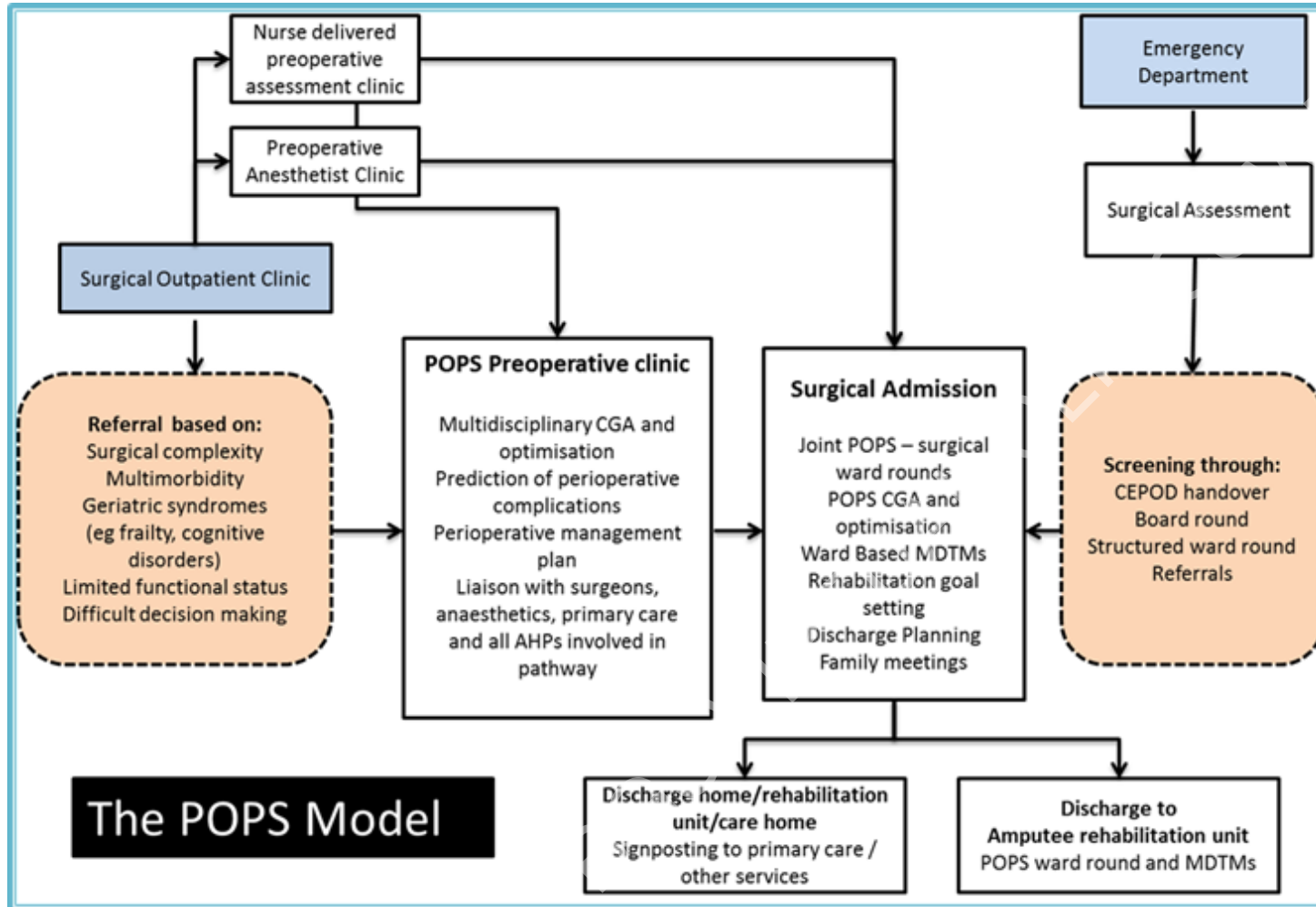# Virtual assessment for the older person: the GSTFT experience

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British Geriatrics Society
Improving healthcare for older people

Guy's and St Thomas' NHS
NHS Foundation Trust

POPS Telephone assessment

The POPS Model

- Perioperative medicine for older people undergoing surgery
- Why did we need virtual assessments?
- How did we identify a suitable patient population?
- Lessons and processes are transferable to other clinics

POPS Proactive care of Older People who are undergoing Surgery

"Improving the care of older surgical patients through collaboration, education and research"

What I wish I knew

- Work with your service manager
- Engage your colleagues
- Plan your time
    - Vetting, local care/electronic records
- Be prepared
    - Standardised proforma, private room, use a headset, engage NOK
- Remember that F2F is still an option

Tools to use over phone/remotely

MONTREAL COGNITIVE ASSESSMENT / MoCA-BLIND
Version 7.1 Original Version

Name:
Education:
Sex:
Date of birth:
Date:

MEMORY		FACE	VELVET	CHURCH	DAISY	RED	POINTS
Read list of words, subject must repeat them. Do 2 trials even if 1st trial is successful. Do a recall after 5 minutes.	1st trial						No points
	2nd trial						

ATTENTION

Read list of digits (1 digit/sec.) Subject has to repeat them in the forward order [ ] 2 1 8 5 4
Subject has to repeat them in the backward order [ ] 7 4 2 __/2

Read list of letters. The subject must tap with his hand at each letter A. No point if ≥ 2 errors
[ ] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B __/1

Serial 7 subtraction starting at 100
[ ] 93 [ ] 86 [ ] 79 [ ] 72 [ ] 65 __/3
4 or 5 correct subtractions: 3 pts, 2 or 3 correct: 2 pts, 1 correct: 1 pt, 0 correct: 0 pt

