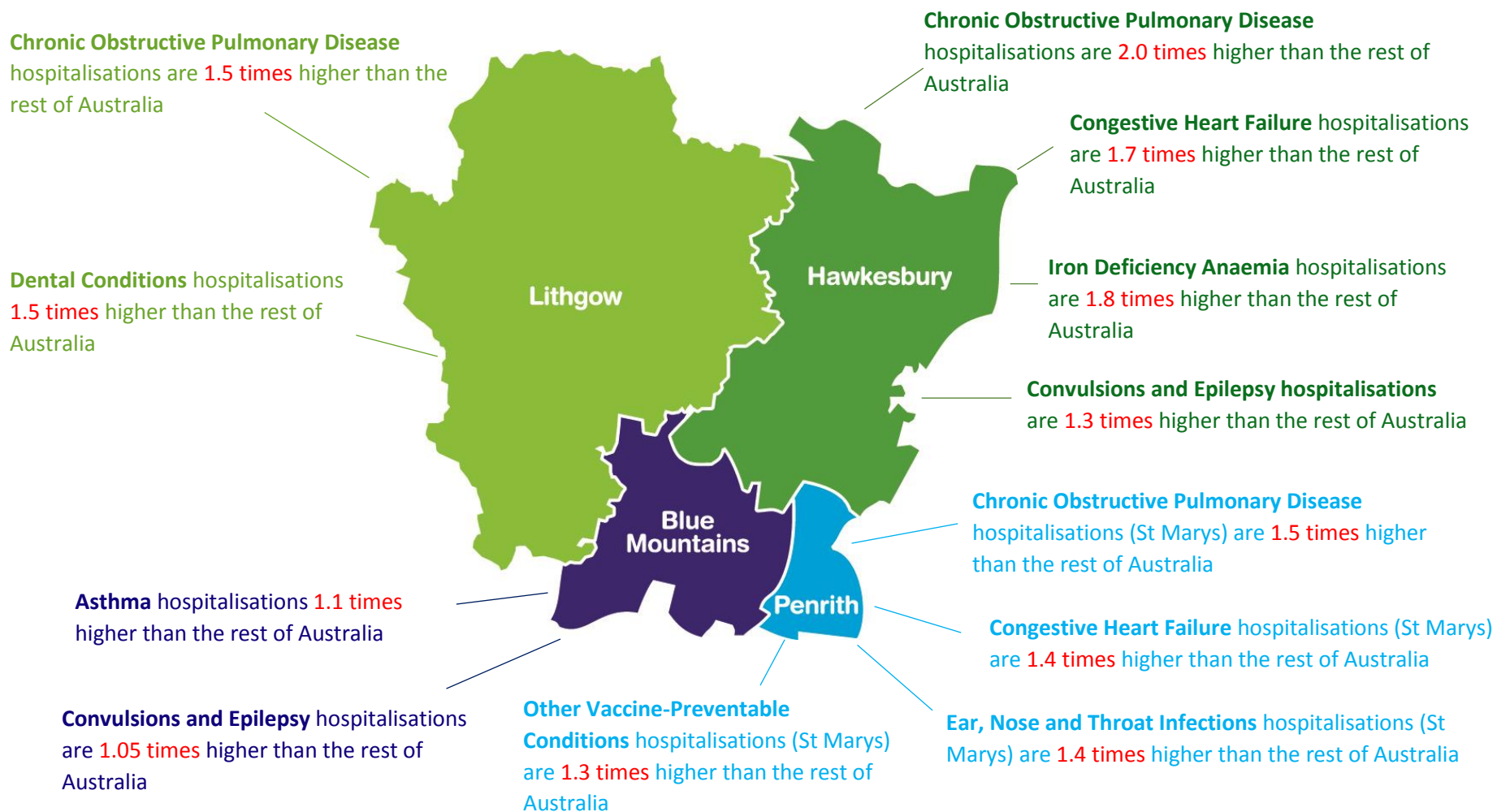


The recent Australian Institute of Health and Welfare report on [Potentially Preventable Hospitalisations in Australia](#) (2019), contains some interesting and challenging data for all primary and specialist healthcare providers in the NBMPHN region.

The top reasons why patients are hospitalised in your region - how is the care of your patients affected by this information?



The Australian Institute of Health and Welfare report on **Potentially Preventable Hospitalisations in Australia by small geographic areas**, released on 4 February 2019, contains some interesting and challenging data for all primary, specialist and other healthcare providers in community-based settings in the NBMPHN region.

- There are **significant variations from national averages** for local areas within the Nepean Blue Mountains PHN region, which includes the local government areas of Blue Mountains, Hawkesbury, Lithgow and Penrith, for Potentially Preventable Hospitalisations due to **Chronic Conditions, Acute Conditions and Vaccine-Preventable Conditions**.
- Although there are many potential explanations for these variations including the age-sex profile of practices within the NBM region, **each GP and specialist practice within the NBMPHN region, should consider auditing and analysing their own data against the region's summary data** as presented, and compare their activities to best practice guidelines.

Background

Potentially preventable hospitalisations (PPH) refer to admissions to hospital for a condition where the hospitalisation could have potentially been prevented through the provision of appropriate individualised preventative health interventions and early disease management delivered in primary care and community-based care settings (including by general practitioners, medical specialists, dentists, nurses and allied health professionals).

