

## Psychiatric re-hospitalization

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**Objective:** Rates of psychiatric re-hospitalization after discharge from an inpatient unit take a toll on all parties involved. With this study we aimed to discover factors related to follow up and then create software to help increase its rate.

**Method:** Using chi square statistics of a cohort of patients discharged from Bellevue Hospital, we found several significant factors that influenced whether or not a patient followed up. Then, with the help of mathematicians at Rochester Institute of Technology, we created software that processes all of a patient's factors to provide a percentage likelihood of follow up.

**Results:** The following factors independently and significantly affected follow up: Duration of hospitalization, race, ethnicity, Type of disposition, presence of a case manager, presence of court mandated treatment, history of medical issues, history of homelessness, poor family support, ability to recite their discharge plan and successfully reaching their disposition. Using all eighteen factors, significant and non-significant, we created software available on-line at [www.mymeditrack.org](http://www.mymeditrack.org) so that clinicians can create improved discharge plans.

**Conclusions:** After studying the factors associated with follow up from 1000 real world patients, we have created and provided software that can help reduce the psychiatric re-hospitalization of patients, improve clinician satisfaction and reduce healthcare expenditure.

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