

Planning Older People's Services Update on Background Data Report as of 31 January 2024

Capacity and Planning Background Data Report: October 2021

In October 2021, a report was provided to the East Lothian Health and Social Care Partnership Community Hospitals and Care Home Provision Change Board presenting the available data and information to assist in the determination of East Lothian's future community hospital and care home capacity requirement.

The data collated and used to inform this report included:

- 2019 Hospital inpatient data – SMR01
- Population demographics and projections (2011 census)
- A&E datamart dataset for 2019 for all NHS Lothian main Emergency Departments
- Delayed discharges by reason and site
- Patients admitted before 2019 who occupied a bed for the full year
- Most recent 3 Day-Of-Care audits across the system

Further HSCP data was generated through Public Health Scotland and NHS Lothians TRAK (based on real patient data) covering a period of 7 years to 2020.

The data sets were used to understand the likely demand from service users based on demographic projections and other trends associated with access to beds, incidence, prevalence, and other public health initiatives being delivered.

The report concluded: *"The analysis of the data confirmed there is predicted to be sufficient hospital bed capacity to maintain current levels of service up to 2032-35.*

Maintaining this position over the medium to longer term will remain challenging if additional measures and investments are not taken to improve early intervention and prevention that support individuals to live more independently, which could also extend capacity beyond 2035."

Planning Older People's Services Engagement 2022

The above 'Capacity and Planning Background Report', its analysis and projections were used to provide a background and context position for the 2022-23 Planning Older People's Services (POPS) Project.

During a number of stakeholder POPS engagement sessions, held between August and November 2023, some concerns were raised about the pertinence of the data and projection figures.

A request was made to revisit these projections with the most up to date data available given that:

- the initial publication of the 2022 Census statistics in September 2022 showed a significant increase in previous population projections,
- the figures used were pre-pandemic and given the impact this has had on staffing and operational practices, what impact does it subsequently have on provision and projections,
- there has been a change in hospital landscape, as both Edington and Belhaven have experienced temporary closures, and Ward 5 has been designated as a dedicated

orthopaedic rehabilitation ward to assist NHS Lothian’s recovery plan to reduce waiting times for elective surgical cases.

Reviewing available data

To ensure due diligence, the project team completed a revised analysis assessment, using data collected from NHS Lothians TRAK (real patient data) bed occupancy figures for 2023, and the 2022 census data published to date. .

2022 Census Data

The 2022 Census statistics indicated East Lothian’s population increased by more than 12.6% since the last census in 2011, with the overall population increasing to 112,300 in 2022 up from 99,717 in 2011.

Unfortunately, population projections have not yet been released by the National Records for Scotland. However, the increase in population over the last 10 years, has surpassed the previously projected population figures, and currently equate to those previously anticipated for c2027.

	2018 NRS Population Projections			Census 2022
	2022	2027	2030	2022
East Lothian	108,972	112,716	121,743	112,300
65+ years	23,159	26,289	28,309	23,800

The focus for this analysis however is based upon the over 65 age category and the impact this may/may not have for future hospital bed demand. And while the % increase for over 65s is on par with the total population figure the subsequent reflection in head of population count is not as significant, at an increase of 641 people.

Hospital Patient Data

The original background data report used hospital bed figures based on data available at the time, which was from 2019 and the 7 years prior.

The updated projections utilise data collated from NHS Lothian TRAK (real patient) hospital bed occupancy in East Lothian Community Hospital Wards 3, 4, and 6 between Jan to Nov 2023.

Wards 1 and 2 have not been included within these projections as they are designed wards providing hospital based complex clinical care (HBCCC) (Ward 1) and specialist mental health care (Ward 2)

During this timeframe, (Jan-Nov 2023) Ward 5 was unoccupied until September 2023, when it opened as a dedicated rehabilitation ward as part of the NHS Lothian’s Orthopaedic Recovery Plan to reduce waiting times for elective surgical cases. The beds within Edington and Belhaven Hospitals were also unavailable during 2023 due to ongoing staffing issues and remedial works.

East Lothian Bed Capacity

ELCH Wards 3, 4 and 6: 68 beds
 + ELCH Ward 5 (24 beds): 92 beds
 + Edington and Belhaven (15 beds): 107 beds

Hospital Bed Occupancy Jan – Nov 2023

Bed Base	Beds Available	Total Bed Days Available	Actual Beds Days Used	Calculation	Average Beds Used per day
ELCH Wards 3,4,6	68	22,712	19,639	$\frac{19,639}{22,712} \times 68$	58

Using the latest occupancy figures, the project team applied a growth rate forecast for bed usage v capacity assuming the same bed occupancy percentage.

The growth rate forecast was calculated at an increase of 1.17% per year. This equates to the average annual population growth in East Lothian over the last 20 years based on census data. The assumption being the increase in population growth would translate into a similar demand for hospital bed provision.

