Healthcare Improvement Scotland

Early identification and assessment of frailty

Joanne Payne, Occupational Therapy Service Lead, NHS Ayrshire & Arran

Billy Davidson, Project Analyst, Clinical Informatics Team, NSS Digital and Security

Dave Kelly, Technical Director, Albasoft (Escro)

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Welcome

Healthcare Improvement Scotland

Anthea Fraser

National Professional Lead for Social Services,

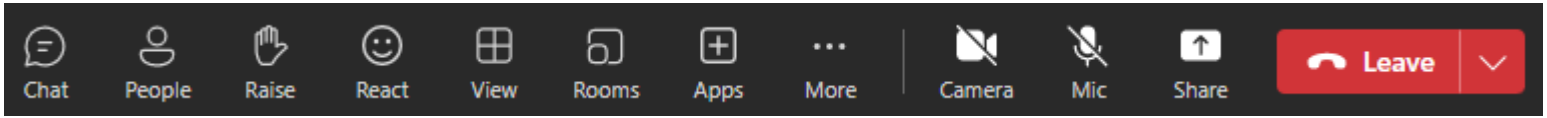
Healthcare Improvement Scotland

Housekeeping

Use **Chat** to introduce yourself, raise any questions you may have for the speakers and also post comments.

React to others contributions with emojis.

Press **leave** at the end of the webinar**.**



Your camera and mic has been automatically switched off for this webinar

Troubleshooting

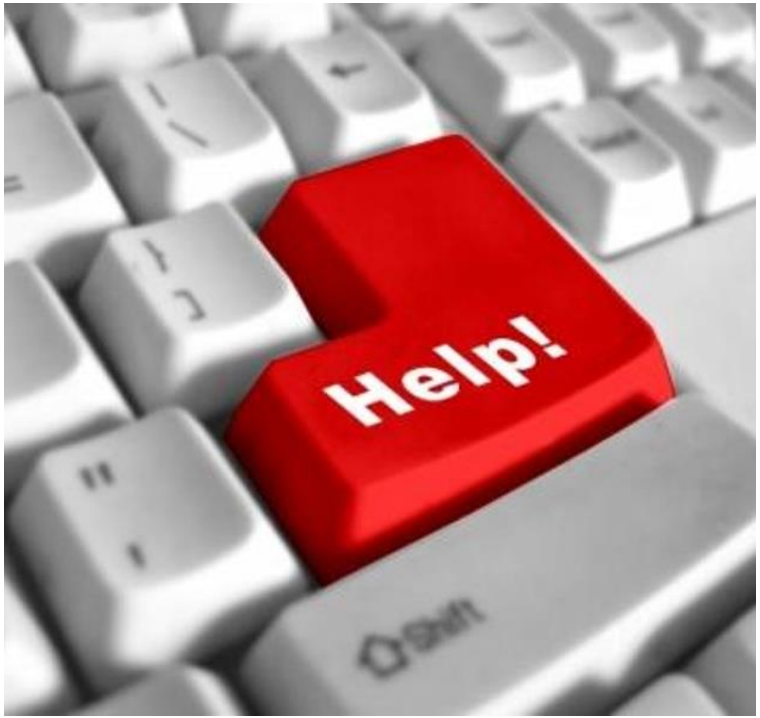
Healthcare Improvement Scotland

Any technical issues please contact:

Carol Ann Reid

MS Teams chat @Carolannreid

Email: carolann.reid@nhs.scot



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This webinar will be recorded.

The link will be shared following the webinar to enable those not able to join us to listen to the session.

Agenda

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Time	Topic	Lead
13:00	Welcome and introductions	Anthea Fraser, National Professional Lead for Social Services, Healthcare Improvement Scotland
13:05	Early identification and assessment of frailty	Joanne Payne, Occupational Therapy Service Lead, NHS Ayrshire & Arran
13:35	Update on Albasoft (Escro)/NSS Digital and Security in relation to eFI	Billy Davidson, Project Analyst, Clinical Informatics Team, NSS Digital and Security Dave Kelly, Technical Director, Albasoft (EScro)
13:45	Q&A	All
14:00	Thank you and close	Anthea Fraser, National Professional Lead for Social Services, Healthcare Improvement Scotland

Introduction

Healthcare Improvement Scotland

Joanne Payne

Occupational Therapy Service Lead,

NHS Ayrshire & Arran

Overview

- Background
- Service structure
- Measuring outcomes
- Electronic Frailty Index
- Impact on wider system

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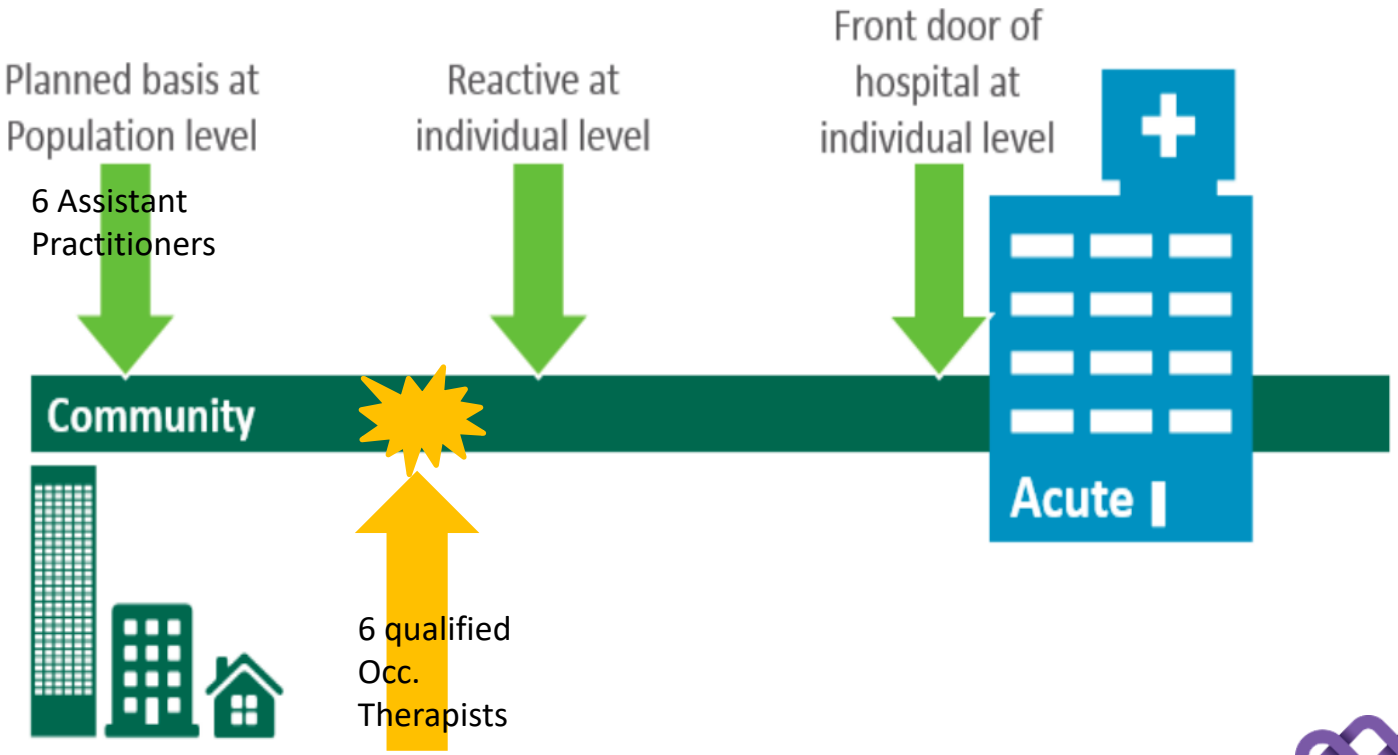
Background



Source: iHub (2019)

