

# Identifying frailty in Practice

## Case finding and management

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### Workshop Session

## The 3<sup>rd</sup> National Frailty Conference

28<sup>th</sup> September 2017

# I'm still me

*...a narrative for coordinated support for older people*

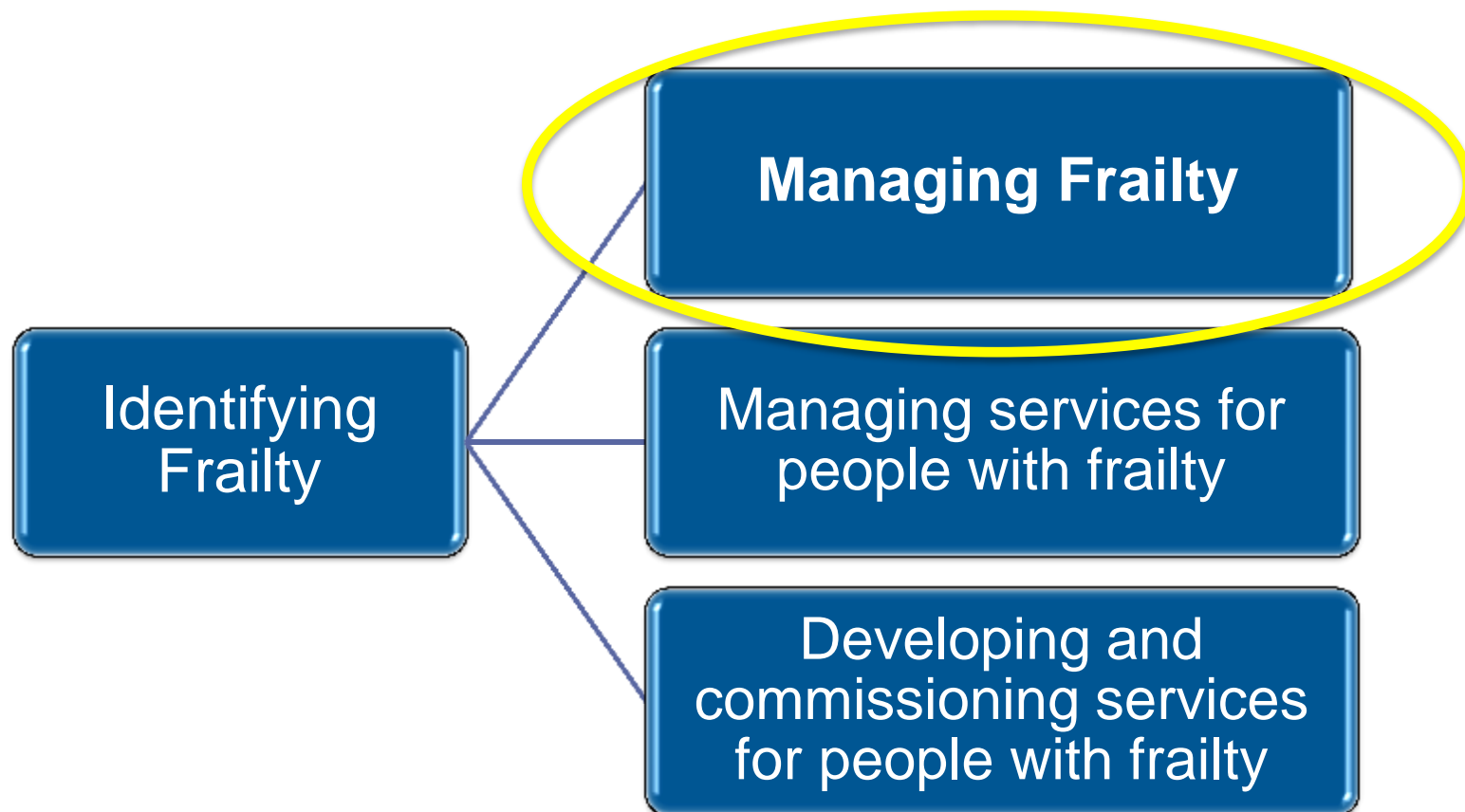
UCLPartners  
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# Frailty identification

Which tools do you use?

