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Rehabilitation potential and frailty revisited

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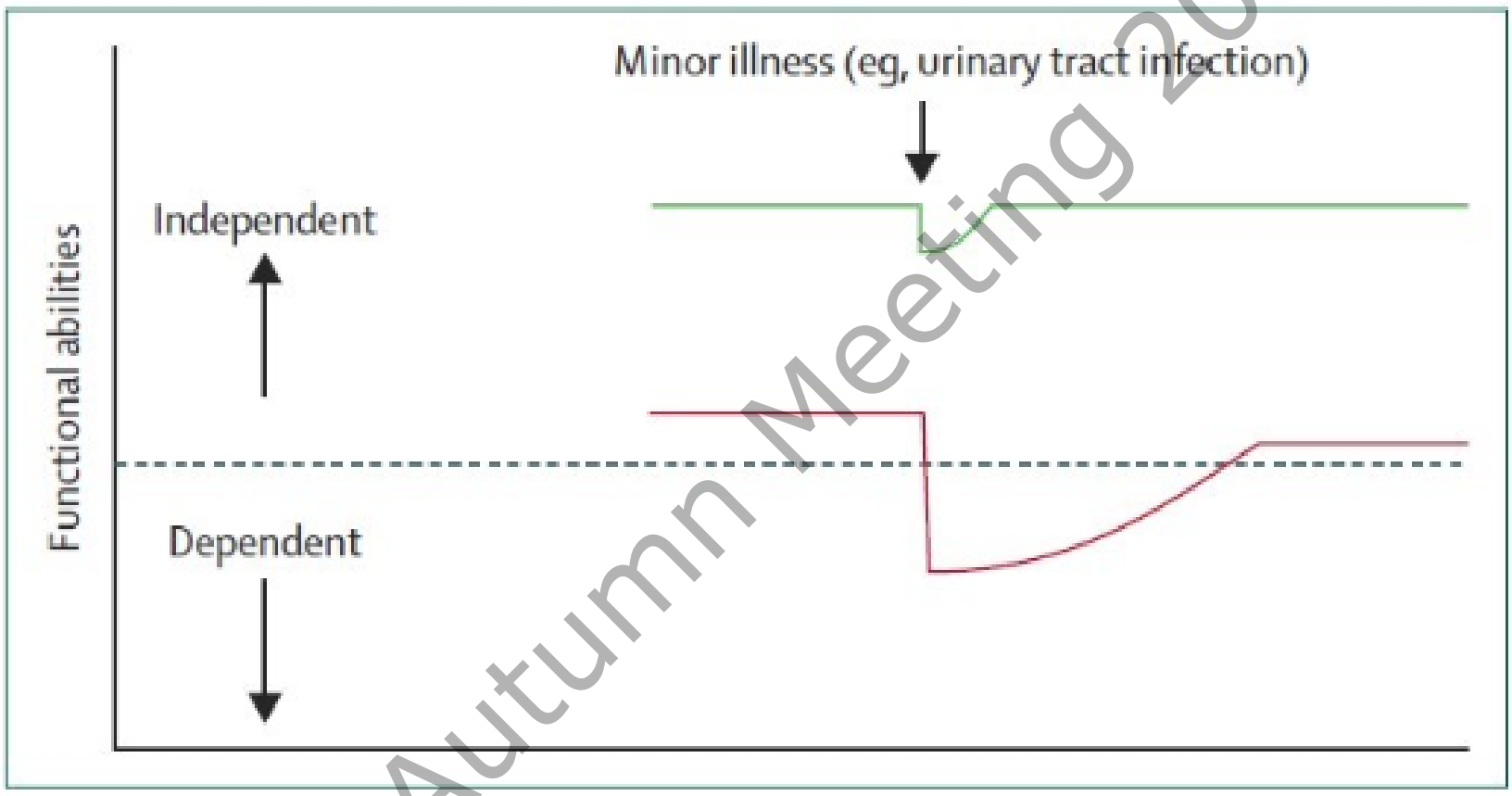