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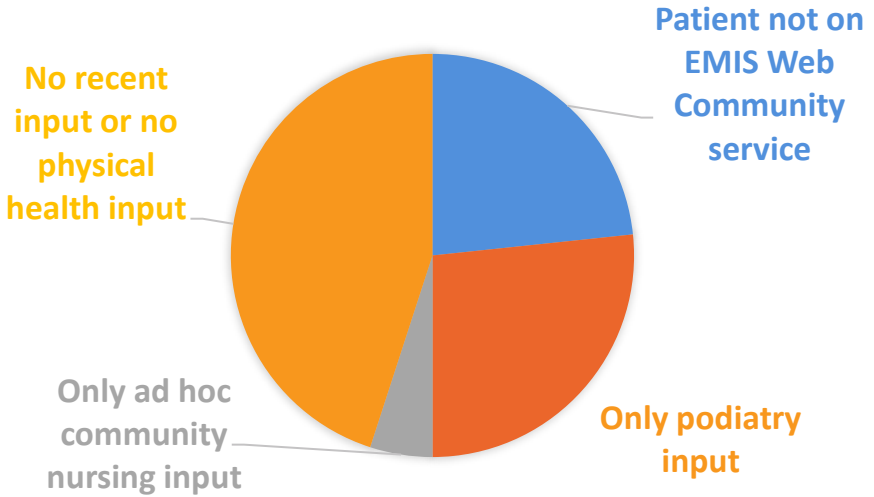
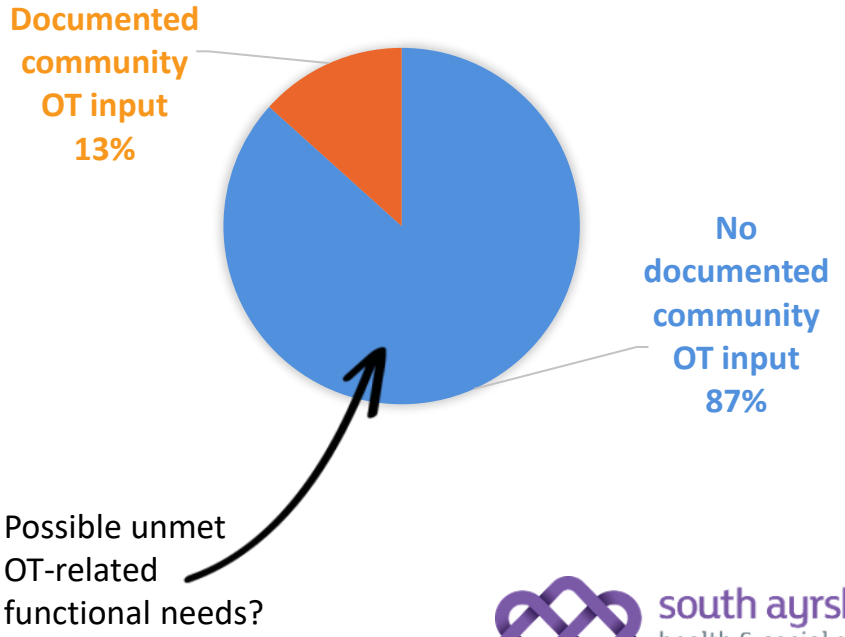
Benchmark exercise

BREAKDOWN OF PREVIOUS SERVICE USE OF PATIENTS SCREENED AS SUITABLE FOR EARLY INTERVENTION



PROPORTION OF PATIENTS WITH EMIS-WEB DOCUMENTED COMMUNITY OT INPUT



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Service structure

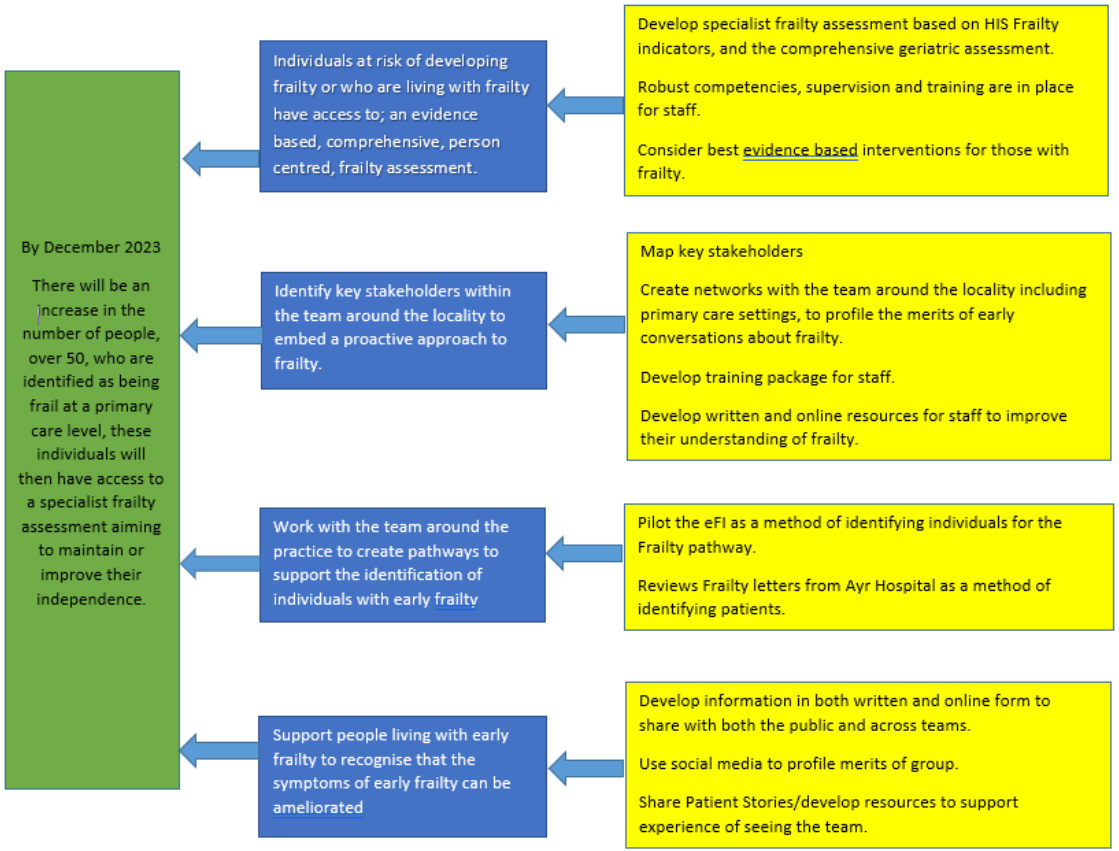
- Funding for 6 band 4 Occupational Therapy Assistant Practitioner and 6 qualified Occupational Therapists

- Band 4 Assistant Practitioners creating networks in the community to encourage individuals to have conversations about maximising their independence

- Qualified Occupational Therapy staff aligned to Primary Care settings. Currently the team are covering 10/18 practices

Workstream 3 - Proactive, co-ordinated community-based care

Driver Diagram



Ideas to test

Develop training programme and pilot in one area.

Develop written and online information on Frailty.

