

Additional file 1. Baseline characteristics of the patient group of GP1 on the 01.08.2018 and the 01.08.2021: data listed as mean with standard deviation (SD) and counts (n) with percentages (%).

		Missing	Overall	01.08.2018	01.08.2021	P-Value
n			46	23	23	
Gender, n (%)	Male	0	12 (26.1)	6 (26.1)	6 (26.1)	1.000
	Female		34 (73.9)	17 (73.9)	17 (73.9)	
Age, mean (SD)		0	85.6 (7.9)	85.2 (7.7)	86.0 (8.2)	0.740
Care level, n (%)	2	0	4 (8.7)	2 (8.7)	2 (8.7)	0.885
	3		10 (21.7)	4 (17.4)	6 (26.1)	
	4		16 (34.8)	9 (39.1)	7 (30.4)	
	5		16 (34.8)	8 (34.8)	8 (34.8)	
Length of stay in the NH, mean (SD)		0	3.6 (3.7)	3.5 (3.5)	3.7 (4.0)	0.866
Number of hospitalizations since moving-in the NH, mean (SD)		0	2.9 (3.6)	2.7 (3.1)	3.0 (4.1)	0.807
Days of hospitalization since moving-in the NH, mean (SD)		0	23.5 (32.3)	22.4 (32.4)	24.7 (32.9)	0.812
Geriatric syndromes:						
Aconuresis, n (%)		0	19 (41.3)	7 (30.4)	12 (52.2)	0.231
Anal incontinence, n (%)		0	17 (37.0)	8 (34.8)	9 (39.1)	1.000
Dementia/Cognitive impairment, n (%)		0	31 (67.4)	16 (69.6)	15 (65.2)	1.000
Fall risk, n (%)		0	43 (93.5)	22 (95.7)	21 (91.3)	1.000
Gait & mobility disorder, n (%)		0	10 (21.7)	4 (17.4)	6 (26.1)	0.721
Immobility, n (%)		0	4 (8.7)	2 (8.7)	2 (8.7)	1.000
Cardiovascular risk factors:						
Arterial hypertension, n (%)		0	34 (73.9)	16 (69.6)	18 (78.3)	0.737
Diabetes mellitus, n (%)		0	12 (26.1)	3 (13.0)	9 (39.1)	0.093
Adiposity (BMI≥30), n (%)		1	9 (20.0)	5 (21.7)	4 (18.2)	1.000
Hyperlipidaemia/Dyslipidaemia, n (%)		0	24 (52.2)	11 (47.8)	13 (56.5)	0.768
MARKER ischaemic risk:						
CHD/Status post cardiac infarction/Atherosclerosis/Vascular stenosis/(P)AOD, n (%)		0	18 (39.1)	10 (43.5)	8 (34.8)	0.763
MARKER neuropsychiatric risk:						
Dementia/Cognitive impairment/Schizophrenic disorder/Psychotic disorder, n (%)		0	32 (69.6)	17 (73.9)	15 (65.2)	0.749
MARKER respiratory risk:						
COPD/Bronchial asthma/Chronic bronchitis, n (%)		0	4 (8.7)	1 (4.3)	3 (13.0)	0.608
MARKER gastrointestinal risk:						
Gastritis/Oesophagitis/Gastroesophageal reflux, n (%)		0	15 (32.6)	6 (26.1)	9 (39.1)	0.529
Cardiac arrhythmia, n (%)		0	16 (34.8)	6 (26.1)	10 (43.5)	0.353
Cardiac pacemaker, n (%)		0	4 (8.7)	2 (8.7)	2 (8.7)	1.000
Cardiac insufficiency, n (%)		0	9 (19.6)	4 (17.4)	5 (21.7)	1.000
Renal insufficiency, n (%)		0	9 (19.6)	3 (13.0)	6 (26.1)	0.459
Hypotension, n (%)		0	1 (2.2)		1 (4.3)	1.000
Hypothyroidism, n (%)		0	2 (4.3)	2 (8.7)		0.489
Chronic pain, n (%)		0	11 (23.9)	3 (13.0)	8 (34.8)	0.167
Morbus Parkinson/Parkinson syndrome, n (%)		0	4 (8.7)	3 (13.0)	1 (4.3)	0.608
Status post apoplexy/TIA, n (%)		0	8 (17.4)	4 (17.4)	4 (17.4)	1.000

Abbreviations. BMI: body mass index; CHD: coronary heart disease; (P)AOD: (peripheral) arterial occlusive disease; COPD: chronic obstructive pulmonary disease; TIA: transient ischaemic attack.