

CARING ABOUT FRAILTY

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What do we mean by frailty?
Who is included?



- Who do you know who is frail?
- How have you made that decision?
- What are you doing for them as a result of this?

Why care about frailty?

- South Devon approach:
- Use of GP contract to re-ignite GSF lists and meetings
- Identify frail patients. Remember these are not all imminently dying
- Encourage to think “non-cancer”
- Encourage planned proactive care [not reactive crises]

How do you identify frail patients?

- John Smiths but who else?
- Depends on your IT system e.g. eFI [electronic frailty index within SystemOne and EMIS]
- [Edmonton Frailty Index/ Gait speed test/PRISMA 7 test]
- Clinical judgement
- Other factors e.g. needs input from Community matron or Intermediate Care team, Housebound, HOOOF, live in Care Home, needs blister packs etc

eFI

- 36 deficits
- 2000 Read codes
- Score is strongly predictive of adverse outcomes – validated in large international studies
- eFI is presented as a score i.e 9 deficits out of 36 $= 0.25$
- Higher scores indicate increasing frailty and greater risk of adverse outcomes

What's in the GP contract?

- Development of frailty lists
- Record number of patients with diagnosis of moderate frailty
- Record number of patients with diagnosis of severe frailty and of this group:
- Number with clinical review providing an annual medication review [STOPP START medication Review Tool]
- Record falls [if clinically appropriate]
- Record if provided explicit consent to activate enriched Summary Care Record

What are you all doing now?

2 groups for discussion

- Ideas for improvement
- Challenges to overcome

South Devon & Torbay model

- At an early stage of adoption in primary care
- Encouraging practices to identify a champion in administrative team to support and prompt
- Proposed prompts at stages of GSF
- Document with Q & A and tools and resources

GSF Needs Based Coding



<p>Blue:</p> <p>Stable/year + prognosis</p>	<ul style="list-style-type: none"> Moderately Frail patients – identified by EFI search and kept on Frailty list Could consider sending frailty pack 	<ul style="list-style-type: none"> Monitoring for deterioration in condition Consider 'watchful waiting list'
<p>Green:</p> <p>Unstable/advanced disease, months prognosis</p>	<p>Frailty (modified Blue bed) welcome pack including:</p> <ul style="list-style-type: none"> Information on TEP form &/or alternative advanced care plan for patient to consider NOK identification Permission for SCR and EPaCCS message Preferred place of care if appropriate EDMONTON frailty questionnaire <p>Admin team to update:</p> <ul style="list-style-type: none"> Front page of notes prompts Read-coding EPaCCS message Has medication review been done in the last year? Any clinical time needed to meet needs? 	<ul style="list-style-type: none"> TEP Can Intermediate Care Team help? Medication review if required Falls assessment if required Complete functional assessment for EDMONTON questionnaire (minimal time required) Advance Care Plan DS1500/ continuing care funding

<p>Yellow:</p> <p>Deteriorating/ weeks prognosis</p>	<ul style="list-style-type: none"> • Update EPaCCS • Any clinical time needed to meet needs? 	<ul style="list-style-type: none"> • JIC bag • TEP if not already done • Deterioration planning: Do they require community matron/DN/ICT/hospice/Marie Curie/ other support • Preferred place of care discussion
<p>Red:</p> <p>Terminal care/days prognosis</p>	<ul style="list-style-type: none"> • Update EPaCCS • Communicate plan to other clinical teams involved eg DNs 	<ul style="list-style-type: none"> • Consideration of syringe pump and “prn” injectable medications • Preferred place of care discussion • NOK support • Consideration of clinical needs checklist: symptom control; food and drink plan; psychological, social and spiritual support
<p>Navy:</p> <p>After death care</p>	<ul style="list-style-type: none"> • Bereavement letter/booklet 	<ul style="list-style-type: none"> • Death certificate • Cremation forms • Bereavement support: review/ phone call/letter and information