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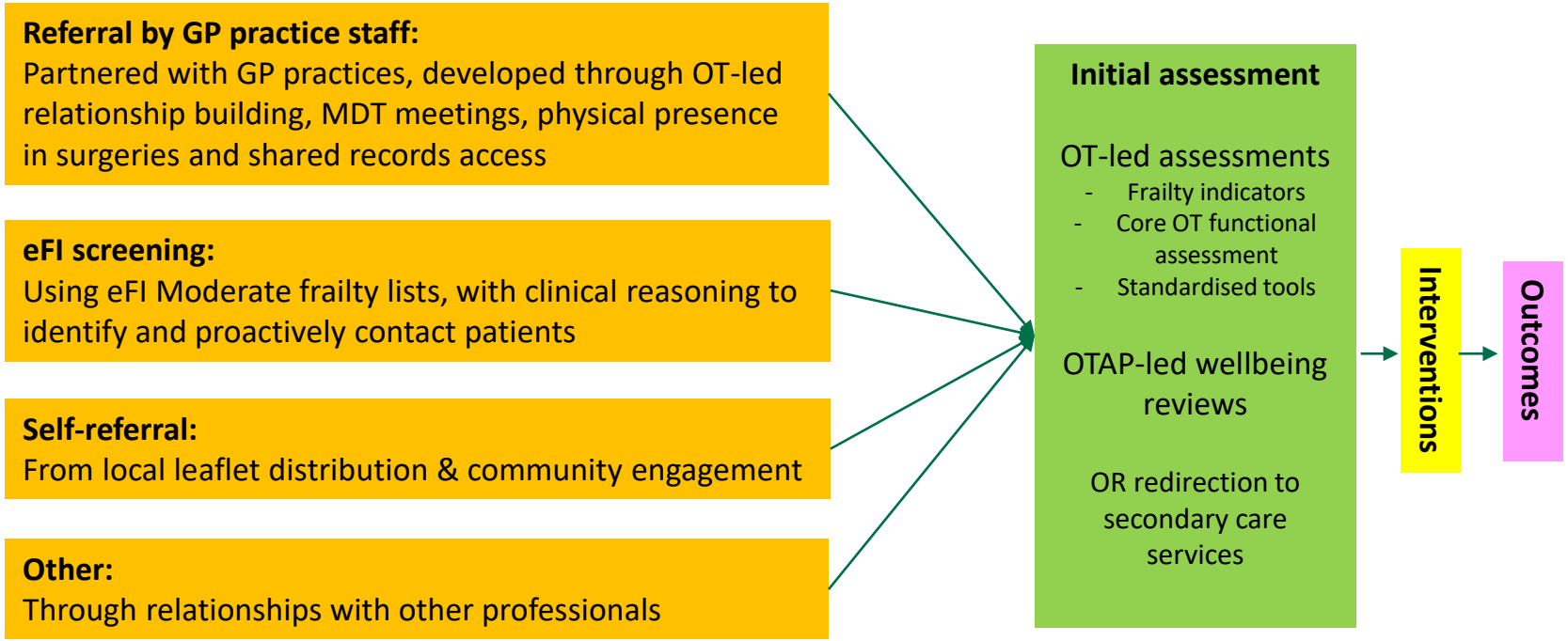
Service structure



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STAY AHEAD OF THE CURVE

Do you feel that you would benefit from a **FREE** health and wellbeing review from the comfort of your own home?

- Have you noted a decline in your appetite?
- Can you be unsteady on your feet at times?
- Are you easily tired?
- Do you feel lonely or isolated?
- Have you noticed any difficulties attending to your usual tasks?
- Has moving around your home become more of an effort?

As we age it may feel like our bodies are slowing down. Often this is accepted as normal part of the aging process.

However, we can make a difference to how we age, and getting older does not have to mean losing your independence.

We are here to help.

As an Occupational Therapy Team we understand how to support people to manage healthy ageing. With our help, you can make a difference to how you age well.

Please get in touch if you would like to have a chat with one of our team to see if we can help support you to live your life in a way that is important to you, a life as independent as possible.

Contact us today!

01292 665699

aa.clinicalstayingaheadofthecurve@aapct.scot.nhs.uk

Stay ahead of the curve with the LifeCurve App:

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Assessment

- Two levels of assessment were created based on Comprehensive Geriatric assessment and Frailty indicators
- Wellbeing review
- Frailty assessment

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Questionnaire

Getting to know you Lifestyle Questionnaire

Discuss and record any concerns

	YES	NO		YES	NO
Are you physically active?			Have you had any slips, trips or falls in the past year?		
Do you smoke?			Do you drink alcohol?		
Do you have any difficulties with hearing?			Do you have any difficulties with your vision?		
Do you have any skin problems?			Do you have any difficulties with continence?		
Do you have any problems with your feet?			Can you cut your toe nails?		
Do you eat a healthy diet?			Do you drink plenty of fluids?		
Do you have hobbies and interests?			Do you feel supported?		
Do you worry or experience low mood?			Do you have difficulties with your memory?		
Do you feel lonely or isolated?			Do you experience pain or discomfort?		

Additional Information (any other concerns);

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Frailty Indicator	Self-managing	Concern or clinical input required	Comments
Physical activity level			
Hand Function			
Falls			
Fear of falling			
Dizziness or blackouts			
Pain			
Medication management			
Nutrition and fluid intake			
Dysphagia			
Continence (Bowel/Bladder)			
Skin			
Foot care			
Sensory (vision, hearing and touch)			
Mental Health			
Loneliness/isolation			
Memory			
Smoking/alcohol consumption			

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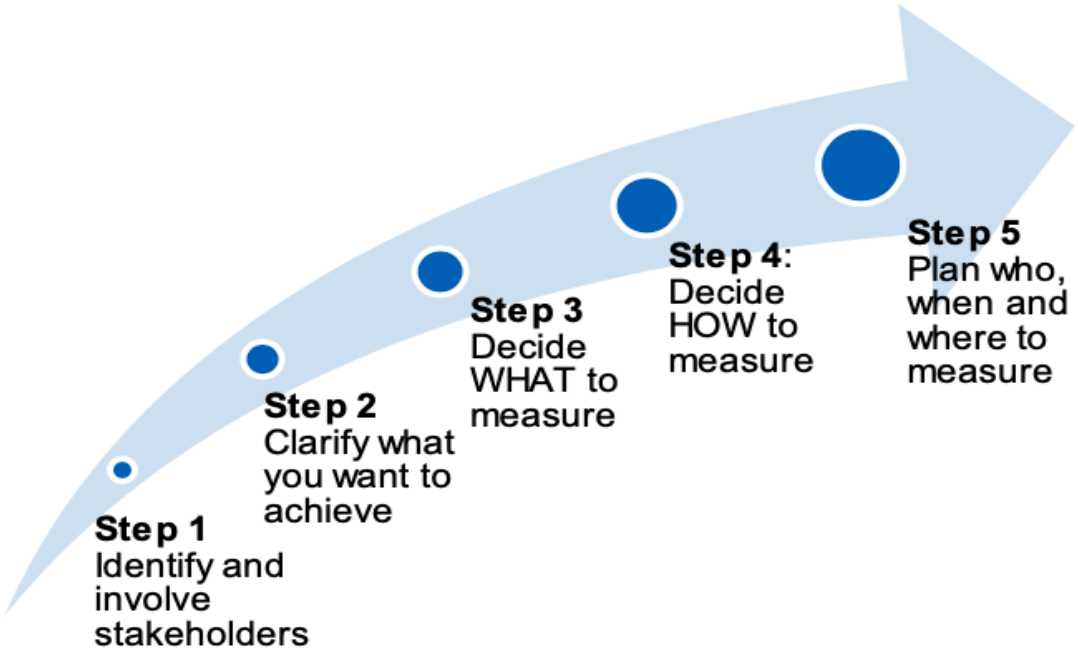
Figure 1: Five steps to choosing how to use measurement in supported self-management



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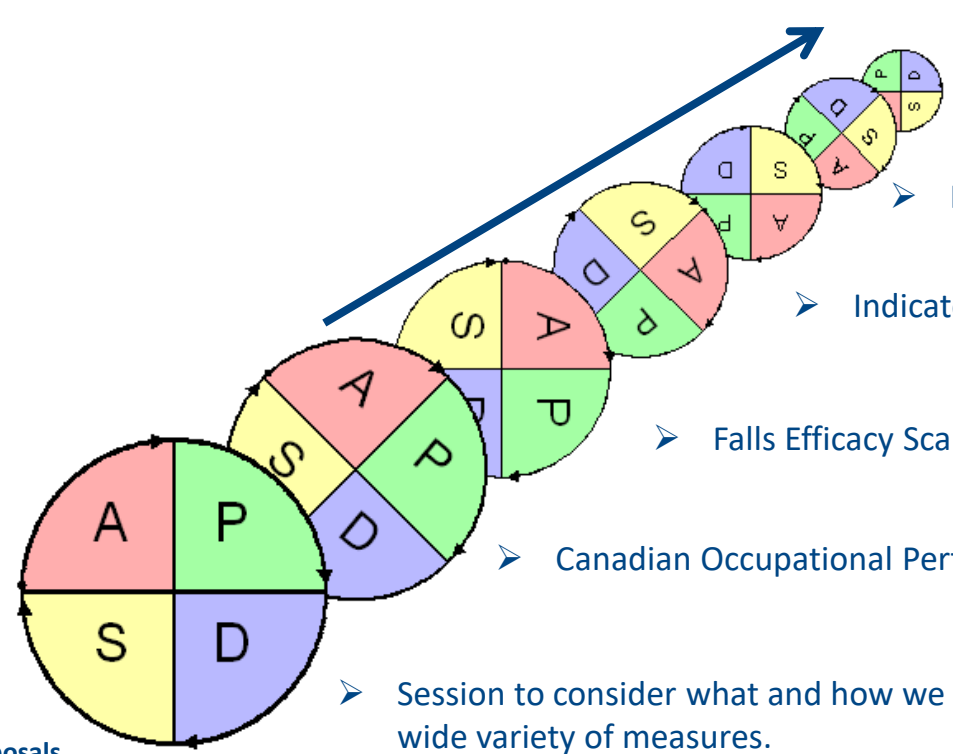
How do we measure?

