

Supplementary material for

General practitioner follow-up after hospitalisation in Central and Eastern Sydney, Australia: access and impact on health services

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Table S1: Definition of participant characteristic variables

| Characteristic* | Description |
|---|--|
| Sociodemographic | |
| Age | Self-reported age at baseline |
| Sex | Self-reported sex |
| Language other than English | Whether a participant speaks a language other than English at home (yes/no) |
| Country of birth | Self-reported country of birth categorised as Australia or overseas |
| Household income | Self-reported household income category |
| Highest qualification | Self-reported highest level of educational qualification – categorised as less than year 12; year 12; trade/diploma; university or higher |
| Work status | Working status at baseline: not working; working part-time; working full-time |
| Private health insurance | Private health status at baseline classified as yes if private health with extras or private health without extras) |
| Health Care Card | Health Care Card status at baseline (yes/no) |
| Social interactions | Social interaction sub-scale score from the Duke Social Support Index at baseline; Responses to the 4 items were recoded into 3-point Likert format, thus giving a score of between 4 and 12; If there were any missing values then the mean score was used. |
| Marital status | Marital status grouped as: partner – married and de facto/living with a partner; no partner – single, widowed, divorced and separated. |
| Risk and protective factors | |
| Smoking status | Smoking status at baseline: non-smoker; ex-smoker; current smoker |
| Adequate physical activity | Based on the amount of walking, moderate and vigorous exercise reported: coded as adequate and not adequate; Adequate' time and sessions is defined as 150 minutes (using the sum of walking, moderate activity and vigorous activity - weighted by two) and five sessions of activity per week. |
| Adequate fruit/vegetable consumption | Based on self-reported fruit and vegetable consumption; yes (adequate) – at least 5 serves of vegetables and 2 serves of fruit; no (not adequate) |
| Weekly alcohol intake | Based on self-reported number of standard drinks each week, categorised as zero; low (<=14 drinks per week); high (>14 drinks per week) |
| Body Mass Index (BMI)category | Based on self-reported height and weight. Categorised as underweight (<20); normal weight (20-25); overweight (25-30); obese (>30) |
| Physical functioning | Based on the 10 Short Form 36 (SF36) questions and scores of 1 for limited a lot, 2 for yes limited a little and 3 for no, not limited at all. Total scores are categorised as: no limitation (score of 100), minor (90-99), moderate (60-89) and severe (0-59) as well as not available. |
| Psychological distress | Based on the Kessler 10 (K10) categories: low (score of 10-15), moderate (16-21), high (22-29) and very high (30-50) as well as not available. |
| Self-rated Good Health | Based on the SF1 – classified as yes if responded as good, very good or excellent |
| Self-rated good quality of life | Based on self-rated quality of life question – classified as yes if responded as good; very good or excellent |
| Needs help for a disability | Do you regularly need help with daily tasks because of long-term illness or disability? (yes/ no) |
| Health status and health care utilisation factors | |
| Treatment for high blood pressure | Self-reported as currently taking treatment for high blood pressure (yes/no) |
| Treatment for high cholesterol | Self-reported as currently taking treatment for high cholesterol (yes/no) |
| Self-reported a fall | Reported a fall in the last 12 months (yes/no) |
| Self-reported chronic conditions | Based on self-reported diagnoses of chronic diseases at baseline (yes/no). Conditions included are: diabetes, osteoarthritis/osteoporosis, cardiovascular disease, asthma, depression/anxiety and cancer. |
| Number of GP visits prior to index hospitalisation ^ | Calculated for the 12 months period prior to the index hospitalisation. Only standard GP consultations included. Grouped as 3 or fewer, 4-7 visits, 8-12 visits and 13 plus visits. |
| Number of Specialist visits prior to index hospitalisation^ | Calculated for the 12 months period prior to the index hospitalisation. Classified as "yes" if any Specialist item in this period. Grouped as none, one-four and more than four. |
| Number of hospitalisations prior to index hospitalisation # | Calculated for the 12 months period prior to the index hospitalisation. Classified as "yes" if any hospitalisation in this period. Grouped as none, one and multiple. |

NOTE: *Source 45 and Up Study baseline dataset unless indicated otherwise. ^ from MBS dataset; # from NSW Admitted Patient Data Collection dataset