LANGUAGE

Repeat: I only know that John is the one to help today. [ ]
The cat always hid under the couch when dogs were in the room. [ ] __/2

Fluency / Name maximum number of words in one minute that begin with the letter F.
[ ] _____ (N ≥ 11 words) __/1

ABSTRACTION
[ ] train - bicycle
Similarity between e.g. banana - orange = fruit   [ ] watch - ruler __/2

DELAYED RECALL

Has to recall words With no cue	FACE [ ]	VELVET [ ]	CHURCH [ ]	DAISY [ ]	RED [ ]	Points for UNCUED recall only
Optional	Category cue					
	Multiple choice cue					

__/5

ORIENTATION
[ ] Date [ ] Month [ ] Year [ ] Day [ ] Place [ ] City __/6

© Z. Nasreddine MD   www.mocatest.org   Normal ≥ 18 / 22   TOTAL __/22
Administered by:_____   Add 1 point if ≤ 12 yr edu

The Edmonton Frail Scale

NAME : _____

d.o.b. : _____   DATE : _____

Frailty domain	Item	0 point	1 point	2 points
Cognition	Please imagine that this pre-drawn circle is a clock. I would like you to place the numbers in the correct positions then place the hands to indicate a time of 'ten after eleven'	No errors	Minor spacing errors	Other errors
General health status	In the past year, how many times have you been admitted to a hospital?	0	1–2	≥2
	In general, how would you describe your health?	'Excellent', 'Very good', 'Good'	'Fair'	'Poor'
Functional independence	With how many of the following activities do you require help? (meal preparation, shopping, transportation, telephone, housekeeping, laundry, managing money, taking medications)	0–1	2–4	5–8
Social support	When you need help, can you count on someone who is willing and able to meet your needs?	Always	Sometimes	Never
Medication use	Do you use five or more different prescription medications on a regular basis?	No	Yes	
	At times, do you forget to take your prescription medications?	No	Yes	
Nutrition	Have you recently lost weight such that your clothing has become looser?	No	Yes	
Mood	Do you often feel sad or depressed?	No	Yes	
Continence	Do you have a problem with losing control of urine when you don't want to?	No	Yes	
Functional performance	I would like you to sit in this chair with your back and arms resting. Then, when I say 'GO', please stand up and walk at a safe and comfortable pace to the mark on the floor (approximately 3 m away), return to the chair and sit down'	0–10 s	11–20 s	One of : >20 s , or patient unwilling , or requires assistance
Totals	Final score is the sum of column totals			

Scoring :
0 - 5 = Not Frail
6 - 7 = Vulnerable
8 - 9 = Mild Frailty
10-11 = Moderate Frailty
12-17 = Severe Frailty

TOTAL /17

Administered by : _____

Nottingham Extended ADL Scale

Participant ID _____   Date _____

The following questions are about everyday activities. Please answer by ticking ONE box for each question. Please record what you have ACTUALLY done in the last few weeks.

DID YOU..........	Not at all	with help	on your own with difficulty	on your own

1. Walk around outside?
2. Climb stairs?
3. Get in and out of a car?
4. Walk over uneven ground?
5. Cross roads?
6. Travel on public transport?
7. Manage to feed yourself?
8. Manage to make yourself a hot drink?
9. Take hot drinks from one room to another?
10. Do the washing up?
11. Make yourself a hot snack?

BARTHEL ADL FUNCTIONAL ASSESSMENT SCALE

Bowels
0 = Incontinent (or needs to be given enemas)
1 = Occasional accident (once/week)
2 = Continent

Bladder
0 = Incontinent, or catheterised
1 = Occasional accident (max once per 24 hrs)
2 = Continent (over 7 days)

Grooming
0 = Needs help with personal care
1 = Independent face/hair/teeth/shaving (implements provided)

Toilet Use
0 = Dependent
1 = Needs some help, can do something alone
2 = Independent (on and off, dressing/wiping)

Feeding
0 = Unable
1 = Needs help cutting, etc
2 = Independent (food in reach)

Mobility
0 = Immobile
1 = Wheel chair independent including corners etc
2 = Walks with help of one person (verbal or physical)
3 = Independent (may use stick etc)

Transfer
0 = Unable - no sitting balance
1 = Major help (one/two people) can sit
2 = Minor help (verbal or physical)
3 = Independent

Dressing
0 = Dependent
1 = Needs help, can do half unaided
2 = Independent (including buttons, zips, laces, etc)

Stairs
0 = Unable
1 = Needs help (verbal/physical)
2 = Independent

Bathing
0 = Dependent
1 = Independent

Total:

What did we find challenging?

- The physical bits!
  - Up to date bloods, ECG and physical exam
  - use local care records
  - GP summaries
  - Community phlebotomy , @home, community matron, SALT and dietician
- Time
  - phone assessments with our older patients take longer than F2F

What other Virtual projects are at GSTT?

Guy's and St Thomas' **NHS**
NHS Foundation Trust

- A secure virtual-visiting solution for families whose loved ones are being treated in intensive care units
- Supported by King's Health Partners
- Over 7000 video calls since the 25th March in GSTT
- A Touch Away

- Dr Tania Kalsi
- WhatsApp group for GPs, care home staff and geriatricians
- Acts as an early warning system, providing advice, guidance and support to 19 care home in Lambeth and Southwark
- No identifiable patient information

Patient feedback

- Overall positive feedback
- Avoids transport costs and anxiety about public places
- Helps next of kin to attend as they need less time off work

- 'New normal' post COVID pandemic
  - Flexible, hybrid models of virtual and F2F