

Front Door Frailty Team Reviews of Care Home Residents in a North Wales District General Hospital

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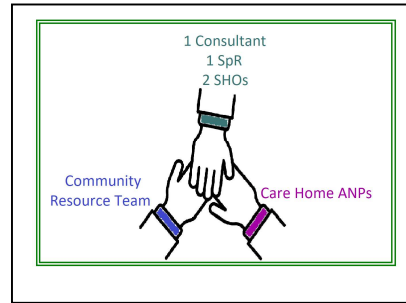


Background

Front-door frailty services are being adopted by hospitals around the UK in response to a rising number of elderly patients presenting to A&E, many of whom are care home residents. The benefit of early comprehensive geriatric assessments is well documented and has impacts on length of stay, morbidity and much more.

In October 2022, a Frailty team was formed in our district general hospital in North Wales to focus on care home patients presenting to the Emergency Department.

The Team



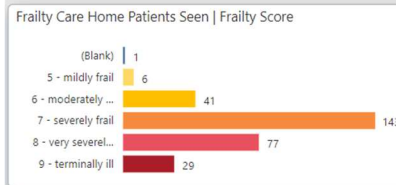
Method

- Wrexham Maelor's Frailty service was implemented in October 2022 with a 3-week lead in time.
- Care home patients were highlighted on A&E patient board to streamline identification by the Frailty team.
- Anonymised data was collected on a bespoke e-database.
- Data from 03/10/22 - 05/06/23 was utilised to show trends in admission/discharge, advance care planning and medication reviews

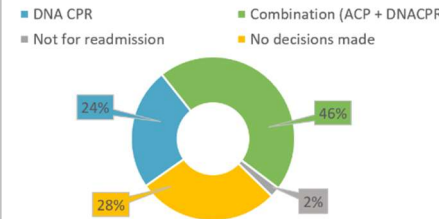
Results

297 care home residents were reviewed- 83.8% had Rockwood Clinical Frailty Score ≥ 7

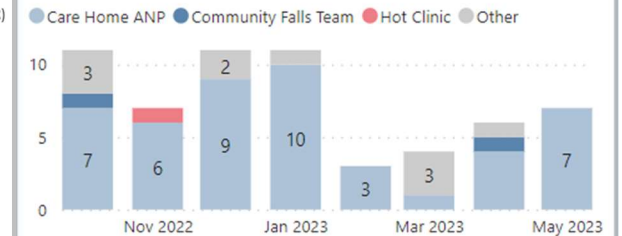
- Delirium was present in **30.6%**
- At least 1 medication stopped in **40.7%** patients
- **55.6%** were discharged after frailty review



Advanced Care Planning



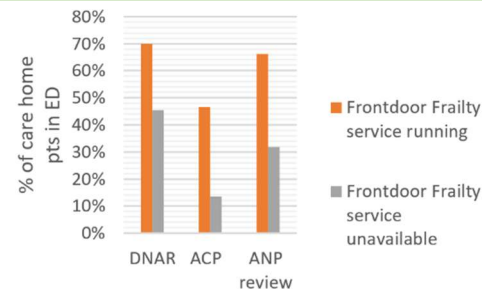
Patients Seen | Follow Up



Discussion

Triumphs

- Significant impact on reduction of polypharmacy
- Facilitated timely discharges with impact on length of stay
- Addressed cardio-pulmonary resuscitation decisions and escalation plans early on
- Developed good relationships with other teams - enabled tests to be cancelled after discussions with patients/relatives



Challenges

- Difficult to measure full impact of service
- 3 week lead-in time impacted our ability to collect comparison data
- Initial uncertainties identifying the demographic for optimal impact
- Lack of education on ACP for Ambulance Service and care home staff

Recommendations

- Obtain larger comparison data from when frailty service is unavailable
- More therapy/pharmacy input
- Potential for expansion to provide more support for care homes in the community - starting before the front-door

