

NIHR Greater Manchester PSTRC

Plain English Publication Summary

Publication: [Interventions to improve discharge from acute adult mental health inpatient care to the community: systematic review and narrative synthesis](#)

Publication details (Vancouver format)

Tyler N, Wright N, Waring J. Interventions to improve discharge from acute adult mental health inpatient care to the community: systematic review and narrative synthesis. BMC Health Serv Res [Internet]. 2019 Dec 25

What are the most important findings/conclusions in this paper? Why are they important?

The review identified a number of ways to improve discharge that were tested in many countries. The main problems that researchers wanted to address were:

- reducing readmissions
- improving wellbeing
- reducing homelessness
- improving the likelihood that patients continue their treatment
- speeding-up discharge
- reducing suicide.

The researchers looked at 69 different measures of possible outcomes (e.g. readmission, length of stay in hospital) to see which approaches worked best. But because the outcomes were so different, it was difficult to compare and contrast. Some approaches helped with a single problem within a single setting with a single solution, others provided multiple solutions for problems that cover more than one care setting.

What did you do?

We searched academic papers to find any relevant research that was done between 2000 and 2018. We took the results from relevant papers and combined them to describe the results as a whole. Data was taken from 45 papers overall.

Why did you conduct this research?

The transfer from mental health hospitals to community care is often a vulnerable period in a patient's journey, and people can experience more risks and anxiety. Researchers around the world have developed and tested a number of ideas that try to improve safety at this time. However, the interventions haven't really been compared and contrasted, and they don't make it clear which safety problems they are trying to resolve.

What was known before your paper was published?

It was known that mental health discharge is a high-risk part of a patient's journey through mental health services. A lot of interventions had been developed to improve services, but there was no explanation of which safety threats the interventions were trying to address.

What is next? What is the potential impact of the work in this paper? What will change as a result of this paper (or the study it describes)?

We recommend that researchers try to standardise what is measured in future research.

This work led to the development of a core outcome set.

Does this paper link in to a particular study / project? If so, please summarise the study and explain how this paper has improved understanding, or will move the study forward.

This paper helped us to begin creating a 'safer mental health discharge' project by understanding what interventions already exist and what safety problem each one tries to solve.