

# Frailty Trauma Care Liaison Team Pilot

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## Introduction

- The UK population is aging and the number of elderly patients sustaining major trauma injuries is increasing <sup>1</sup>.
- In the South West of England, there is a large elderly population. The majority of Major Trauma (MT) patients admitted to the Major Trauma Centre (MTC) at Derriford Hospital, Plymouth are over 65 and a significant proportion are frail. In 2023, there were 1239 major trauma patients admitted, with 763 (61%) being over 65 years old
- To support the frail MT population, a dedicated team of medics, nurses, and therapists launched a pilot frailty trauma liaison team (FTLT) program aimed at enhancing the care of this group of patients at our MTC.

## Key Components of the FTLT

- To implement standardised frailty screening tools to identify at-risk patients on admission & complete comprehensive geriatric assessments to determine their care needs.
- Develop individualised care plans in collaboration with patients' family & MDT incorporating geriatric principles & trauma care guidelines
- Serve as a central point of contact for patients and families, coordinating appointments, services and transitions of care
- Establish partnerships with community organisations to support patients post discharge needs and rehabilitation

## Methods

- A multidisciplinary team with an interest in frailty trauma was identified and recruited for the pilot which ran in October 2023.
- A local FTLT proforma was developed based on the Heartlands' Elderly Care Trauma & Ongoing Recovery Programme (HECTOR) <sup>3</sup>.
- Major Trauma patients with a CFS >4 <sup>2</sup> were identified from the daily MT lists.
- Every morning, 3 to 4 frail, older patients were selected for review.
- Patients were selected based on their level of frailty, length of stay (LOS) and location with priority given to those not admitted to a health care of the elderly ward
- Data was collected 'live' during ward round via Microsoft forms.

**H** Hydration  
Input / output  
Fluid balance

**E** Eating and Toileting  
Diet / Bowels  
Catheter care

**C** Comfort & confusion  
Pain assessment AMT / 4AT

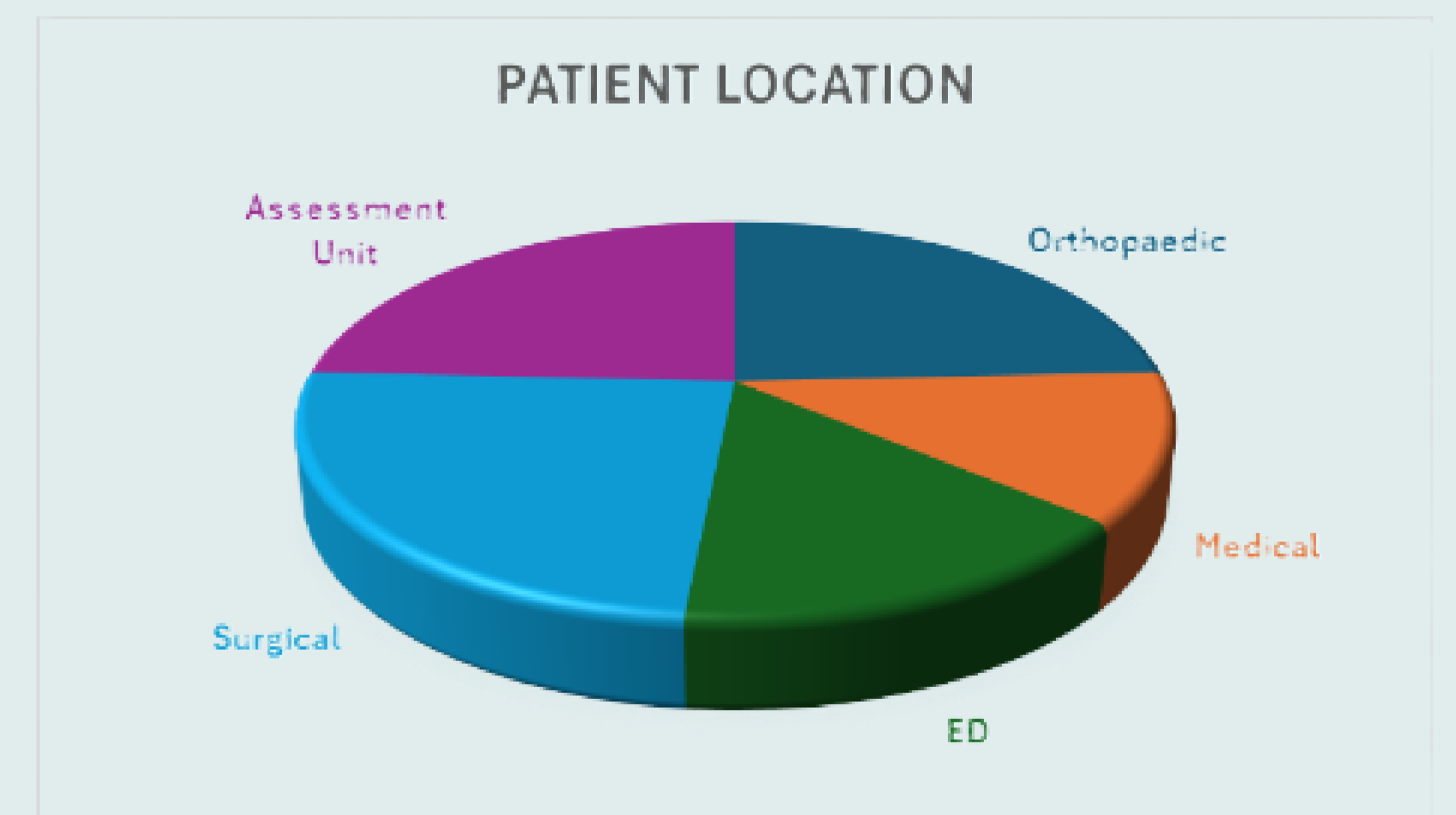
**T** Thromboembolism  
Check VTE  
Usual Anticoagulants

