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Lisa Nobel
University of Massachusetts Medical School

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Patient- and hospital-level predictors of 30-day readmission after acute coronary syndrome: A Systematic Review

Lisa Nobel, M.Sc. 1, 2
Jane Saczynski, Ph.D. 1, 2
Arlene Ash, Ph.D. 2
Catarina I. Kiefe, M.D. Ph.D. 2
Jeroan J. Allison, M.D. M.Sc2

1. UMASS Medical School, 55 Lake Avenue North, Worcester, Massachusetts 01655
2. Department of Quantitative Health Sciences, UMASS Medical School, Worcester Massachusetts

Corresponding Author
Lisa Nobel
E-mail: lisa.nobel@umassmed.edu
Phone: 774-437-8541

Background: Readmissions following acute myocardial infarction (AMI) are costly and may be partly due to poor care. A previous systematic review examined the literature through 2007. Since then, health policy has changed and additional articles examining predictors of readmission have appeared. We sought to conduct a systematic review of the literature after 2007 regarding socio-demographic, clinical, psychosocial, and hospital level predictors of 30-day readmissions after acute coronary syndrome.

Methods: A systematic search of the literature using Pubmed, OVID, ISI web of science, CINAHL, ACP and the Cochrane Library was conducted, including a quality assessment using Downs and Black criteria. Articles reporting on 30-day readmission rate and examining at least one patient-level predictor of readmission at 30 days were included; articles examining interventions to reduce readmissions were excluded.

Results: Twenty-two studies were included in this review from which more than 60 predictors of 30-day readmission were identified. Age, co-morbidity, COPD, diabetes, hypertension and having had a previous AMI were all consistently associated with higher risk of readmission. However, no studies reported psychosocial factors as predictors of readmission at 30 days.

Conclusion: Studies of readmission should adjust for age and co-morbidity, consistent predictors of readmission at 30-days. Patients with these risk factors for readmission should be targeted for more-intensive follow-up after discharge. Psychosocial predictors of readmission remains a relatively unexplored area of research.