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Evaluation of a Tool to Predict 90-Day Readmission or Death Following Hospitalization for COPD

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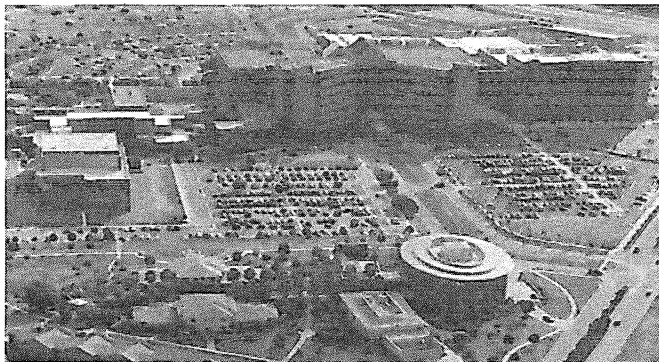
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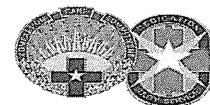
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BAMC: San Antonio Military Medical Center (SAMMC) plus 5 free standing primary care clinics

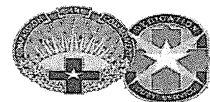


- Only DoD Level 1 Trauma Center
- 425-bed medical facility
- Army Institute of Surgical Research
 - DoD Burn Center
 - Battlefield Trauma Centers of Excellence
- 89 Accredited educational programs
- 35 Primary and specialty care services
- 32 Sub-specialty clinics
- 4500 outpatient prescriptions daily



At the completion of this presentation, the participant will be able to:

- Identify components of the PEARL score
- Assess patients for risk of readmission for COPD



COPD exacerbation admissions

- High degree of morbidity and mortality
 - 1/3 of patients readmitted within 90 days
 - Extensive cost on the medical system
- Clinicians don't accurately identify risk of readmission
 - Most tools focus on death or health status
 - Prognostic tool for readmission is needed



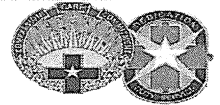
- Previous admissions (2+)
- Extended Medical Research Council Dyspnoea Scale (eMRCD)
- Age (80+)
- Right-sided heart failure
- Left-sided heart failure





eMRCD vs. mMRC

eMRCD	mMRC
1 – Breathless with strenuous exercise	0 – Breathless with strenuous exercise
2 – Breathless when hurrying on level or walking up slight hill	1 – Breathless when hurrying on level or walking up slight hill
3 – Walks slower than peers or stops walking at own pace	2 – Walks slower than peers or stops walking at own pace
4 – Stops after 100m or for after a few minutes on level	3 – Stops after 100m or for after a few minutes on level
Too breathless to leave house and: 5a – independent in washing/dressing 5b – dependent in washing/dressing	4 – too breathless to leave house or breathless when dressing/undressing

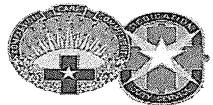


PEARL Score

PEARL Indices	Weight
2+ previous admissions	3
eMRCD 4	1
eMRCD 5a	2
eMRCD 5b	3
Age 80+	1
Right ventricular failure	1
Left ventricular failure	1



Risk	PEARL Score	% Risk Readmission
Low	0-1	20.7
Intermediate	2-3	42.1
High	5-9	66.4



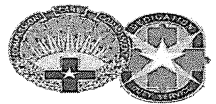
Purpose:

- Evaluate PEARL using the mMRC score in place of eMRCD

Objectives:

Primary: The ability of modified PEARL to predict risk of readmissions and death at 90 days

Secondary: The ability of modified PEARL to predict risk of readmissions and death at 30 days



- Retrospective study
 - Assess modified PEARL score for COPD exacerbation admissions to SAMMC
- Inclusion Criteria
 - Patients admitted to SAMMC with a diagnosis of acute COPD exacerbation
 - Patients over 18 years old
 - Patients evaluated between 1 Jan 2016 and 30 Sep 2017



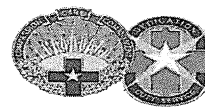
- Exclusion Criteria
 - Patients under the age of 18
 - Patients already included in the study