PPH rates are indicators of the effectiveness of non-hospital care. The rate of PPH in a local area may reflect access to primary health care, as well as sociodemographic factors and health behaviours.

There are 22 conditions for which hospitalisation is considered potentially preventable across 3 broad categories:

- Chronic conditions
- Acute conditions
- Vaccine-preventable conditions

Reducing hospitalisations for these conditions might involve vaccination, early diagnosis and treatment, and/or good ongoing management of risk factors and conditions in community settings.

Important notes

- Data is presented at a PHN and SA3 level, based on the person's place of residence rather than hospital attended.
- One PPH is counted for each episode of patient stay within the financial year of the hospital separation.

What does the data look like in your region?

The data is grouped within regions into "SA3" (Statistical Area 3 groupings) based on the address of each person's residence. SA3s regions generally have a population of between 30,000 and 130,000 people. In regional areas, SA3s represent the area serviced by regional cities that have a population over 20,000 people.

To find your practice's SA3 grouping, refer to this website:

www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Locator

Commentary

- All SA3 locations within the NBMPHN region have been found to have some significant variations from national averages for some of the areas studied.
- NBMPHN recommends that **each practice explore its own region data and compare it with its own practice data and against best practice guidelines**.
- GPs and practice staff are encouraged to review the **Winter Strategy** for general practice information and resources on the NBMPHN website: <https://www.nbmpnh.com.au/Health-Professionals/Services/Flu-Vaccinations>.

Summary of Potentially Preventable Hospitalisations in Australia by small geographic areas relevant to NBMPHN (based on 2015-2017 data)

Total, Chronic and Acute PPHs - NBMPHN vs. National comparisons

- There were **9,847 hospitalisations** in NBMPHN for the 22 conditions for which hospitalisation is considered potentially preventable.
- Overall, NBMPHN had relatively low rates of total PPH (2,614 per 100,000 people) compared to other Australian PHNs (2,822 per 100,000 people).
- The **highest** number of PPHs in NBMPHN were due to **Chronic Obstructive Pulmonary Disease (COPD)**. Potentially-preventable hospitalisations due to COPD occurred at 1.25 times the National rate (344 vs. 276 per 100,000 persons).
- NBMPHN PPH rates **exceeded** the National average for the following other **chronic** conditions: Asthma (157 vs. 144 per 100,000 persons) and Congestive heart failure (221 vs. 213 per 100,000 persons).
- NBMPHN PPH rates **exceeded** the National average for the following **acute** conditions: Convulsions and epilepsy (179 vs. 163 per 100,000 persons), Dental conditions (294 vs. 290 per 100,000 persons) and Ear nose and throat infections (204 vs. 194 per 100,000 persons).

Top 5 PPHs due to Acute and Chronic Conditions - within NBMPHN

- The top five PPHs for **chronic** conditions were: Chronic obstructive pulmonary disease (1,344 hospitalisations), Congestive heart failure (836), Iron deficiency anaemia (604), Diabetes complications (599) and Asthma (578).
- The top five PPHs for **acute** conditions were: Dental conditions (1,083 hospitalisations), Kidney and urinary tract infections (989), Cellulitis (980), Ear nose and throat infections (758) and Convulsions and epilepsy (657).

Variation in PPH rates for Chronic, Acute and Vaccine-Preventable Conditions - within NBMPHN

Chronic Obstructive Pulmonary Disease PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (276): Hawkesbury (553), Richmond-Windsor (481), St Marys (418), Lithgow-Mudgee (401), Rouse Hill-McGraths Hill (319), Penrith (312).

Congestive Heart Failure PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (213): Hawkesbury (358), Rouse Hill-McGraths Hill (298), St Marys (294), Richmond-Windsor (269).

Iron Deficiency Anaemia PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (227): Hawkesbury (414), Richmond-Windsor (354), Rouse Hill-McGraths Hill (298).

Diabetes Complications PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (180): St Marys (216), Penrith (182).

Asthma PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (144): St Marys (184), Blue Mountains (160), Penrith (158), Hawkesbury (148), Lithgow-Mudgee (148).

Dental Conditions PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (290): Lithgow-Mudgee (429), Richmond-Windsor (372), Hawkesbury (352), St Marys (333), Blue Mountains (306).

Kidney and Urinary Tract Infections PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (280): St Marys (308), Rouse Hill-McGraths Hill (306), Penrith (301), Richmond-Windsor (285).

Cellulitis PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (268): St Marys (325), Hawkesbury (292).

Ear, Nose and Throat Infections PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (194): St Marys (267), Hawkesbury (253), Richmond-Windsor (214).

Convulsions and Epilepsy PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (163): St Marys (222), Richmond-Windsor (217), Blue Mountains (171), Hawkesbury (167).

Pneumonia and Influenza PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (109): Richmond-Windsor (160), Penrith (157), Rouse Hill-McGraths Hill (137), Hawkesbury (134), St Marys (133).

Other Vaccine-Preventable Conditions PPH per 100,000 persons

- NBM locations with **higher PPH rates** than the National average (105): St Marys (140).