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The Relationship of Creatinine, Sodium, Hematocrit and Hemoglobin A1c to 30-Day Hospital Readmission Among Older Adults with Type 2 Diabetes

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ABSTRACT

Introduction: Reducing thirty-day hospital readmissions is a top healthcare priority. However, there is little literature describing the risk factors of readmission among patients with diabetes, especially for older adults. Understanding what the risk factors are for 30-day hospital readmission for older adults with type 2 diabetes would help identify patients at risk of rehospitalization.

Objective: The aim of this study was to identify factors associated with 30-day unplanned hospital readmissions among older adults with T2DM. Factors to be investigated are: patient demographics and three laboratory admission values.

Methods: Participants were older adults > 65 years old with T2DM, admitted to a community hospital from January 2012-January 2017. Of 843 patients, 200 were randomly selected to have their electronic medical records reviewed for this study.

Results: Patients readmitted within 30 days of discharge were similar to patients who were not readmitted on most demographic characteristics, except for hospitalization in the 12 months before admission. Readmitted and not readmitted patients also differed on their hematocrit levels at admission.

Conclusion: Older adults with T2DM who were readmitted within 30 days of discharge were more likely to have had a previous hospitalization and lower hematocrit levels at admission. Future analyses will incorporate additional potential predictors of unplanned hospital readmissions.

INTRODUCTION

• Reducing 30-day hospital readmissions is a top healthcare priority. However, despite the interest in reducing early readmissions, there is relatively little research focusing on readmissions among patients with type 2 diabetes (T2DM). 1

• In particular, there are very few studies that investigate factors that are predictive of hospital admission among older adults with T2DM. 2

• Given that the prevalence of diabetes in the United States is highest among older adults (21.3%) 3 and the substantial costs associated with unplanned hospital readmissions, 4 it is important to identify risk factors of readmission in this population.

• An understanding of the risk factors of hospital admission among older adults with T2DM would aid healthcare providers in identifying which patients are at highest risk of readmission. This information could potentially be used to inform interventions designed to prevent rehospitalization.

SPECIFIC AIM

• The aim of this study was to conduct retrospective reviews of electronic medical records to identify factors associated with unplanned 30-day hospital readmissions among older adults with T2DM. Factors investigated were: patient demographics and three admission laboratory values.

METHODS

• PARTICIPANTS

  • Inclusion Criteria: Participants were older adults > 65 years old admitted to a community hospital from January 1, 2012 to January 1, 2017 with a diagnosis of T2DM at their index hospitalization, defined as patients’ first hospitalization to occur during the study period.

  • Exclusion Criteria: Patients were excluded if they died during the index hospitalization or were discharged to hospice.

• PROCEDURES

  • Of the 843 patients who met the study’s inclusion criteria, 200 were randomly selected to have their electronic medical records reviewed.

  • Factors investigated were: patients’ demographics, characteristics of the index hospitalization, and patients’ creatinine, sodium, hematocrit, and hemoglobin A1c at admission.

• RESULTS

  • Readmission Rate: Of the 200 patients, 15.5% (N = 31) had an unplanned hospital readmission within 30 days of discharge.

Table 1. Demographic characteristics

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Readmitted (N=150) (%)</th>
<th>Not Readmitted (N=150) (%)</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race (N=184)</td>
<td>African American (30.0)</td>
<td>33 (21.4)</td>
<td>0.49</td>
</tr>
<tr>
<td>White</td>
<td>20 (66.7)</td>
<td>110 (71.4)</td>
<td>0.16</td>
</tr>
<tr>
<td>Other</td>
<td>1 (3.3)</td>
<td>11 (7.2)</td>
<td>0.06</td>
</tr>
<tr>
<td>Sex (N=200)</td>
<td>Female (54.8)</td>
<td>94 (55.6)</td>
<td>1.00</td>
</tr>
<tr>
<td>Male</td>
<td>14 (45.2)</td>
<td>75 (44.4)</td>
<td>0.27</td>
</tr>
<tr>
<td>Hospitalization 12 months prior (N=200)</td>
<td>Yes (61.3)</td>
<td>37 (21.9)</td>
<td>0.00</td>
</tr>
<tr>
<td>No</td>
<td>12 (38.7)</td>
<td>132 (78.1)</td>
<td>0.27</td>
</tr>
<tr>
<td>Age (N=200)</td>
<td>31 (72.7)</td>
<td>169 (77.4)</td>
<td>0.61</td>
</tr>
<tr>
<td>Body Mass Index (N=198)</td>
<td>31 (86.9)</td>
<td>167 (90.5)</td>
<td>0.54</td>
</tr>
<tr>
<td>Length of stay (N=200)</td>
<td>31 (6.35)</td>
<td>169 (6.38)</td>
<td>0.98</td>
</tr>
</tbody>
</table>

• In general, there were no statistically significant differences between patients who were readmitted and patients who were not readmitted on admission laboratory values.

• However, a statistically significant difference was found on whether patients were hospitalized in the 12 months prior to admission. Patients who were readmitted were more likely to have been previously hospitalized than patients who had not been readmitted.

In conclusion, there was a statistically significant difference in hematocrit levels between readmitted and not readmitted patients. However, there were no statistically significant differences found between readmitted and not readmitted patients on their sodium and hemoglobin A1c levels.

CONCLUSIONS

• Readmitted and not readmitted patients with T2DM were similar on most demographic characteristics.

• Patients who had been readmitted within 30 days of discharge were more likely than patients who had not been readmitted to have had a previous hospitalization in the 12 months prior to admission.

• Patients who returned to the hospital 30 days post-discharge had lower hematocrit levels than patients who did not return to the hospital.

• Future analyses of these data will incorporate other potential predictors of hospital readmission in this population.

REFERENCES


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