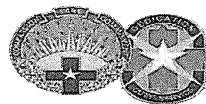
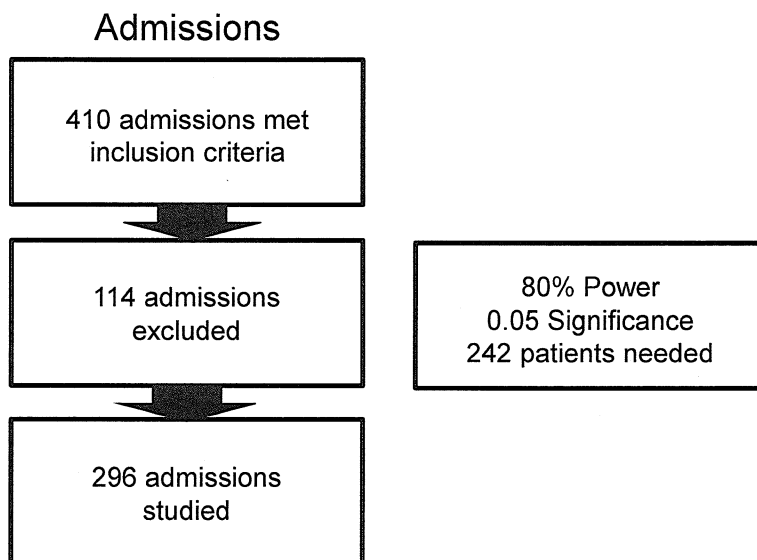
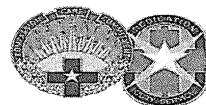
- Chart review via electronic health record
- Data collected from health records included:
 - Age at admission, sex, military status
 - mMRC and GOLD as assessed at last outpatient visit
 - Long-term, oxygen, steroids, and institutional care status
 - Smoking history (pack-years)
 - ABG pH < 7.35
 - Length of stay
 - Number of admissions in the last year



- Additional Data collected from health records included:
 - Cor pulmonale diagnosis
 - Left ventricular failure diagnosis
 - Previous stroke/TIA diagnosis
 - Diabetes, atrial fibrillation, CKD, asthma diagnoses
 - Cognitive impairment diagnosis
 - If readmitted within 30 or 90 days
 - If death within 30 or 90 days
- Data compiled in Microsoft Access[®]
- Statistical tests performed with Stata[®] version 14



- Statistical assessment will be run twice
 - First with mMRC 4 assessed as eMRCD 5a
 - Second with mMRC 4 assessed as eMRCD 5b
- Imputation will be used for missing data
- Chi-square to compare PEARL risk assessment
 - Level of significance 0.05
 - Two-sided comparison





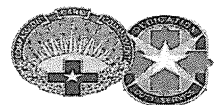
Descriptive Statistics

	Patients
Males	172 (58.3%)
Median age (yrs)	74
Cor pulmonale	7 (2.4%)
Left ventricular Failure	74 (25.0%)
Long Term Care	13 (4.4%)
Diabetes	100 (33.8%)
Chronic Kidney Disease	42 (14.2%)
Stroke or TIA	18 (6.1%)



Descriptive Statistics

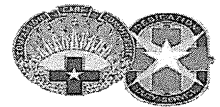
	Patients
Atrial Fibrillation	66 (22.3%)
Atrial Fibrillation	66 (22.3%)
Asthma	34 (11.5%)
Cognitive Impairment	20 (6.8%)
Length of Stay (Days)	2.7 (10.2)
ABG pH < 7.35	19 (6.4%)
Long Term Oxygen	112 (37.8%)
Long Term Steroids	13 (37.8%)
Cigarette Pack-Years	46.8 (29.6)





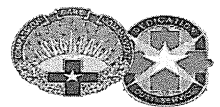
Descriptive Statistics

Gold Score	FEV ₁	Patients
Gold 1 - Mild	≥ 80% Predicted	19 (7.5%)
Gold 2 - Moderate	≥ 50% to < 80% Predicted	92 (36.5%)
Gold 3 - Severe	≥ 30% to < 50% Predicted	100 (39.7%)
Gold 4 – Very Severe	< 30% Predicted	41 (16.3%)

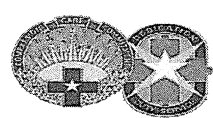


Descriptive Statistics

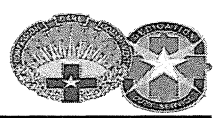
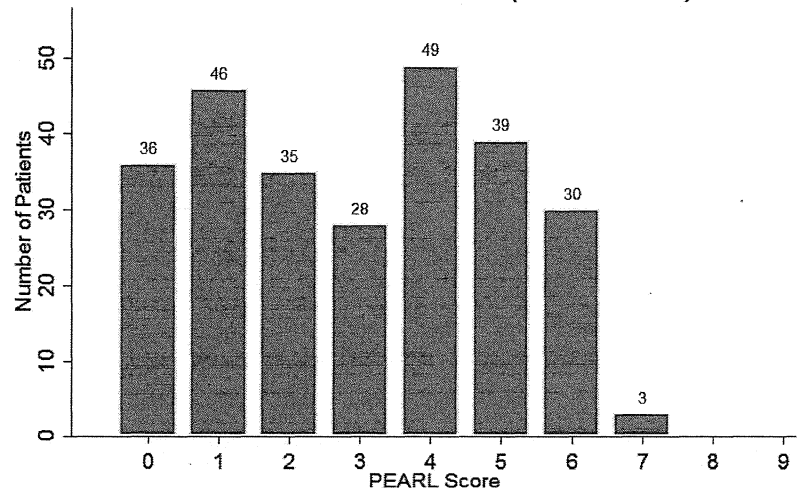
mMRC	Patients
0	35 (13.1%)
1	28 (10.5%)
2	42 (15.7%)
3	75 (28.1%)
4	87 (32.6%)