# BGS 'Fit for Frailty'



## Managing frailty

*Ensure access to CGA, coordinated care planning and holistic multi-disciplinary interventions*

*Integrated care pathways; appropriate alternatives to hospital admission; avoid delayed transfers of care*

# Frailty as Long Term Condition

## Managing frailty as a long-term condition FREE

Jennifer K. Harrison ✉; Andrew Clegg; Simon P. Conroy; John Young

Age Ageing (2015) 44 (5): 732-735. DOI: <https://doi.org/10.1093/ageing/afv085>

Published: 13 July 2015 Article history ▾

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### Abstract

Frailty is a distinctive late-life health state in which apparently minor stressors are associated with adverse health outcomes. This



## Blog

### We must recognise frailty as a long term condition – John Young

7 May 2014 John Young

Long term conditions

# Frailty as Long Term Condition

- ① What are the characteristics of a long term condition?
- ② To what extent does frailty fit these characteristics?
- ③ What might be the advantages of managing frailty as a long term condition?

# Characteristics of a long term condition

1. Understand pre-diagnostic risk factors.
2. Agreed diagnostic criteria.
3. Availability of evidence based interventions appropriate to different stages of disease progression.
4. Availability of validated tools for measurement and monitoring.
5. Ability to predict outcomes and intervene to influence disease trajectories.
6. Ability to identify advanced or end stage disease and enable the transition from disease specific management to end of life care.



# Advantages of frailty as a long term condition

Supports practical management

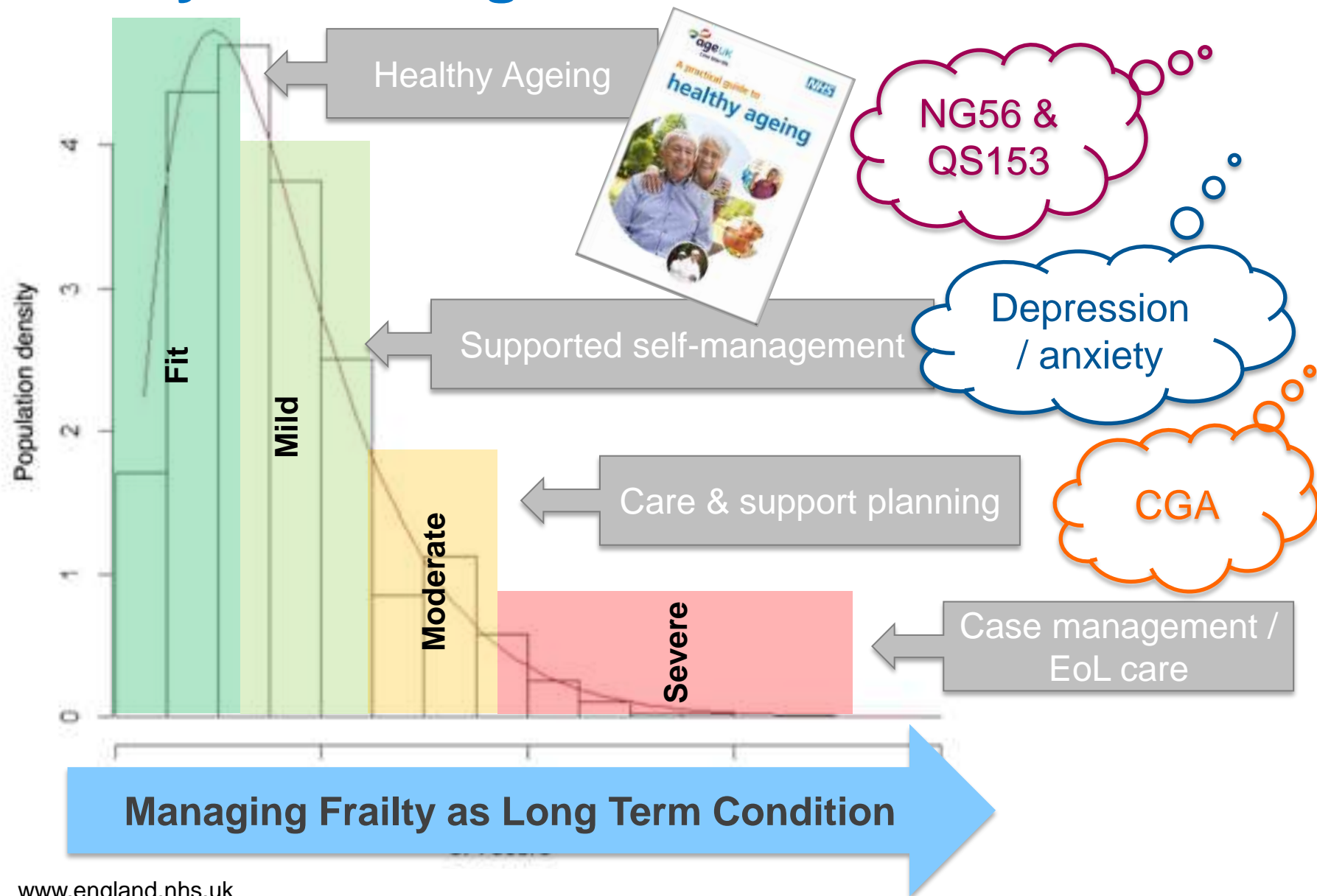
- Well established primary care based framework
- Focus on preventative and proactive management
- Routine identification and coding of the condition
- 'Registers' support co-ordinated and consistent care
- Holistic management - includes supporting and enabling self-care
- Longitudinal person-centred approach