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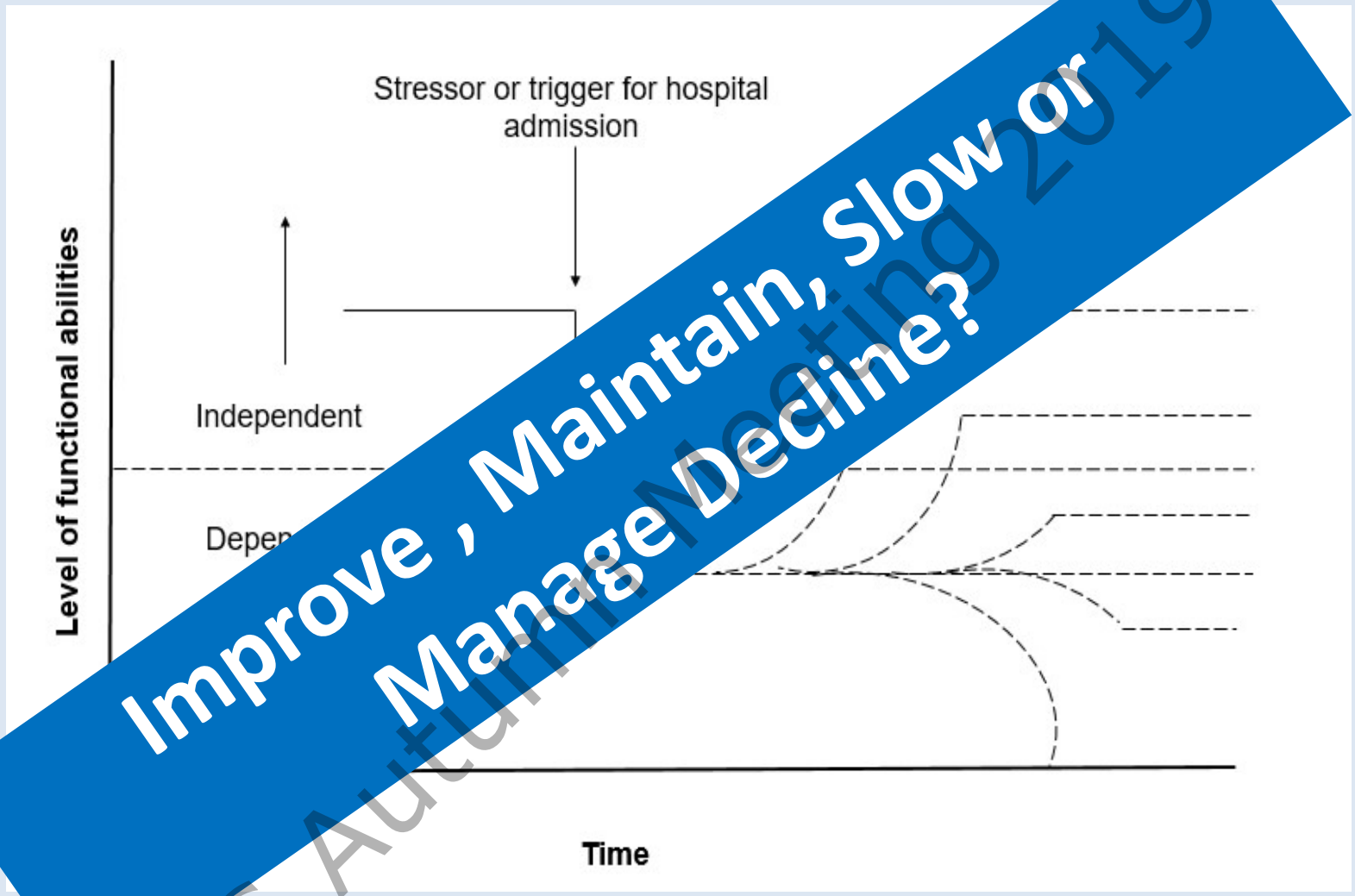

Improve , Maintain, Slow or Manage Decline?

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What is rehabilitation potential?

"Prediction is very difficult, especially if it's about the future"

Bohr

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What is rehabilitation potential?

- Understanding previous and current abilities and prognosticating on likely benefit with acute health events and co-morbidities
- Incorporating individuals needs and wants

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What is rehabilitation potential?

Or is it…..?