**O** Occult injury  
NEWS  
TTS completion

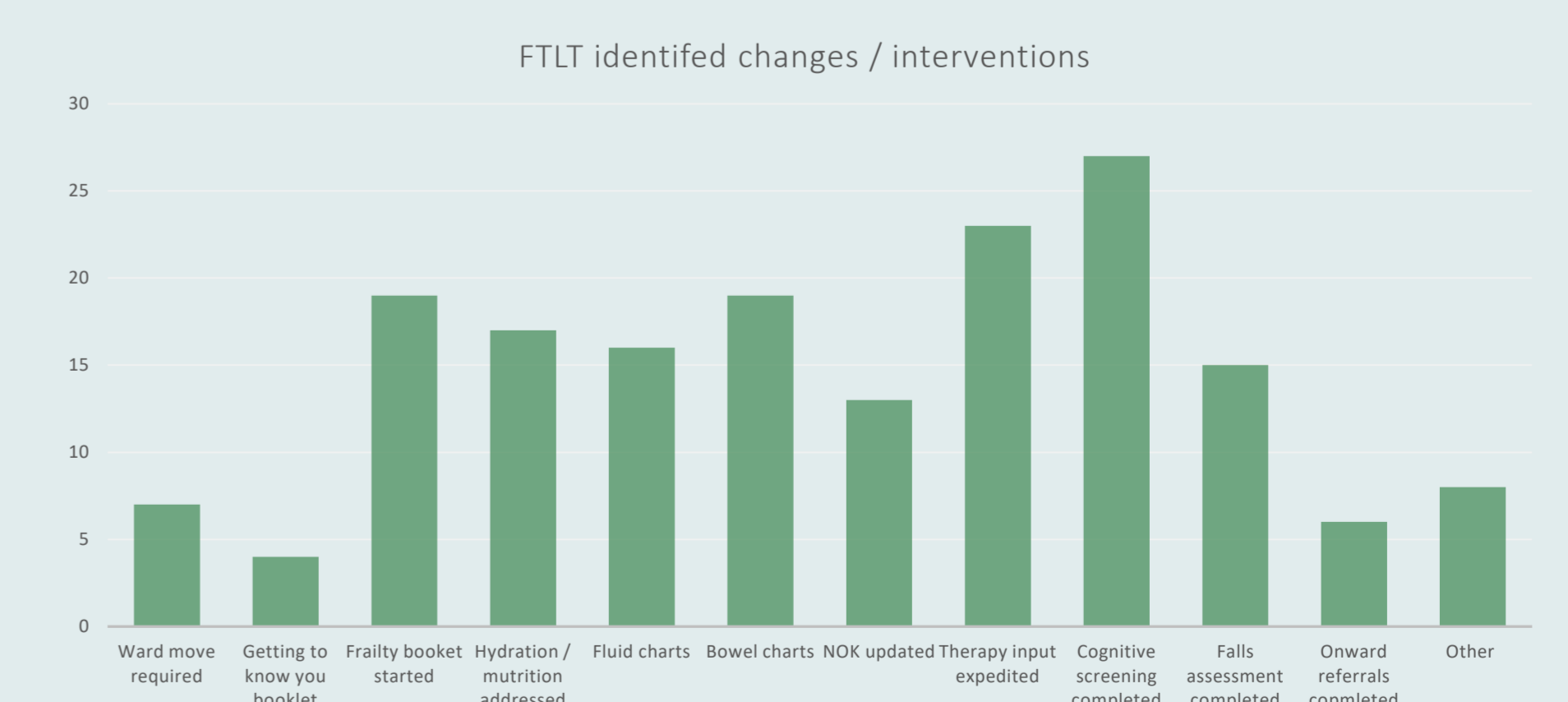
**R** Relatives, Recovery & Rehabilitation

## Results / Findings

- 70% of patients reviewed had CFS > 5
- Patients were located across the hospital



- Interventions and investigations instigated by the FTLT included bladder scans, ECGs, 24 hr tapes, pain scales, pharmacological reconciliations and onward referrals to speciality teams such as cardiology and Parkinsons.
- Identifying missed injuries / management plans and implementing Trauma CT scans were vital elements instigated by the FTLT
- The majority of patients had not been out of bed after 24 hours and a focus on early rehabilitation was a key component of the team input.



## Conclusion

This multidisciplinary approach fosters collaboration among healthcare providers, patients, and families, ensuring tailored interventions that address specific needs of the frail older patient who have sustained traumatic injuries. Following a successful pilot FTLT, plans are underway to develop an ongoing service. Data collection and evaluation will be crucial in assessing patient outcomes and satisfaction, allowing for continuous improvement of the FTLT model. By implementing and integrating this comprehensive framework, Derriford Hospital aims to enhance the care and outcomes for frail patients in the major trauma population, contributing to improved standards and outcomes of geriatric trauma care.

- REFERENCES
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