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Frailty-the challenge for all of us !

Frailty

It is related to ageing but not always dependent on age !



Frailty – what is it ?

- Frailty is a clinically recognised state of increased vulnerability
- It is ageing with a decline in body's physical and psychological reserves
- It is NOT static, NOT inevitable and is a long term condition

Frailty-why is it important ?

- 1. A small event can cause dramatic deterioration in wellbeing
- 2. It may not be apparent
- 3. NHS often focuses on diseases and not 'whole patient'
- 4. It is often not identified by health professional
- 5. Results in hospital admission-sometimes inappropriate

Frailty

Do we accept it when we or a relative has signs of frailty?



*when I get old,
I'm not going to
sit around
knitting.
I'm going to be
clicking my Life
Alert button to
see how many
hot firefighters
show up!*

Marjorie

Frailty Syndromes

- Should suspect if:
 - Falls
 - Immobility
 - Delirium
 - Incontinence
 - Susceptibility to side effects of meds

Components of frailty

- Physical
- Psychological
- Social

Frailty

What impact does it have on us physically, psychologically and socially?



Whose responsibility ?

- Doctors
- Nurses
- Social workers
- Relatives
- Community
- ALL OF US !!

Frailty

Can we afford to just rely on
NHS or Social Services ?



Who is at risk ?

- Prisma 7 questionnaire
- 1.Are you older than 85 yrs?
- 2.Are you male?
- 3.Do you have health problems that require you to limit your activities?
- 4.Do you need regular help?
- 5.Do you have any health problems that require you to stay at home ?
- 6.Can you count on someone to help if you need it?
- 7.Do you regularly use a stick/chair/walker?

Current Challenges

- Ageing population
- Social care funding crisis
- NHS funding increase but not keeping up with increase in demand and technology advances
- 'Bed blockers' or delayed transfers of care

Current challenges cont'd

- Each 10 days in hospital for someone not needing acute medical care causes equivalent of 10 years of muscle ageing
- Admission to hospital is seen as the safe or only option in crises but if you are >85 years is it the best option for the patient ??

Frailty

Does society have a responsibility for it's elderly and are we doing a good job?



*Will you still need me, will you still
feed
me? When
I'm
sixty-four?
- Paul McCartney*



Solutions ??

- NHCCG frailty strategy
- 'frailty or short stay unit'
- Frailty hubs
- Care plans
- Voluntary sector and community/family

Start Talking about frailty !



- Warning signs
- Acute problem
- Need action
- Thank you for listening and over to you !