- Economic or political construct which represents rationing
- Context dependent
- Clinician dependent

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Factors to consider

- Systems
- Outcomes
- Perspectives

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Systems

- Different models across countries, counties, cities (Grund et al, 2019)
- Availability, type and location (Cowley et al., 2019; Enderby et al., 2017)
- Location of rehabilitation
  - Acute to community care
  - Pressures in system

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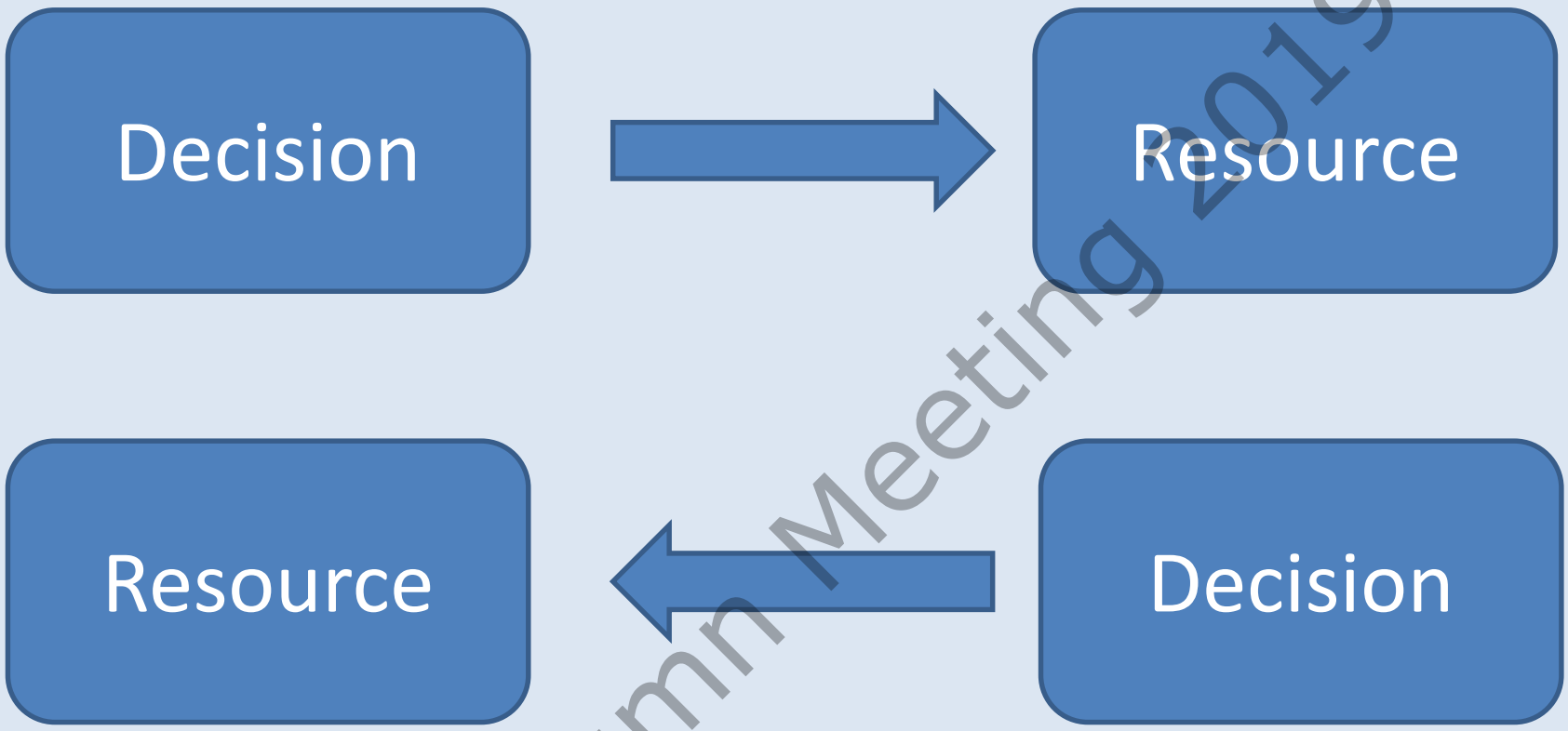

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Outcomes

- Consider
  - Recovery from acute event
  - Paternalistic hospital environment
  - Trajectory of underlying conditions