When calculating hospital bed occupancy, the rate of 85% is generally considered to be the limit at which hospitals are able to work safely and effectively (British Medical Journal). This is to allow for variations in occupancy and to support patient flow.

Updated projections:



- Based on the 2023 occupancy figures, the above charts indicate that East Lothian Community Hospital (Wards 3, 4 and 6 only) are currently meeting the required number of beds at an 85% occupancy rate.
- When Ward 5 is added, the total provision of hospital beds at East Lothian Community Hospital is able to satisfy projected demand at 85% occupancy until circa 2034.
- With Edington and Belhaven added to the total provision in East Lothian, the number of beds available outweighs current and projected demand for the next 12 years.

A further important point to note is that more often than not, a proportion of East Lothian Community Hospital beds are occupied by patients who are medically fit but are awaiting availability of community services e.g., packages of care before they are discharged from hospital.

Delayed discharge has proven to lead to a higher risk of infection, decreased mobility and muscle deterioration. In comparison, recovery at home has proven to significantly aid and accelerate recovery, by being able to enjoy the comfort and familiarity of being at home, as well as receiving tailored rehabilitation and care packages specific to the patient's individual needs.

Improvements in the provision of discharge pathways and intermediate care would release further capacity and reduce the demand on in-patient bed provision.

Care Home Provision

East Lothian Care Home Provision

Since the publication of the final Community Hospitals and Care Home Provision Change Board reports in March 2023, the care home position in East Lothian has also changed. The below table represents the position of care homes in East Lothian as of January 2024.

	Musselburgh				Tranent, Wallyford & Macmerry			Haddington & Lammermuir					North Berwick Costal						Dunbar & East Linton		Totals/ impact	
Care Home	Harbour House	Carberry Residential Home	St Anne's Care Home	Linkfield (LD Supported Living)	Drummohr Care Home	Crookston Care Home	Tranent Care Home	Tyneholm Stables, Pencaitland	Haddington Care Home	Hilton Lodge	Gateside Haddington	Florabank (faith based home)	Muirfield	Tantallon House	Fidra House	Abbey Care Home	Astley House	North Berwick	Leuchie House (respite unit only)	Lammermuir	Blossom House	
	Independent	Independent	Sisters of Charity of St Paul the Apostle	Independent	HC One	ELHSCP	HC One	Sanctuary Care	Independent	The Stewart Partnership	Mansfield Care	Independent	Randolph Hill	Morar	Randolph Hill	ELHSCP	Independent	TBC	Independent	Tamaris Healthcare	ELHSCP	
Registered Beds	43	27	37	7	60	60	60	45	68	20		22	60	70	60	29	40		16	48	11	783
Beds at Risk/ Short Term (3-4 years)		27	37					45		20						29	40				11	209
Reason for possible further closures over		Age of Environment	Age of Environment					Age of Environment		Age of Environment						Age of Environment	Age of Environment				Age of Environment	
Short term new beds (3-4yrs)											60							70				130
TOTALS	114				180			215					345						59		913	

Changes in Care Home Provision

Musselburgh:	<ul style="list-style-type: none"> • Closure of Eskgreen Care Home in March 2023 – (reduction of 30 beds) • Closure of Adamwood Care Home following a large-scale inquiry and sale of property – (reduction of 13 beds) • The planning application for an “Inveresk Care Village” located within Musselburgh, has not progressed since the application was approved in 2021. This development included the provision of 70 future care home beds. • Linkfield, while registered with the care inspectorate, is a supported living facility for people with learning disabilities. • Both St Anne’s and Carberry Care Homes are situated in older properties
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Tranent / Wallyford / Macmerry	<ul style="list-style-type: none"> • No change in provision.
Haddington / Lammermuir	<ul style="list-style-type: none"> • Gateside Haddington, a 60 bedded care home is due to open Spring / Summer of 2024. • Tyneholm Stables is another older care facility. • Florabank is a faith-based home. It recently acquired a house which is located within the grounds of the property. Future intended use of this building is unknown.
North Berwick Costal	<ul style="list-style-type: none"> • No change in provision. • The Abbey Care Home is a significantly older property, which currently does not provide en-suite facilities for residents. • Astley House is also an ageing building. • Leuchie House operates as a respite facility only, opening for 11 days at a time with closure every second weekend.
Dunbar	<ul style="list-style-type: none"> • No change in provision. • Although remedial works have been undertaken at Blossom House, the age of the building puts the facility at risk in the longer term.
Future Provision	<ul style="list-style-type: none"> • There have been very early suggestions of possible care facilities to be located on the outskirts of Wallyford, as well as a further development at Blindwells. However, no applications have been formally submitted.