

Predicting length of stay and readmission for psychiatric inpatient youth admitted to adult mental health beds in Ontario

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25 FEB 2013

DOI: 10.1111/camh.12022

Child and Adolescent Mental Health

<http://onlinelibrary.wiley.com/doi/10.1111/camh.12022/abstract>

Background

The purpose of this study was to examine demographic, background, and psychopathology variables that predict length of stay and readmission among youth with mental health needs.

Method

We analyzed data on 2445 youth who were admitted into adult psychiatric beds in Ontario, Canada. Multiple regression was used to examine length of stay, whereas logistic regression was used to examine the predictors of readmission.

Results

Youth were likely to stay longer in hospital if they were older, were boys, had a diagnosis of schizophrenia, mood disorders, eating disorders, personality disorders, and intellectual disability. Education, discharged against medical advice, and a diagnosis of adjustment disorders were all associated with shorter length of stay. Age, living in a group home or assisted care, a diagnosis of schizophrenia, mood disorders, and intellectual disability predicted readmission.

Conclusion

Strategies to improve current psychiatric services (e.g. how to reduce psychiatric hospital readmissions) are discussed.