


Volume 13, 18 December 2013

Publisher: Igitur publishing

URL: <http://www.ijic.org>

Cite this as: Int J Integr Care 2013; WCIC Conf Suppl; [URN:NBN:NL:UI:10-1-116009](https://nbn-resolving.org/urn:nbn:nl:ui:10-1-116009)

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Conference Abstract

## **Economic impact analysis of an end-of-life programme for nursing home residents in Singapore**

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### **Abstract**

**Objective:** Our objective was to evaluate the economic impact of Project CARE programme on nursing home residents compared to usual end-of-life care.

**Methodology:** Project CARE was introduced in seven nursing homes to provide Advance Care Planning (ACP) and palliative care for residents identified to be at risk of dying within one year. The cases consisted of nursing home residents enrolled in the Project CARE programme. A historical group of nursing home residents not in any end-of-life care programme was chosen as the matched controls. Costs differences between the two groups were analysed over the last three months and final month of life.

**Results:** The sample comprised 48 Project CARE cases and 197 controls. Compared to the controls, the cases were older with more comorbidities and higher nursing needs. After risk-adjustment, Project CARE cases demonstrated per-resident cost savings of SGD\$7,129 over the last three months of life and SGD\$3,703 over the last month of life.

**Conclusion:** This study demonstrated substantial savings associated with an end-of-life programme. With a significant proportion of the population in Singapore requiring nursing home care in the near future, these results could assist policymakers and healthcare providers in decision making on allocation of health care resources.

### **Keywords:**

**economic, palliative care, advance care planning, nursing homes, Singapore**

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