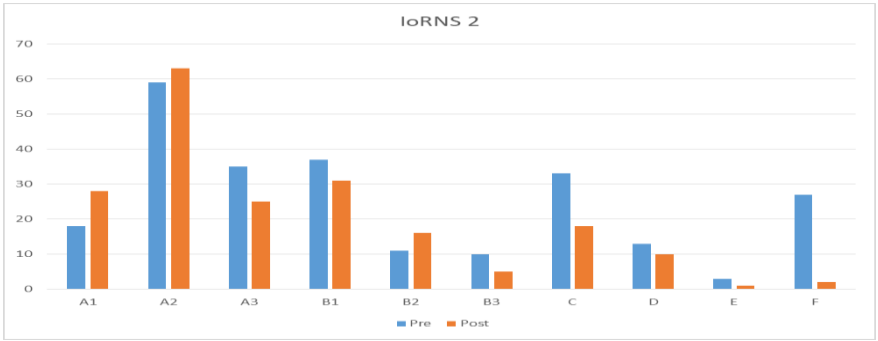


Changes that will result in improvement

Proposals, theories, hunches, intuition

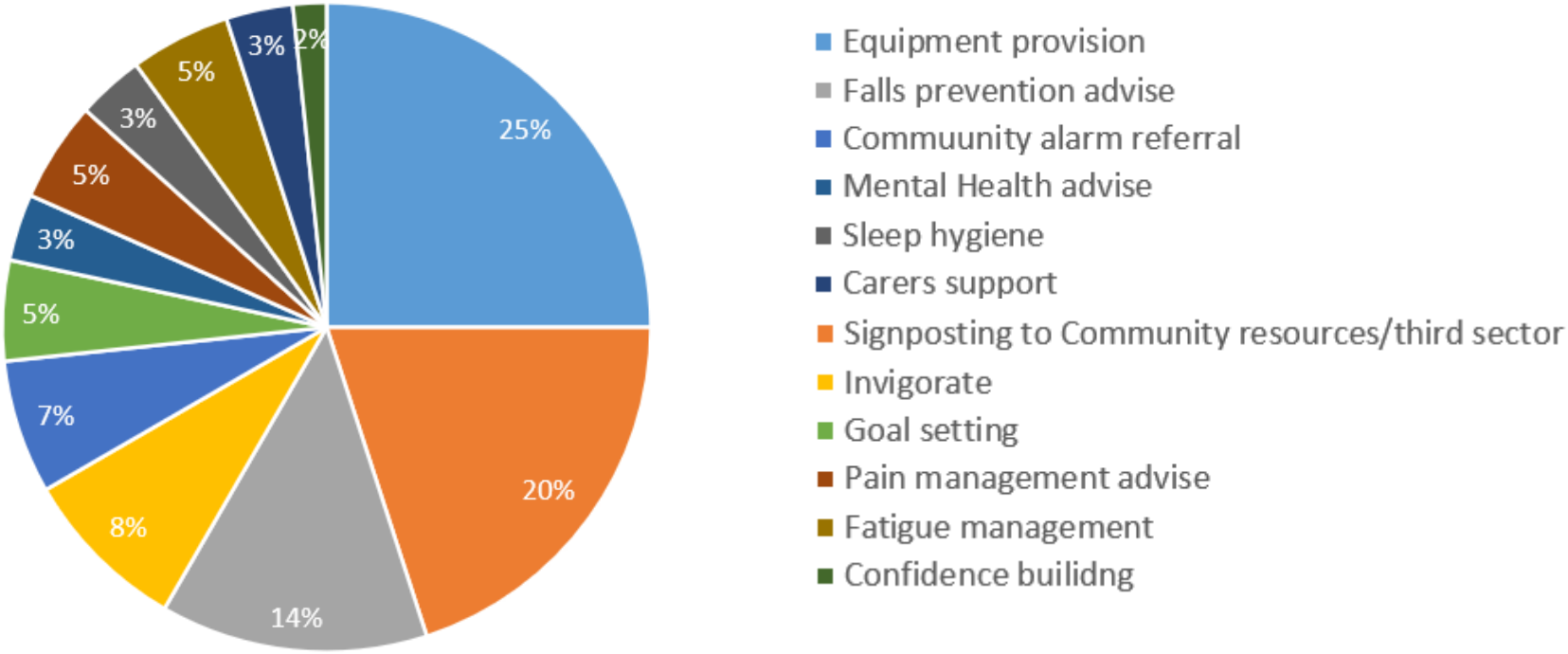
- Inappropriate referrals received. Agreed to test EQ 5D
- Indicator of Relative Need 2 tested. 262 tested to date.
- Falls Efficacy Scale tested
- Canadian Occupational Performance measure. Five completed
- Session to consider what and how we would measure. Considered pros and cons of a wide variety of measures.

Service outcomes

	Scale & detail	Pre-intervention	Post-intervention	Change
Rockwood Clinical Frailty Scale (CFS)	1 – 9 *Higher number indicates greater frailty*	4.5 (n=262) *'Vulnerable' to 'Mildly Frail'*	4.3 (n=262)	4.5%
EQ-5D	1 – 25 *Higher number indicated greater degree of problems with aspect of ADLs*	Qualified staff 12.8 (n=121) Assistant Prac. 11.1 (n=105)	10.4 (n= 121) 7.8 (n=105)	21% 30%
Self-Management Ability Scale (SMAS)	1- 60 *Higher number indicates greater self-management knowledge, confidence and skills*	39.4 (n=36)	45.6 (n=36)	16%
Indicator of Relative Need 2 (IoRN2)	A – G *Non-numerical scale, earlier alphabetical letters indicate greater independence with ADLs.*			