Event	Patients
Readmitted within 30 days	60 (20.3%)
Readmitted within 90 days	113 (38.2%)
Death within 30 days	1 (0.3%)
Death within 90 days	5 (1.7%)



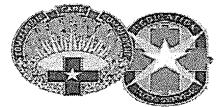
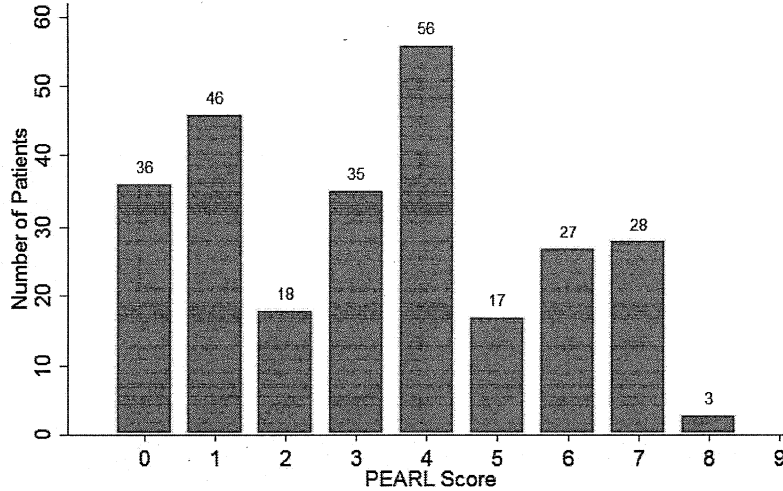
Distribution of Patients by PEARL Score
 mMRC Score of 4 = eMRCD 5a (2 PEARL Points)





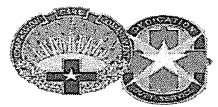
Outcomes

Distribution of Patients by PEARL Score
 mMRC Score of 4 = eMRC 5b (3 PEARL Points)



Outcomes

PEARL Risk	mMRC 4 = 2 Points	mMRC 4 = 3 Points
High	72 (27.1%)	75 (28.2%)
Intermediate	112 (42.1%)	109 (41.0%)
Low	82 (30.8%)	82 (30.8%)

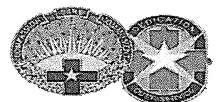


PEARL Category	mMRC 4 = 2 Points	mMRC 4 = 3 Points
Readmission at 30 Days	Significant (p < 0.001)	Significant (p < 0.001)
Readmission at 90 Days	Significant (p < 0.001)	Significant (p < 0.001)
Death at 30 Days	Not Significant (p = 1)	Not Significant (p = 1)
Death at 90 Days	Not Significant (p = 0.181)	Not Significant (p = 0.187)

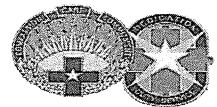


Does the modified PEARL predict readmission and death in the DoD population?

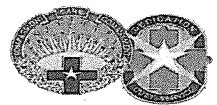
- PEARL predicted readmission at 90 days but not at 30 days.
- Insufficient deaths were seen in the study population for PEARL to accurately predict them



- mMRC is an acceptable substitute for eMRCD
- PEARL may not be predictive of death in all populations



- Limitations:
 - mMRC was not explicitly stated in most outpatient notes
 - Only admissions to SAMMC assessed
 - Death is not well documented
 - Incomplete outpatient records



- Future Directions:
 - This study demonstrates that modified PEARL is a valid tool for predicting readmission at 90 days but not at 30 days or death
 - Proposed prospective cohort study
 - Target patients at high risk for readmission
 - Incorporate intensive counseling at discharge
 - Track 90-day readmission rate vs. a control groups



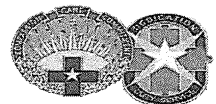
1. Which of the following is not a component of the PEARL Score?

- A) Previous admissions
- B) Age
- C) Right Ventricular Failure
- D) Length of Stay



2. According to the PEARL Score, which eMRCD score puts a patient most at risk for readmission after an acute COPD exacerbation?

- A) 1
- B) 2
- C) 5a
- D) 5b



- This project would not be possible without the guidance, support, and assistance of the following people:

Dr. Annabel Schumaker, PharmD, BCPS

Dr. Tom Shank, PharmD

MAJ Todd Schwarz, PharmD, BCPS

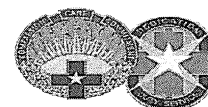
Maj Robert Kennedy, PharmD, BCPS

Everyone else who has supported me through my residency

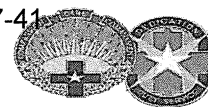


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