

Bree Complex Discharge Workgroup

Discharge Definition and Common Barriers

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Common Definition:

Complex Discharge occurs when a patient receiving inpatient care at an acute care hospital has complex barriers to care that require support from interdepartmental teams to manage discharge.

This is related to **avoidable days**, or days where a patient does not meet inpatient criteria but remains in the hospital.

Common categories of discharge barriers include:

Category of Discharge Barrier	Examples
Lack of Coverage/Health Insurance Issue	<ul style="list-style-type: none">• Under-funded or under-engaged health insurance• Lack of coverage for required post-acute care need
Need for Assistance with Daily Living	<ul style="list-style-type: none">• No available caregiver at home• Needs assistance with activities of daily living
Lack of Post-Acute Care Bed	<ul style="list-style-type: none">• No appropriate post-acute care beds with capacity to take on new patients
Legal Barriers	<ul style="list-style-type: none">• Guardianship requirements• Parent or guardian concerns for pediatric patients• Other legal barriers
Social Need Barriers	<ul style="list-style-type: none">• Reliance on state/federal resources for food or housing• Lack of available transportation for care needs• Lack of long-term/stable housing
Medical Need Barriers	<ul style="list-style-type: none">• Chronic comorbid medical condition• Medical complexity requiring long-term care• Need for specialty services: Wound care, Traumatic Brain Injury Care, dementia care• Frequent readmissions or ED utilization
Behavioral Health Barrier	<ul style="list-style-type: none">• Behavioral health diagnosis• SUD/ODD disorder• Risk of violence to self or others