

It's Time for a New Approach to Observation Medicine

Traditional patient observation is disjointed and doesn't always align with what's best for the patient. A Central Observation Unit (COU) helps hospitals deliver more effective observation medicine.

RESEARCH SHOWS THAT PROTOCOL-DRIVEN OBSERVATION MEDICINE CAN:



Lower costs¹



Improve outcomes²



Increase efficiencies³



Enhance the patient experience⁴

EVIDENCE-BASED PROTOCOLS FOR A CENTRAL OBSERVATION UNIT (COU)

- 24-hour lengths of stay (LOS)
- Track appropriate metrics
 - Hourly LOS
 - Conversion to inpatient
 - Daily census
 - Use of consultants
- Conduct weekly touchpoints with multi-disciplinary team
 - Observation nurse manager
 - Director of observation team
 - Charge nurse
 - Care manager
- Share metrics with clinicians providing care to support continuous improvement

✓ INCLUSION CRITERIA*

- Length of stay greater than 8 hours and less than 2 midnights
- Further workup or medication required and/or diagnosis not yet established
- No symptomatic vital sign abnormalities
- Age 18 years or greater



✗ EXCLUSION CRITERIA*

- Alcohol (dependence or withdrawal) requiring medical management
- Placement issues/custodial care; without a concrete plan in 12 hours
- AMS where cause is unknown
- Psychiatric patients (primary psychiatric diagnosis that is new or worsening requiring admission)
- Electrolyte abnormalities causing EKG or cardiac rhythm abnormalities or requiring treatment with hypertonic saline
- Hepatic encephalopathy
- Awaiting single study that can be done on an outpatient bases or for convenience
- COPD exacerbation
- Sepsis or known bacteremia
- Sickle cell pain crisis
- Acute pancreatitis
- Partial bowel obstruction
- Acute kidney injury/renal failure more than twice baseline and not from volume loss or BOO

LEVERAGE APP HOSPITALISTS FOR STAFFING & MANAGEMENT OF COU

- Delivers high-quality, patient-centric observation medicine
- Mitigates ambiguity around patient ownership (APPs own)
- Alleviates burden on already overworked clinicians
- Removes barriers from staffing shortages
- Brings greater value at lower costs

Adfinitas Health has fifteen years of experience managing high-quality, cost-effective hospitalist programs, including observation medicine. Our APP and physician hospitalists can deliver greater value for your organization with our collaborative approach, utilizing well trained APPs with dedicated physician support.

**Use clinical judgement in all cases to determine appropriate placement*

“Since starting the observation unit, they [Adfinitas Health] have categorically maintained a favorable consistency on its length of stay (LOS) metrics averaging less than 24 hours over the last six months, a remarkable feat despite enduring pandemic volumes.”

Kasey Schnebly, DNP, CRNP, CPHQ
Director of Quality at Adfinitas Health

SOURCES

- ¹ <https://pubmed.ncbi.nlm.nih.gov/23019185/>
- ² <https://pubmed.ncbi.nlm.nih.gov/23019185/>
- ³ <https://pubmed.ncbi.nlm.nih.gov/23019185/>
- ⁴ <https://pubmed.ncbi.nlm.nih.gov/19625557/>