Supports research into interventions

# Key interventions for frailty

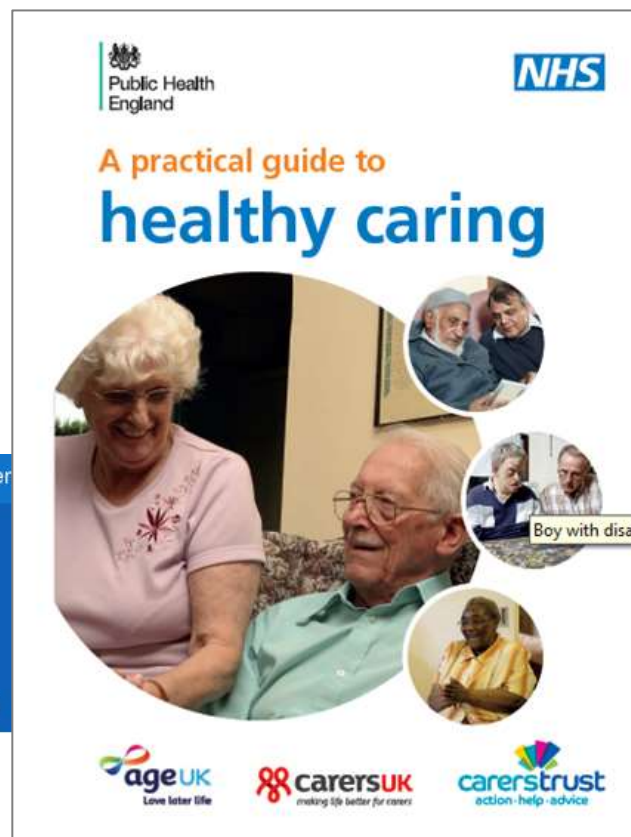
What and when?

