medical conditions**, many states lack an adequate number of inpatient psychiatry units or med/psych units.
- This leads to **increased length of stay** (LOS) in hospitals. It is important to analyze patient characteristics as they pertain to who cares for them, how much psychiatric care they need, admission length of stay, and cost.
- The **Complex Case Committee** is part of the hospital's case management team and meets on a weekly basis regarding discharge plans for medical and surgical patients.
- Here, we analyzed the **characteristics of psychiatric patients** on the Complex Case Committee list as they compare to the general medical population at Loyola University Medical Center (LUMC) before and after the COVID-19 pandemic.
- We hypothesized seeing a shift in a larger percentage of medical to consultation-liaison (CL) psychiatry patients in this time period.

## Results

CL Psychiatry Patients Versus General Medical Patients Discussed for Discharge Planning During Complex Case Meetings



- Figure 1.** CL Psychiatry Patients discussed at LUMC Complex Case Committee Meetings compared to general medicine patients discussed. CL patients post-pandemic were discussed in increasing numbers compared to the pre-pandemic. \*9 months of data available for 2021 and 2022.
- Average **LOS 46.3 days** for CL psychiatry patients compared to **26.1 days** for general medicine patients.
- Average **cost: \$564,849** for CL psychiatry patients compared to **\$293,965** for general medicine patients.

## Methods

Complex case committee lists from January 2018-2023 were reviewed and divided into patients from 1) CL psychiatry and 2) from medical/surgical services not requiring psychiatry consults.

The following data were collected:  
 - # of patients with a psychiatric diagnosis compared to the general medical patients on the complex case list  
 - reason for presentation to LUMC and recommended management  
 - LOS for psychiatric care compared to the general medical population

## Discussion

- It is likely that CL patients with their med/psych needs stayed in the hospital longer as the committee discussed disposition challenges, This has implications for CL psychiatry as care is provided for these patients.
- Conclusion:** This study has identified an increasing trend of CL patients in complex case lists of the medical center. A multi-center study is needed.

## References and Acknowledgements

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