



Project BOOST Fact Sheet

GOAL: The goal of Project BOOST (**B**etter **O**utcomes for **O**lder adults through **S**afe **T**ransitions) is to improve the care of patients as they transition from the hospital to home.

OUTCOMES:

By improving discharge processes, Project BOOST aims to:

- Reduce 30 day readmission rates for general medicine patients (with particular focus on older adults)
- Improve facility patient satisfaction scores
- Improve facility HCAHPS scores
- Improve flow of information between sending and receiving physicians
- Ensure high-risk patients receive follow-up calls within 72 hours of discharge
- Improve patient and family education practices to encourage use of the teach-back process around risk-specific issues.

APPROACH:

- 1. Create a national consensus for best practices.** Project BOOST is advised by a board that includes representatives from the Agency for Healthcare Research and Quality (AHRQ), The Joint Commission, Centers for Medicare and Medicaid Services, Blue Cross and Blue Shield Association, National Quality Forum, National Consumers League, and others.
- 2. Create resources to implement best practices.** Project BOOST created a “toolkit” for quality improvement teams including:
 - Clinical tools (discharge planning tools, risk stratification tools)
 - Data collection tools
 - Project Management Tools (guidance for gaining institutional support, creating and managing a team)
 - Educational tools – background information for professionals new to quality improvement
 - Review of key literature
 - Success stories
- 3. Provide technical support.** Project BOOST offers several technical support options including:
 - Day long training sessions (fee-based)
 - Year-long coaching/mentoring program (free, courtesy of grant from the John A. Hartford Foundation).

PARTICIPATING SITES

Any site can access the BOOST toolkit free of charge at www.hospitalmedicine.org/BOOST. Over 150 sites have downloaded the complete workbook.

Six hospitals were selected to participate in Project BOOST’s pilot mentoring program:

- Hospital of the University of Pennsylvania
- Queens Medical Center – Honolulu, Hawaii
- Southwestern Vermont Medical Center
- Piedmont Hospital – Atlanta, Georgia
- University of New Mexico Health Science Center School of Medicine
- ThedaCare: Appleton Medical Center, Appleton, WI; & ThedaClark Medical Center, Neenah WI).

SHM is currently accepting applications for 24 additional mentor sites to be selected in December 2008.

For more information on Project BOOST, please contact LAllendorf@hospitalmedicine.org (703-242-6273).

SHM is the premier medical society representing hospitalists. Over the past decade, research studies proving that hospitalists decrease patient lengths of stay, hospital costs and patient mortality rates while increasing patient satisfaction, have galvanized the hospital medicine profession and spurred demand for hospitalists nationwide. Currently, hospital medicine is the fastest-growing medical specialty in the U.S., with over 20,000 hospitalists today and is projected to grow to about 30,000 by the end of the decade. For more information about SHM, visit www.hospitalmedicine.org.