# Frailty as a Long Term Condition



# Who, and what, else matters?

# Carers



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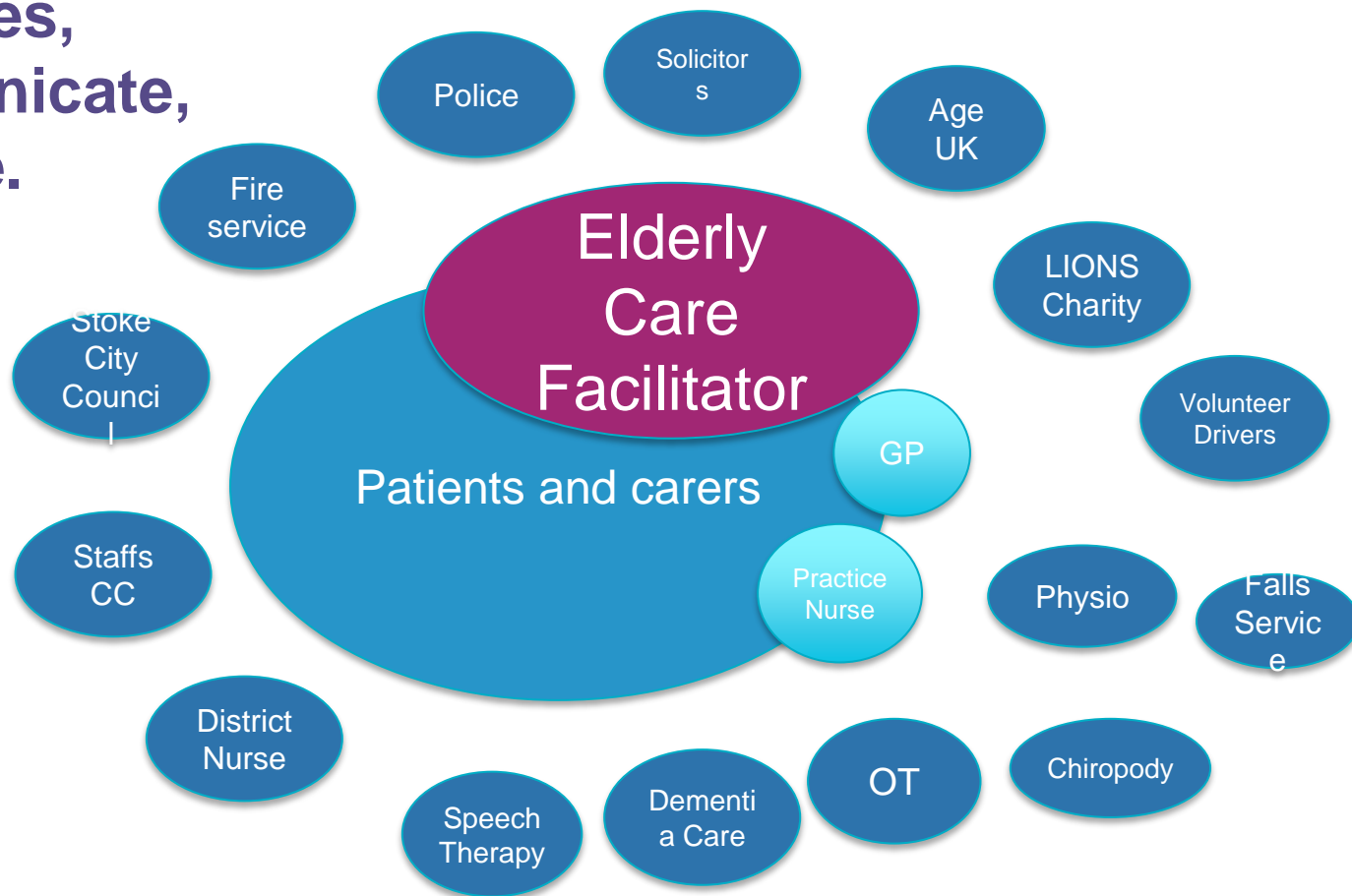
### Caring for our Carers: In Support of Older Peoples Day – Dawn Moody

© 1 October 2016 - 10:00

Three in five of us will be **carers** at some point in our lives and for many of us these responsibilities will begin or continue into our older age. Dawn Moody, Associate National Clinical Director for Older People, marks Older Peoples Day (1 October) with a blog on the importance of caring for our carers.

# Coordination and communication

**Assesses,  
communicate,  
educate.**



**Accessible bridge between patients, carers, health professionals, social support, and voluntary groups.**

# Holistic & person-centred approach to care

The screenshot shows the NHS England website interface. At the top, there is a navigation menu with links for Home, News, Publications, Statistics, and Blogs. The NHS England logo is prominently displayed. Below the navigation, there are links for About us, Our work, Resources, and Commissioning. The main content area features a 'News' section with a 'News archive' filter set to 'Select Month'. The featured article is titled 'The Frailty Fulcrum – Dr Dawn Moody', dated 5 January 2016. The article text discusses a holistic and person-centred approach to care for frailty, emphasizing self-care and community-based support.