Date of data extraction: 10.07.2023

Interventions



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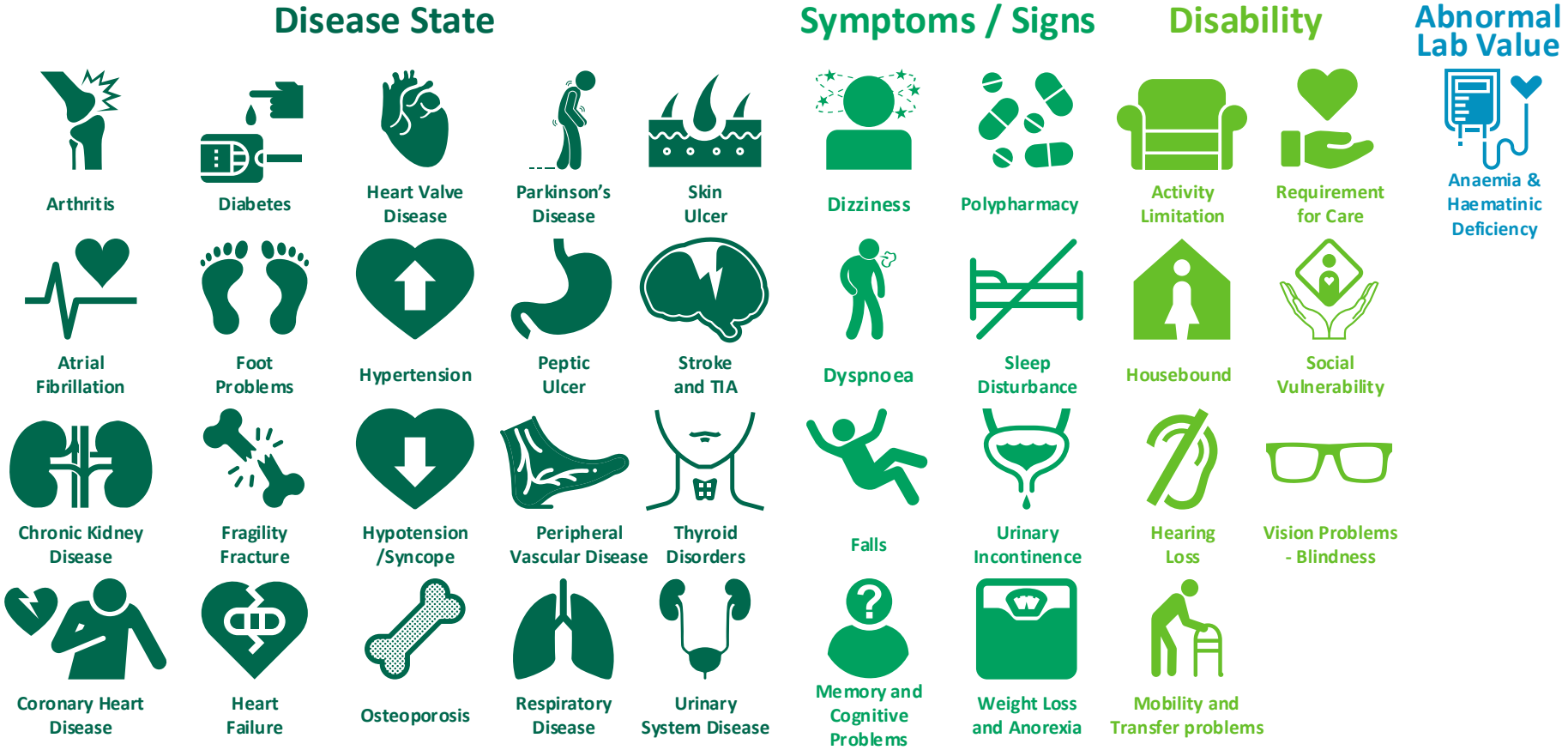
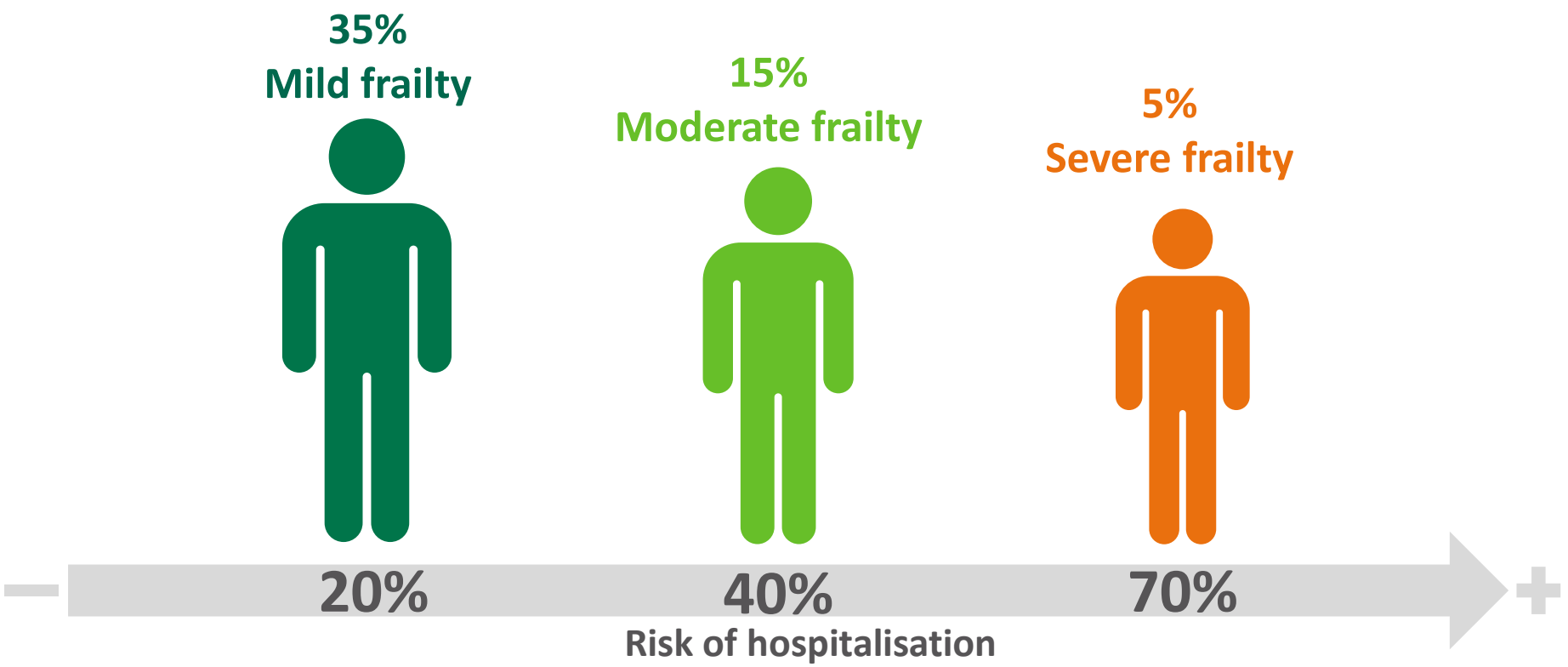
Electronic Frailty index



Electronic Frailty index



People registered with test GP practices aged 65 and over

eFI

- Pilot in one practice.
- 105 moderate list (45 triaged out)
- Letter sent out with follow up phone call after two weeks
- Of the 60 individuals left on the list 34 individuals accepted a frailty assessment.
- Pre EQ 5D 12.7
- Post EQ 5D 10.1
- Rockwood CFS – 4.5

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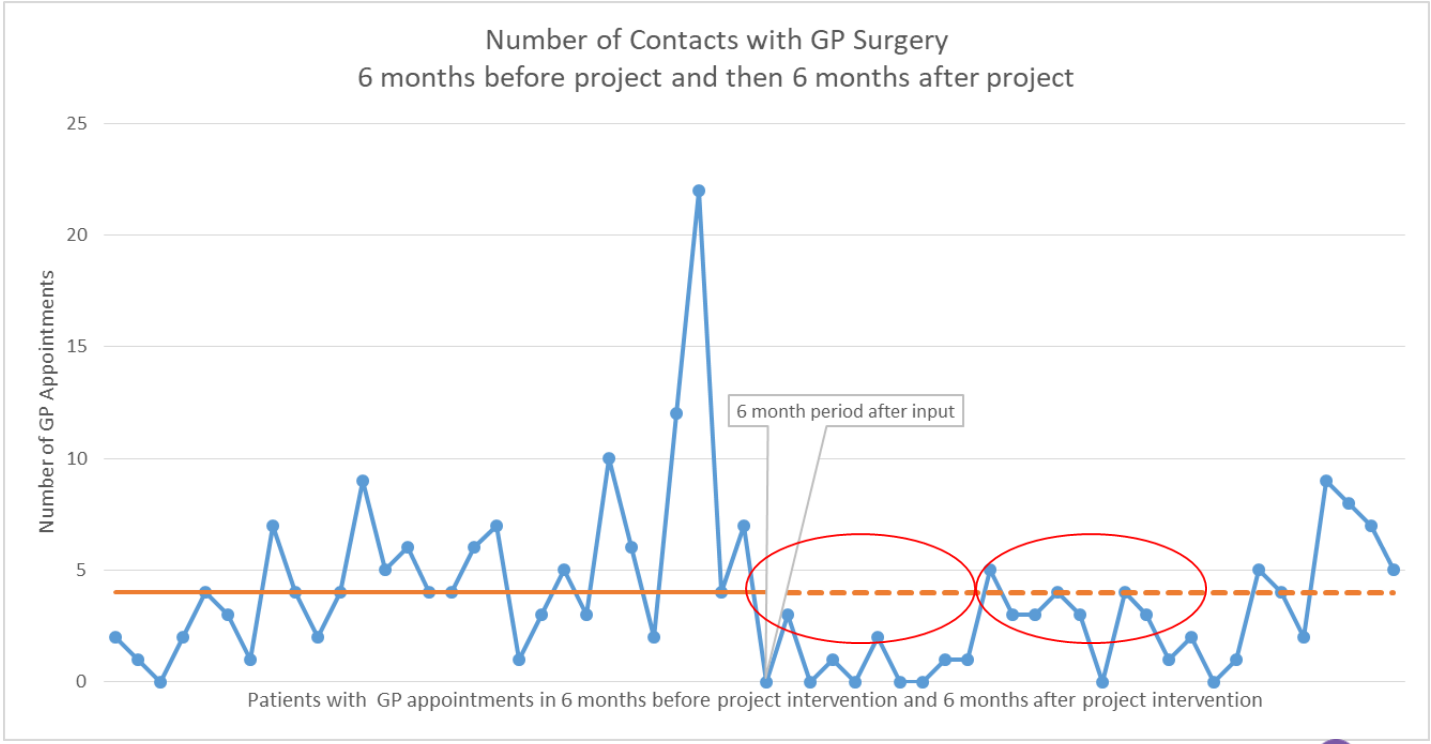
Lessons learned