Table S2: Unweighted and weighted demographic characteristics, by whether a person saw a GP within two weeks of hospital discharge

| Characteristics | Unadjusted | | | Adjusted | | |
|--|----------------------------------|---------------|---------|----------------------------------|------------|---------|
| | Did not see GP within 14 days | Saw GP | p value | Did not see GP within 14 days | Saw GP | p value |
| | n(%) | n(%) | | weighted % | weighted % | |
| Total sample | 3653 | 6587 | | | | |
| Sex = female (%) | 1856 (50.8) | 3172 (48.2) | 0.011 | 50.03 | 48.16 | 0.169 |
| Age at admission (mean (SD)) | 67.89 (11.68) | 72.62 (11.99) | <0.001 | 72.16 | 72.62 | 0.147 |
| Length of stay (mean (SD)) | 5.30 (6.01) | 6.30 (6.69) | <0.001 | 6.1 | 6.3 | 0.277 |
| Avg GP visits in previous year (%) | | | <0.001 | | | 0.078 |
| <4 | 798 (21.8) | 625 (9.5) | | 10.75 | 9.49 | |
| 4-7 | 1199 (32.8) | 1495 (22.7) | | 24.21 | 22.7 | |
| 8-11 | 950 (26.0) | 1905 (28.9) | | 28.8 | 28.92 | |
| 12+ | 706 (19.3) | 2562 (38.9) | | 36.24 | 38.89 | |
| Avg specialist visits in year prior (%) | | | 0.007 | | | 0.397 |
| 0 | 468 (12.8) | 955 (14.5) | | 13.32 | 14.5 | |
| 1 | 1526 (41.8) | 2569 (39.0) | | 40.22 | 39 | |
| 2 or more | 1659 (45.4) | 3063 (46.5) | | 46.46 | 46.5 | |
| Avg hospitalisations in year prior (%) | | | <0.001 | | | 0.584 |
| 0 | 1878 (51.4) | 3600 (54.7) | | 53.28 | 54.65 | |
| 1 | 1059 (29.0) | 1661 (25.2) | | 26.06 | 25.22 | |
| 2 or more | 716 (19.6) | 1326 (20.1) | | 20.67 | 20.13 | |
| Language other than English spoken at home (%) | 566 (15.5) | 1374 (20.9) | <0.001 | 20.15 | 20.86 | 0.545 |
| Australian born (%) | 2493 (68.2) | 4087 (62.0) | <0.001 | 36.95 | 37.95 | 0.457 |
| Highest qualification (%) | | | <0.001 | | | 0.414 |
| less than high school | 1019 (27.9) | 2419 (36.7) | | 36.13 | 36.72 | |
| Year 12 or equivalent | 390 (10.7) | 749 (11.4) | | 10.44 | 11.37 | |
| trade or diploma | 1049 (28.7) | 1888 (28.7) | | 28.52 | 28.66 | |
| university | 1195 (32.7) | 1531 (23.2) | | 24.91 | 23.24 | |
| Household income (%) | | | <0.001 | | | 0.215 |
| <20,000 | 551 (15.1) | 1708 (25.9) | | 23.79 | 25.93 | |
| 20,000-39,999 | 503 (13.8) | 1036 (15.7) | | 16.56 | 15.73 | |
| 40,000-69,999 | 616 (16.9) | 943 (14.3) | | 14.49 | 14.32 | |
| 70,000+ | 1181 (32.3) | 1201 (18.2) | | 20.06 | 18.23 | |
| Won't Disclose | 802 (22.0) | 1699 (25.8) | | 25.11 | 25.79 | |
| Work status (%) | | | <0.001 | | | 0.261 |
| Not working | 1841 (50.4) | 4431 (67.3) | | 65.37 | 67.27 | |
| part time | 715 (19.6) | 886 (13.5) | | 14.21 | 13.45 | |
| full time | 1097 (30.0) | 1270 (19.3) | | 20.41 | 19.28 | |
| Housing type (%) | | | <0.001 | | | 0.534 |
| House | 2528 (69.2) | 4368 (66.3) | | 65 | 66.31 | |
| flat or unit | 1037 (28.4) | 1998 (30.3) | | 31.84 | 30.33 | |
| nursing home | 14 (0.4) | 64 (1.0) | | 0.71 | 0.97 | |
| other | 74 (2.0) | 157 (2.4) | | 2.46 | 2.38 | |
| Married/partnered (%) | 2479 (67.9) | 4133 (62.7) | <0.001 | 37.28 | 37.26 | 0.987 |
| Private Health cover (%) | 2936 (80.4) | 4348 (66.0) | <0.001 | 68.38 | 66.01 | 0.088 |
| Health Care Card holder (%) | 747 (20.4) | 2290 (34.8) | <0.001 | 32.02 | 34.77 | 0.046 |