"It is so alien on a ward, it is so frightening on the ward, isn't it. Especially when you are frail and elderly…And if you have dementia, and you've got hearing problems and seeing problems, it's all compounding." [Member of public four, group five]

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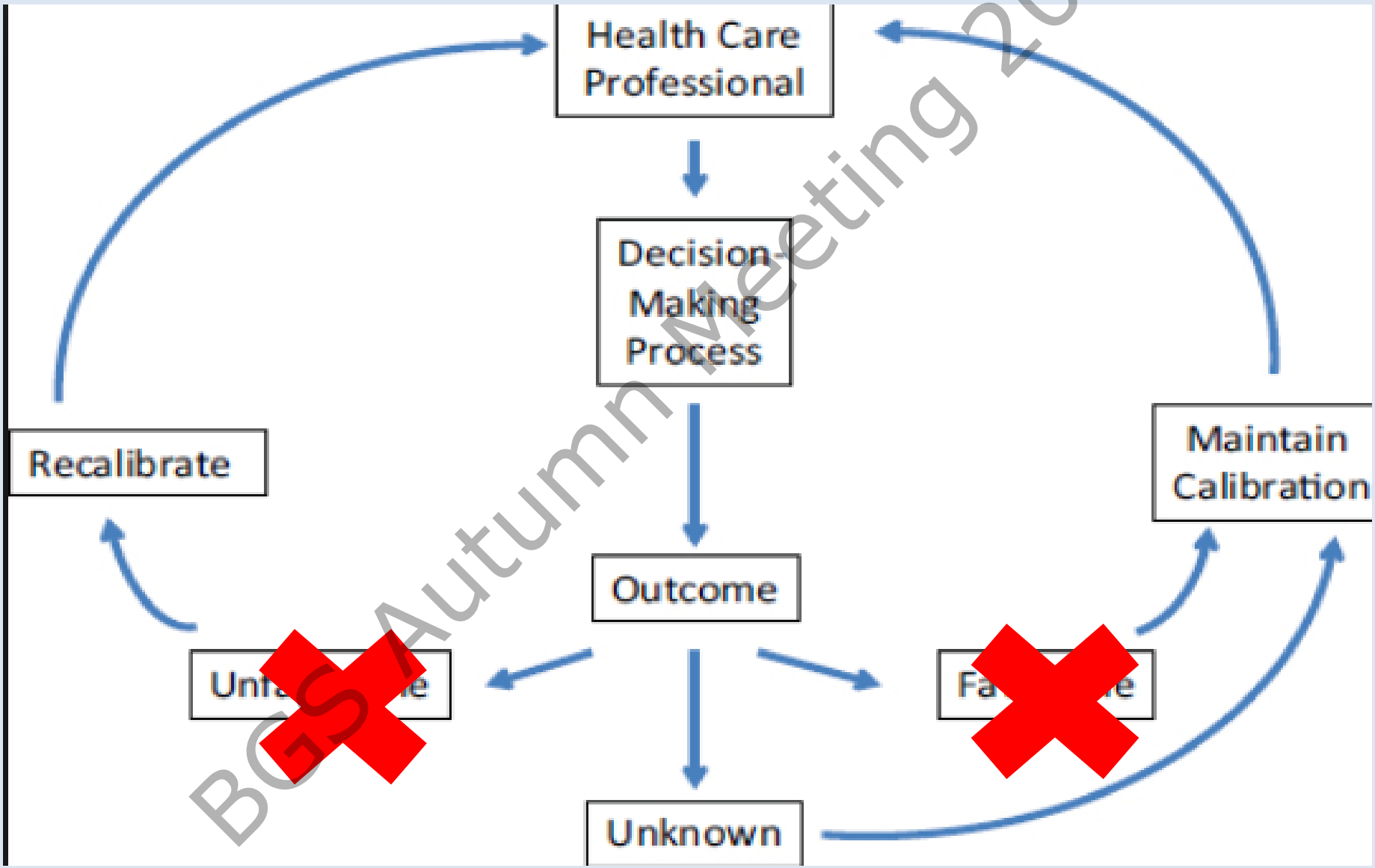
Are we making the right decision?