- Not perfect
- Variance in how items are coded and if they are coded
- One of a number of useful ways of proactively identifying individuals

Impact on wider system



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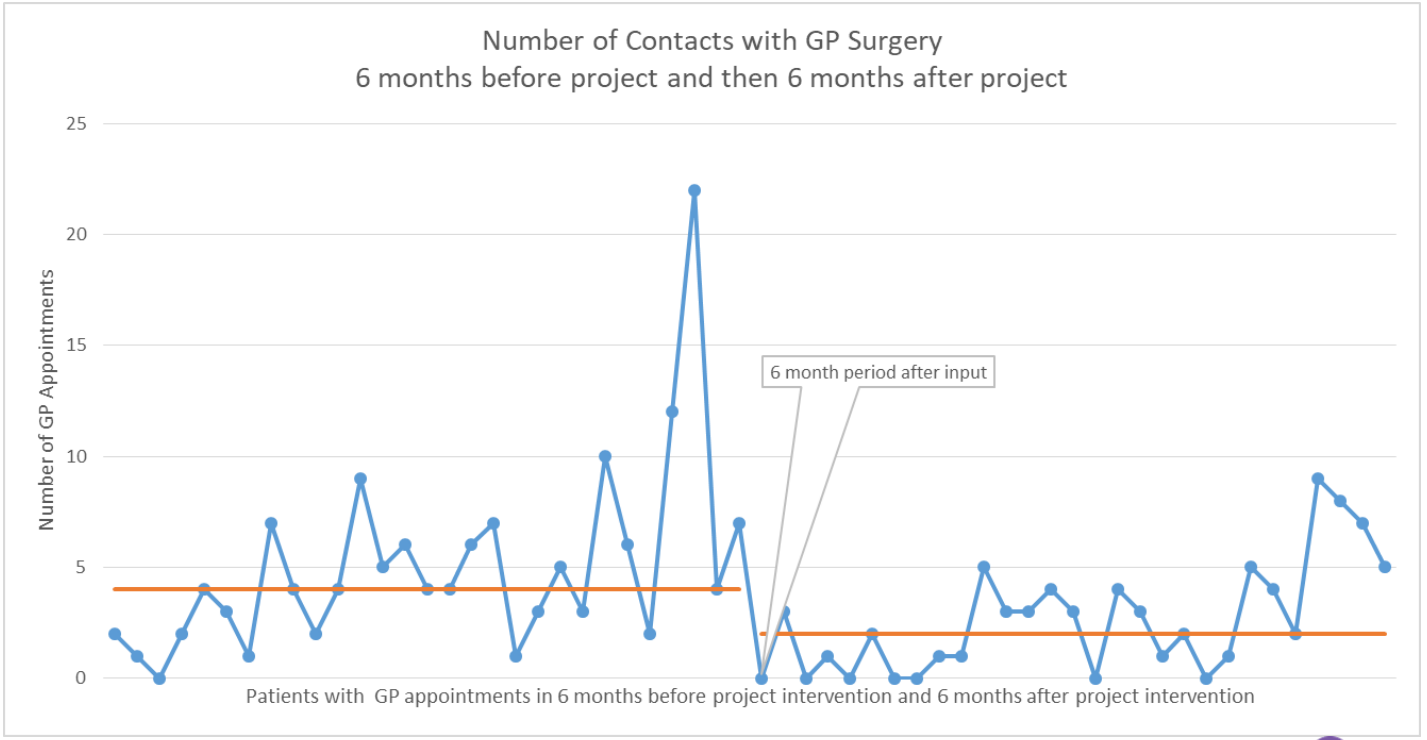
Impact on wider system



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Establishing reliable predictors of frailty from primary care data

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Dave Kelly

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Dave.kelly@albasoft.scot

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Scottish Frailty Projects

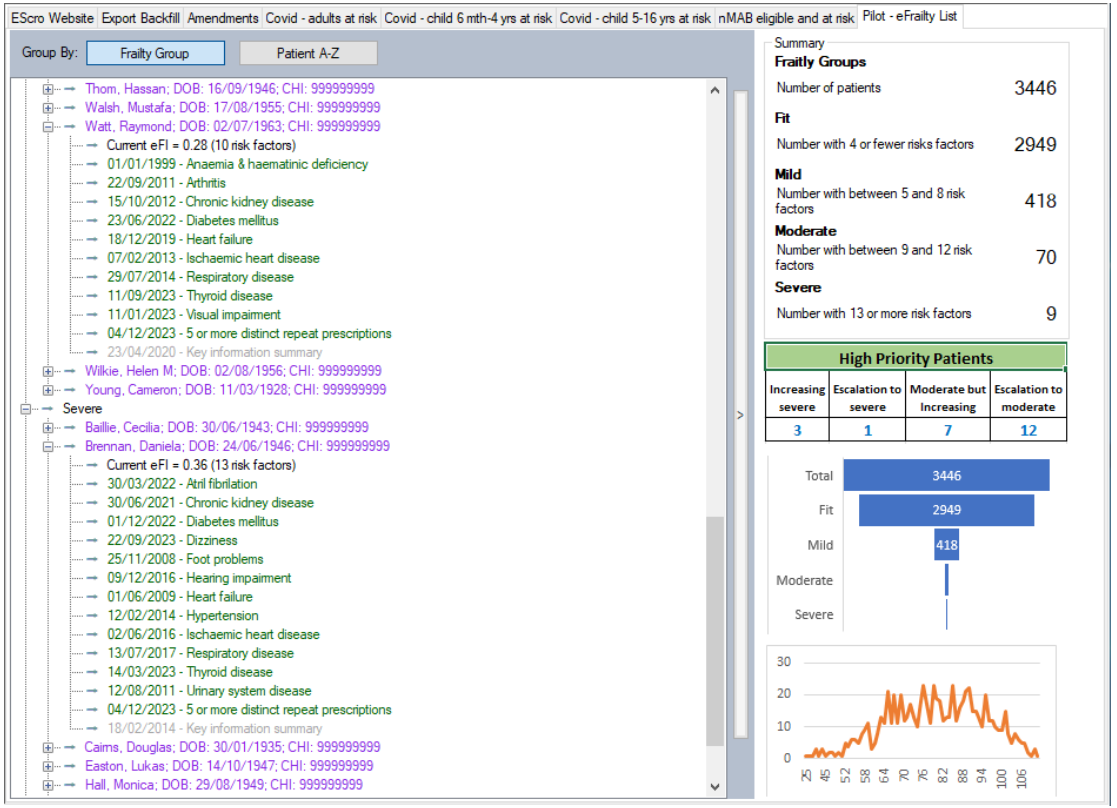
Current frailty workflows

- SPIRE eFrailty transition
  Migration of existing eFI calculator to Escro platform
  Primary Care Intelligence Service for Scotland (PCIS)
- STU – Polypharmacy indicators
  Polypharmacy Review in Adults living with Moderate to Severe Frailty
  Therapeutics Branch Scottish Government (Alpana.Mair@gov.scot)
- NHS Highland
  Using Primary and Social Care Data To Optimise The Identification Of Patients At Risk Of Frailty In Highland. *(stephen.makin@abdn.ac.uk)*
- AnticiPal - Supportive and Palliative care Indicator Tool (SPICT)
  Searching GP records and care-planning in the community
  (Scott.Murray@ed.ac.uk, Bruce.Mason@ed.ac.uk)