Table S3: Unweighted and weighted health risk and status characteristics, by whether a person saw a GP within two weeks of hospital discharge

| Characteristics | Unadjusted | | p value | Adjusted | | p value |
|--|------------------------------------|-------------|---------|------------------------------------|------------|---------|
| | Did not see GP within two weeks | Saw GP | | Did not see GP within two weeks | Saw GP | |
| | n(%) | n(%) | | weighted % | weighted % | |
| Duke Social Support Index (mean (SD)) | 8.95 (1.62) | 8.93 (1.63) | 0.508 | 8.89 | 8.93 | |
| Smoking status (%) | | | 0.023 | | | 0.307 |
| Never smoked | 2071 (56.7) | 3578 (54.3) | | 56.34 | 54.32 | |
| Ex-smoker | 1340 (36.7) | 2497 (37.9) | | 36.46 | 37.91 | |
| Current smoker | 242 (6.6) | 512 (7.8) | | 7.2 | 7.77 | |
| Sufficient physical activity = Yes (%) | 2414 (66.1) | 4078 (61.9) | <0.001 | 59.88 | 61.91 | 0.133 |
| Sufficient fruit and veg = Yes (%) | 725 (19.8) | 1371 (20.8) | 0.256 | 19.65 | 20.81 | 0.276 |
| Alcohol intake per week (%) | | | <0.001 | | | 0.116 |
| Zero | 1084 (29.7) | 2614 (39.7) | | 37.24 | 39.68 | |
| 1-13 | 1844 (50.5) | 2856 (43.4) | | 45.97 | 43.36 | |
| 14+ | 725 (19.8) | 1117 (17.0) | | 16.79 | 16.96 | |
| BMI category (%) | | | <0.001 | | | 0.689 |
| Underweight | 335 (9.2) | 774 (11.8) | | 11.45 | 11.75 | |
| Normal weight | 1243 (34.0) | 2064 (31.3) | | 32.9 | 31.33 | |
| overweight | 1352 (37.0) | 2374 (36.0) | | 35.25 | 36.04 | |
| Obese | 723 (19.8) | 1375 (20.9) | | 20.4 | 20.87 | |
| High cholesterol = Yes (%) | 614 (16.8) | 1291 (19.6) | 0.001 | 20.02 | 19.6 | 0.706 |
| High blood pressure = Yes (%) | 930 (25.5) | 2068 (31.4) | <0.001 | 30.61 | 31.4 | 0.544 |
| Physical functioning category (%) | | | <0.001 | | | 0.844 |
| No limitations | 990 (27.1) | 1199 (18.2) | | 18.8 | 18.2 | |
| minor limitations | 867 (23.7) | 1341 (20.4) | | 20.32 | 20.36 | |
| moderate limitations | 826 (22.6) | 1729 (26.2) | | 25.58 | 26.25 | |
| severe limitations | 538 (14.7) | 1458 (22.1) | | 21.48 | 22.13 | |
| Not available | 432 (11.8) | 860 (13.1) | | 13.83 | 13.06 | |
| Psychological distress (%) | | | <0.001 | | | 0.965 |
| Low | 2474 (67.7) | 4074 (61.8) | | 62.08 | 61.85 | |
| Moderate | 506 (13.9) | 867 (13.2) | | 13 | 13.16 | |
| High | 177 (4.8) | 352 (5.3) | | 5.74 | 5.34 | |
| Very High | 97 (2.7) | 229 (3.5) | | 3.51 | 3.48 | |
| Not available | 399 (10.9) | 1065 (16.2) | | 15.67 | 16.17 | |
| Self-rated good health = Yes (%) | 2926 (80.1) | 4838 (73.4) | <0.001 | 71.89 | 73.45 | 0.223 |
| Self-rated good quality of life = Yes (%) | 3016 (82.6) | 5068 (76.9) | <0.001 | 75.72 | 76.94 | 0.317 |
| Self-reported diabetes = Yes (%) | 341 (9.3) | 846 (12.8) | <0.001 | 11.42 | 12.84 | 0.131 |
| Self-reported cardiovascular disease = Yes (%) | 628 (17.2) | 1628 (24.7) | <0.001 | 24.75 | 24.72 | 0.979 |
| Self-reported arthritis/osteoporosis = Yes (%) | 531 (14.5) | 1246 (18.9) | <0.001 | 17.25 | 18.92 | 0.115 |
| Self-reported asthma = Yes (%) | 479 (13.1) | 877 (13.3) | 0.796 | 14.06 | 13.31 | 0.431 |
| Self-reported depression/anxiety = Yes (%) | 660 (18.1) | 1161 (17.6) | 0.594 | 19.02 | 17.63 | 0.177 |
| Self-reported cancer = Yes (%) | 709 (19.4) | 1283 (19.5) | 0.953 | 20.91 | 19.48 | 0.190 |
| Needs help for a disability = Yes (%) | 229 (6.3) | 604 (9.2) | <0.001 | 10.63 | 9.17 | 0.107 |
| Self-reported falls = Yes (%) | 713 (19.5) | 1429 (21.7) | 0.01 | 23.41 | 21.69 | 0.145 |
| Saw a specialist within 14 days of discharge = yes (%) | 839 (23.0) | 1851 (28.1) | <0.001 | 28.54 | 28.1 | 0.731 |