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Implications for clinical practice

- It's not yes or no, now or never
- Assessments to take into account fluctuating abilities, motivation and needs/wants
- Limitations of assessment in acute setting (environment, recovery)

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Implications for clinical practice

- Need MDT input to ensure we don't just consider medical needs and system flow
- Be more cognisant of factors which influence your decision making!

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Ask Yourself…

- Is it wanted?
- Is it available?
- Will it work? (evidence)

What is a "good outcome" from rehabilitation?

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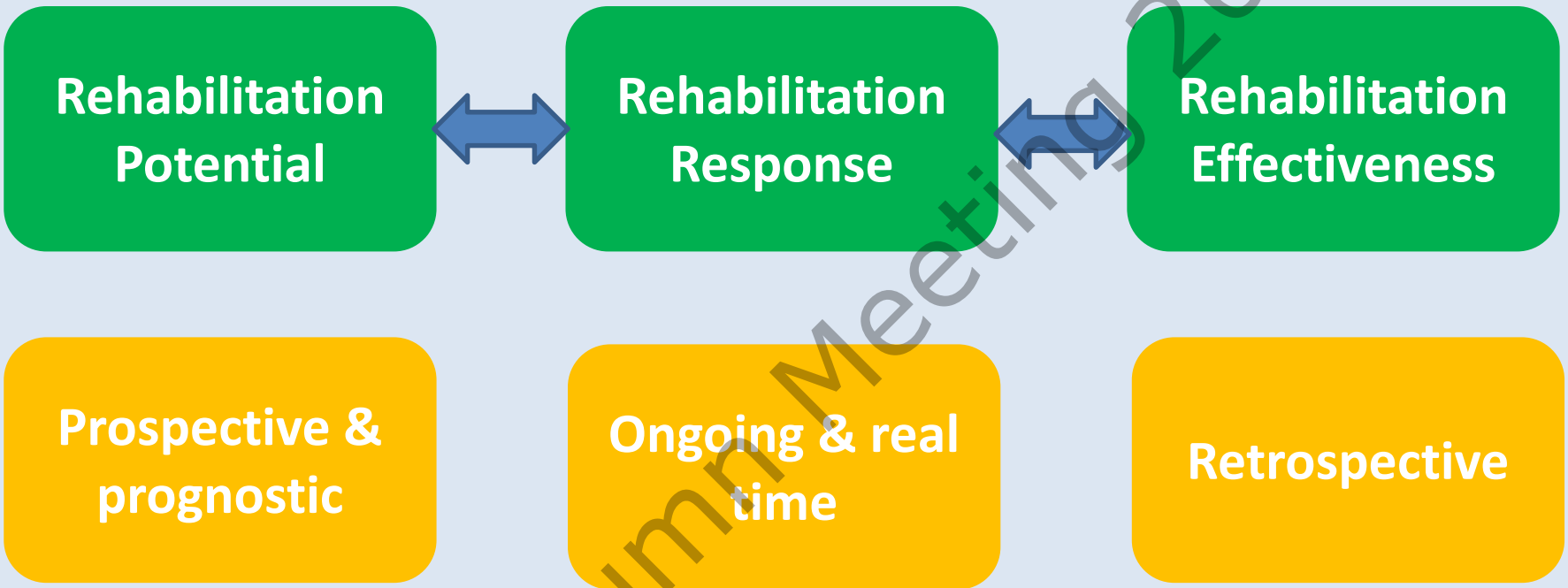

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Implications for service users

Get it wrong

- Denied access to beneficial services
- Increased dependence, isolation, poor outcomes

Get it right

- Health, well-being, quality of life
- Carer & family support
- Control

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Thank you

- Nottingham University Hospitals NHS Trust
- University of Nottingham
- National Institute for Health Research
- All participants
- My daughters Indy & Myla for the Lego models

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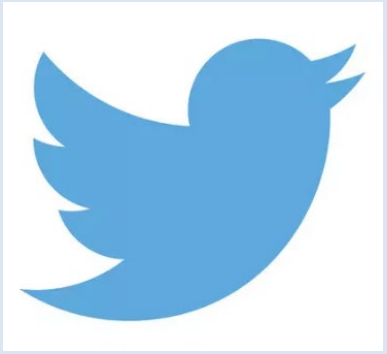

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