SPIRE eFrailty and eFI algorithm

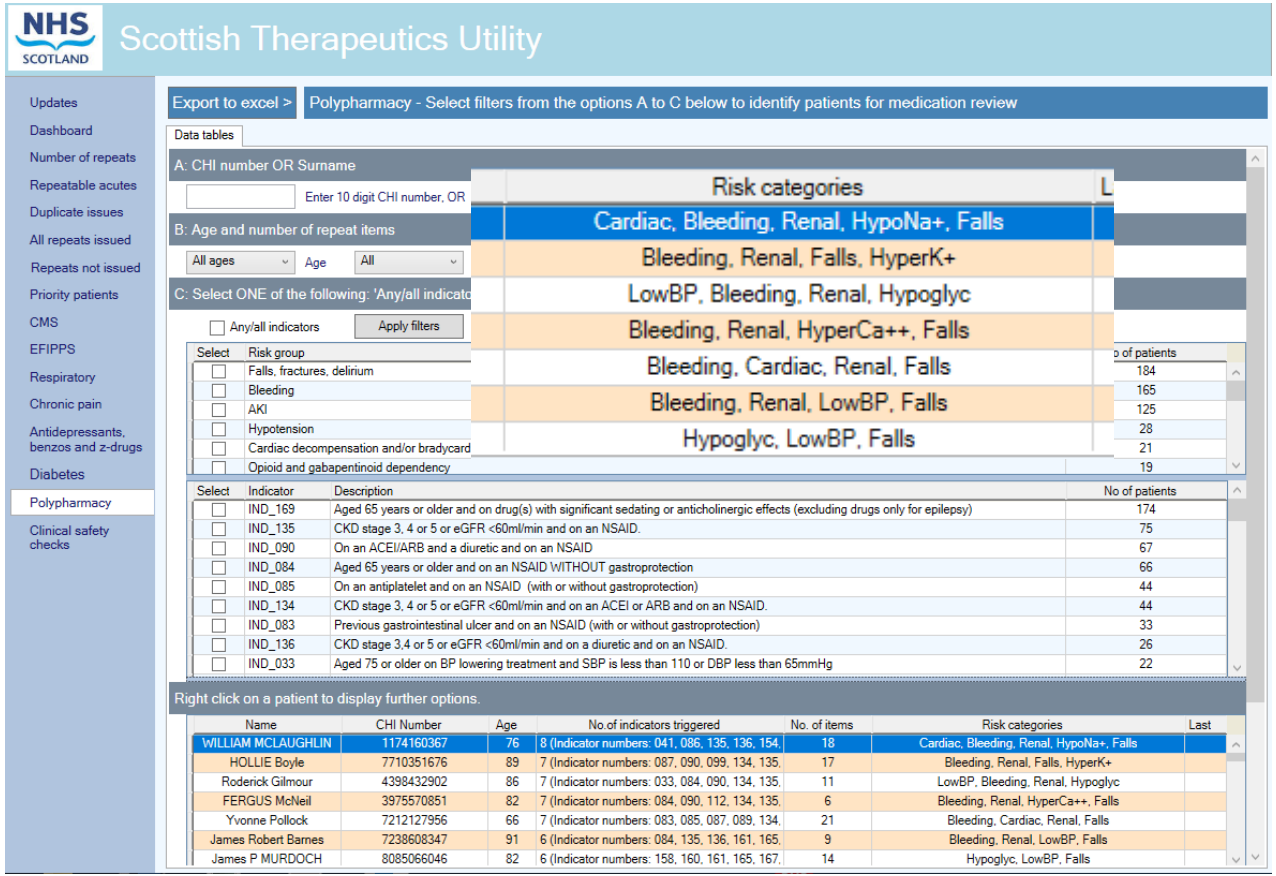
Existing SPIRE eFrailty model integrated into the “Escro vaccination tool” and deployed in pilot to ALL Scottish GP practices.

Now in final stages of testing



STU risk indicators

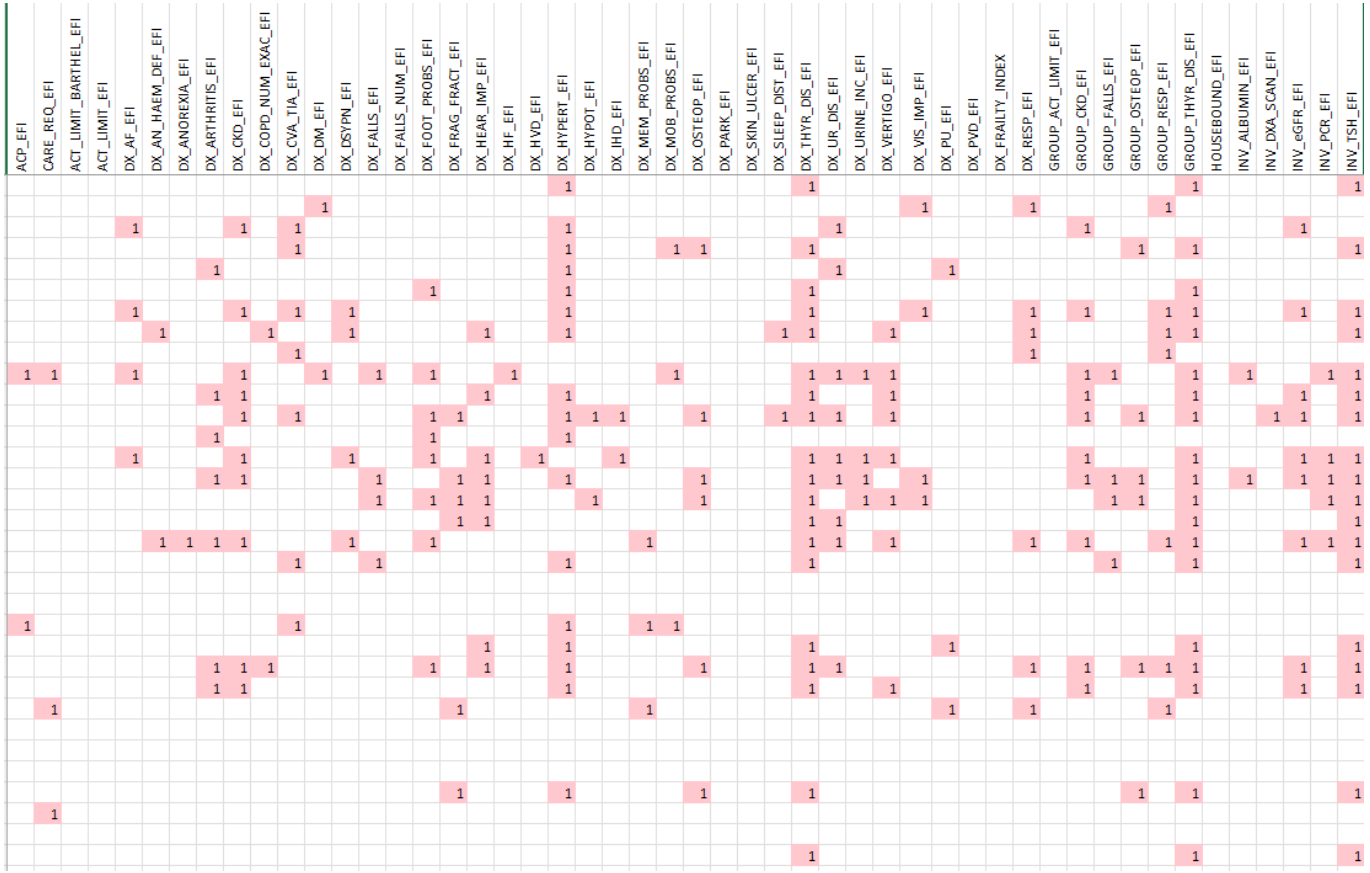
Developed initially from the "**Lean in Lothian**" project, **STU** has evolved over the past several years as the most advanced risk-based case finding review tool for practice-based pharmacists in the UK



