What indicators of social handicap might best predict length of stay (LOS) in neurorehabilitation? (Pitié-Salpêtrière, Paris, France)

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Objectives.– To study how socio-economic inequalities may influence LOS for non medical reason.

Patients and methods.–
– analytic and retrospective study of medical and social records of inpatients hospitalized in the neurorehabilitation department of the Pitié-Salpêtrière hospital (Paris, France) between 01-01-2010 and 31-12-2010;
– inclusion criteria: patients whose LOS was twice superior to the mean LOS of the Neurorehabilitation department (which is of 67.6 days in 2010).

Data recording.–
– motor and cognitive deficiencies and major comorbidities;
– socio-economic indicators (classified in seven categories): civic and administrative situation, juridical status, social and health insurance, familial organization, financial and professional situation, accommodation, abnormal social and risk behaviour;
– social procedures done during hospitalization.

Results.–
– thirty patients (29% of inpatients) had a mean LOS of 334 days (range 137-1222). The population consisted of 60% male aged 50 years old on average (range 27-75). Eight patients had an extreme LOS (over a year) and were 43 years old on average;
– main pathologies were ischemic or hemorrhagic stroke (12 patients), aneurism subarachnoid hemorrhage (11 patients), traumatic brain injury (4 patients), others (3 patients). Seven of them showed only cognitive disabilities, 20 suffered of both motor and cognitive disabilities, and 3 only from motor incapacities.
– mean number of social procedures amounted to 33 per patient (range 11-65).

Discussion.– In this prospective study with a 2-year follow-up, different factors predicted the use of physiotherapy and occupational therapy after an injury. Further studies are needed to clarify the impact of these factors for the health care utilization and the strategies, which would allow to improve allocation of available resources.