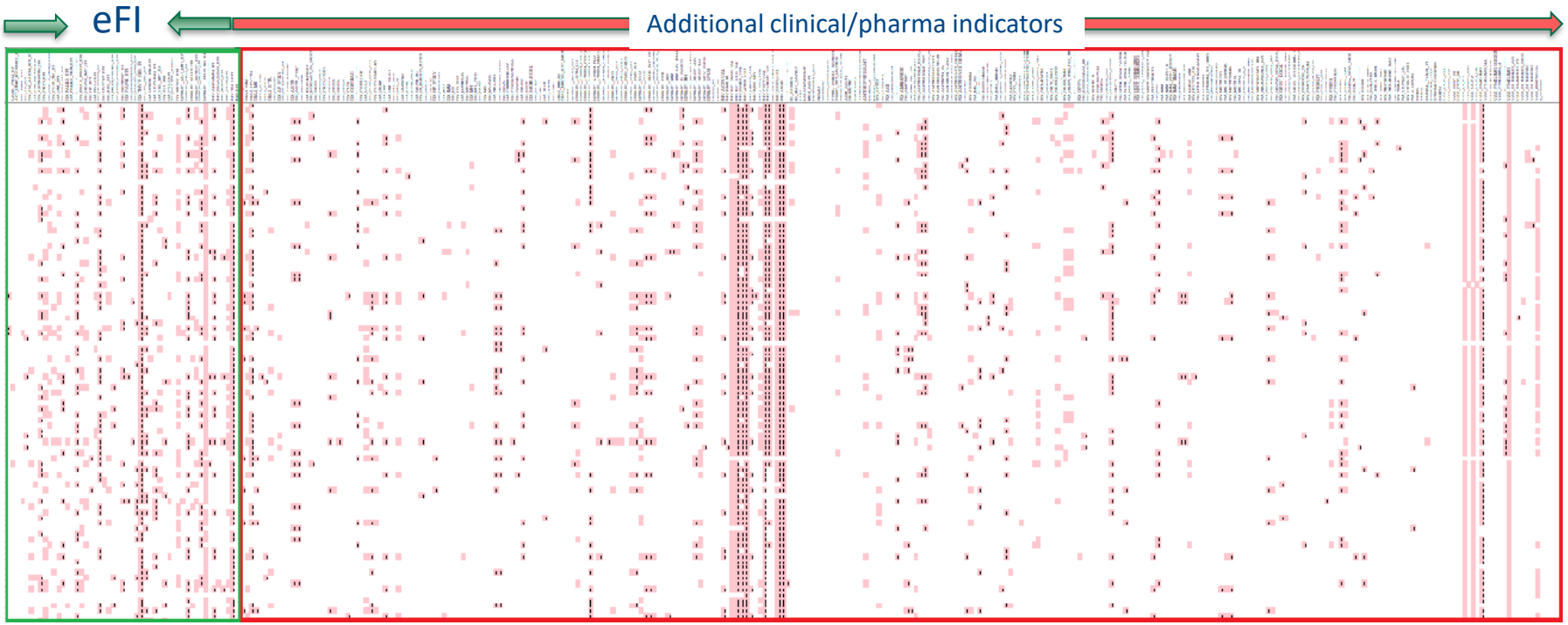
Current Electronic Frailty indicators

Each indicator is used to generate the eFI score

Horizontal line represents a single individual

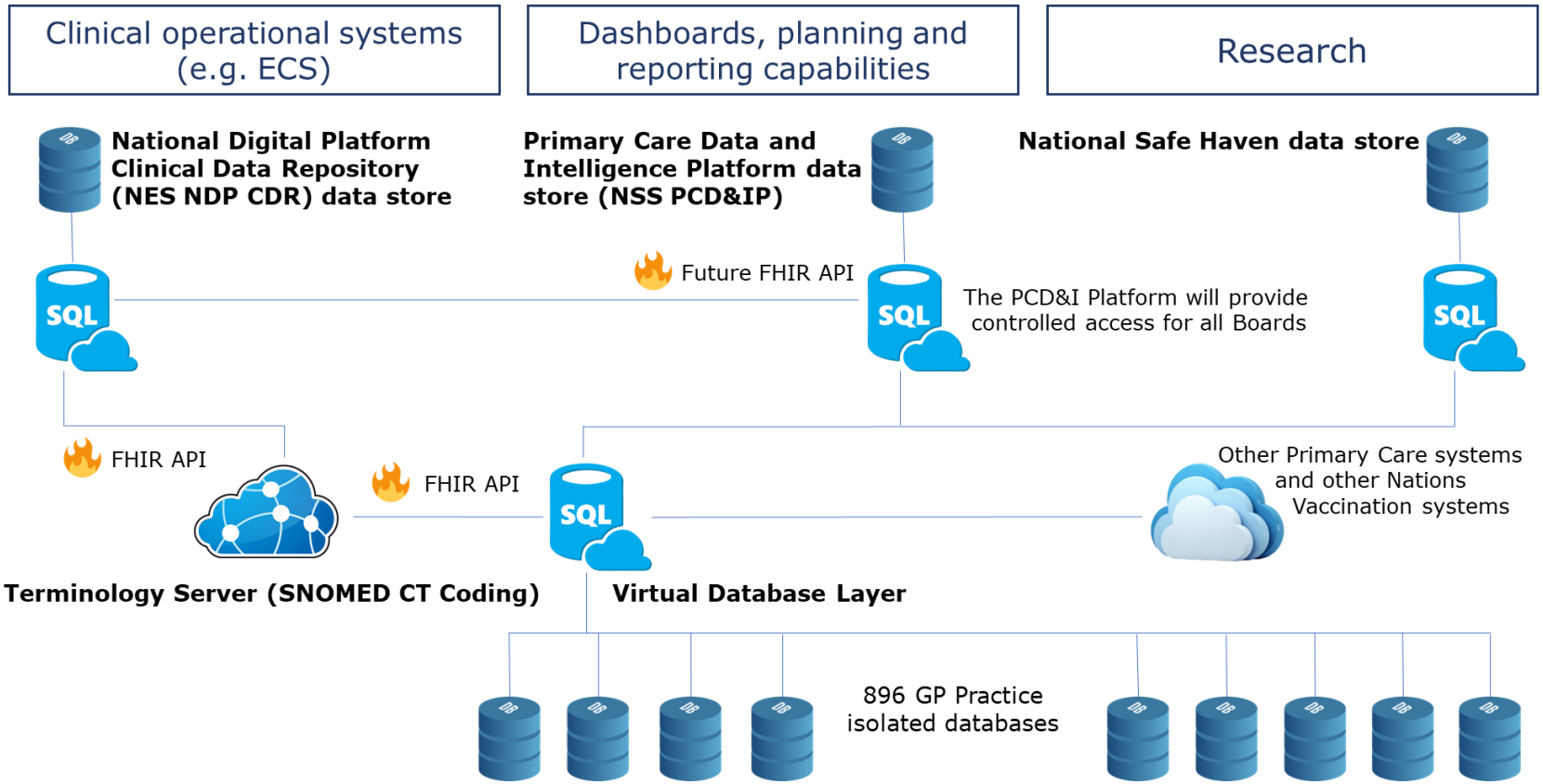


Potential indicators available (350+)



An ideal opportunity for the testing/implementation of Machine Learning (AI)

Primary Care Data and Intelligence Platform



Questions

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Evaluation form

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Webinar evaluation form

Keep in touch

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