

FRAILTY IN HOMELESS HEALTH

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Question

- Can you define what you think Frailty is?



Definition of Frailty

NHS England describes frailty as a loss of resilience that means people don't bounce back quickly after a physical or mental illness, an accident or other stressful event. Its advice is based on the British Geriatric Society's Fit for Frailty model.

- It has also been defined by the NHS as a group of older people who are at highest risk of adverse outcomes such as falls, disability, admission to hospital, or the need for long-term care.

- World Health Organisation (WHO) Frailty is characterized by multisystem dysregulations, leading to a loss of dynamic homeostasis, reduced physiological reserve and greater vulnerability to subsequent morbidity and mortality.

Question

What do you think about these Definitions

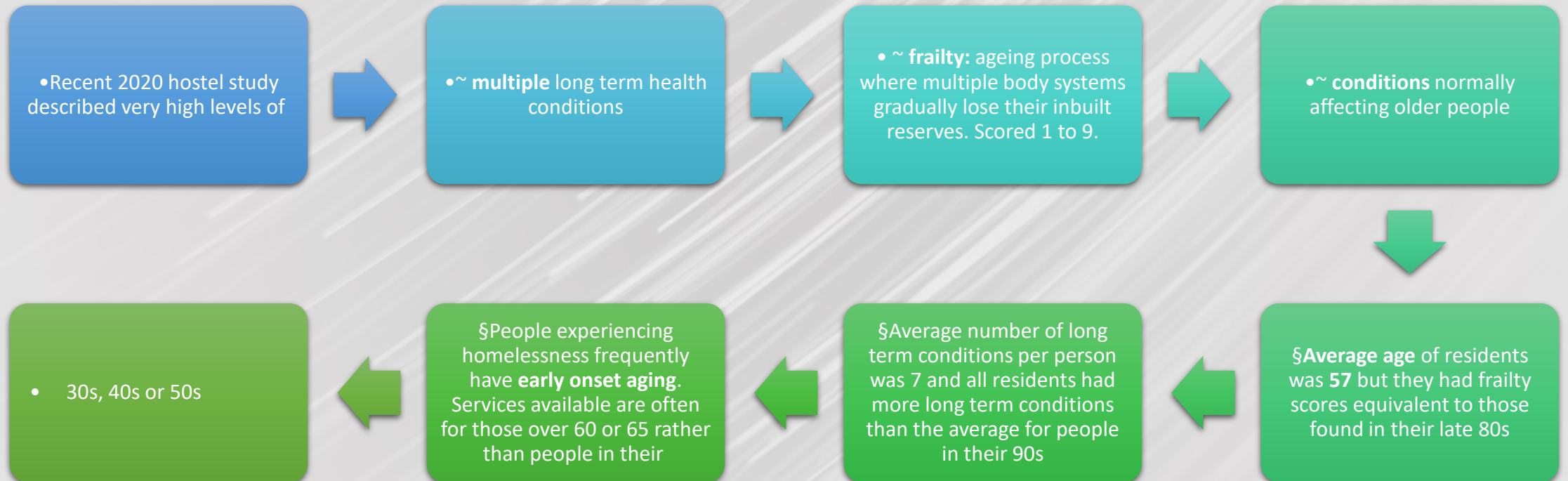
Makes Assumptions

Being young and Frail is not clearly Identified

Many Definitions refer to older people

This can lead to assumptions that Old people are Frail and Younger People may not have frailty.

Young and Frail and Homeless






How is Frailty Assessed?

- Using the electronic Frailty Index (eFI) or any other appropriate assessment tool. The eFI uses routine health record data to automatically calculate a score which can identify whether a person is likely to be fit or living with mild, moderate or severe frailty.
- In SCFT we use a screening tool called Rockwood. This is clinician led.
- Proposals to use Edmonton Frailty screening tool. This can be undertaken by both clinicians and non-clinicians with the right training.

What increases your likelihood of Frailty and what can we look out for/monitor?

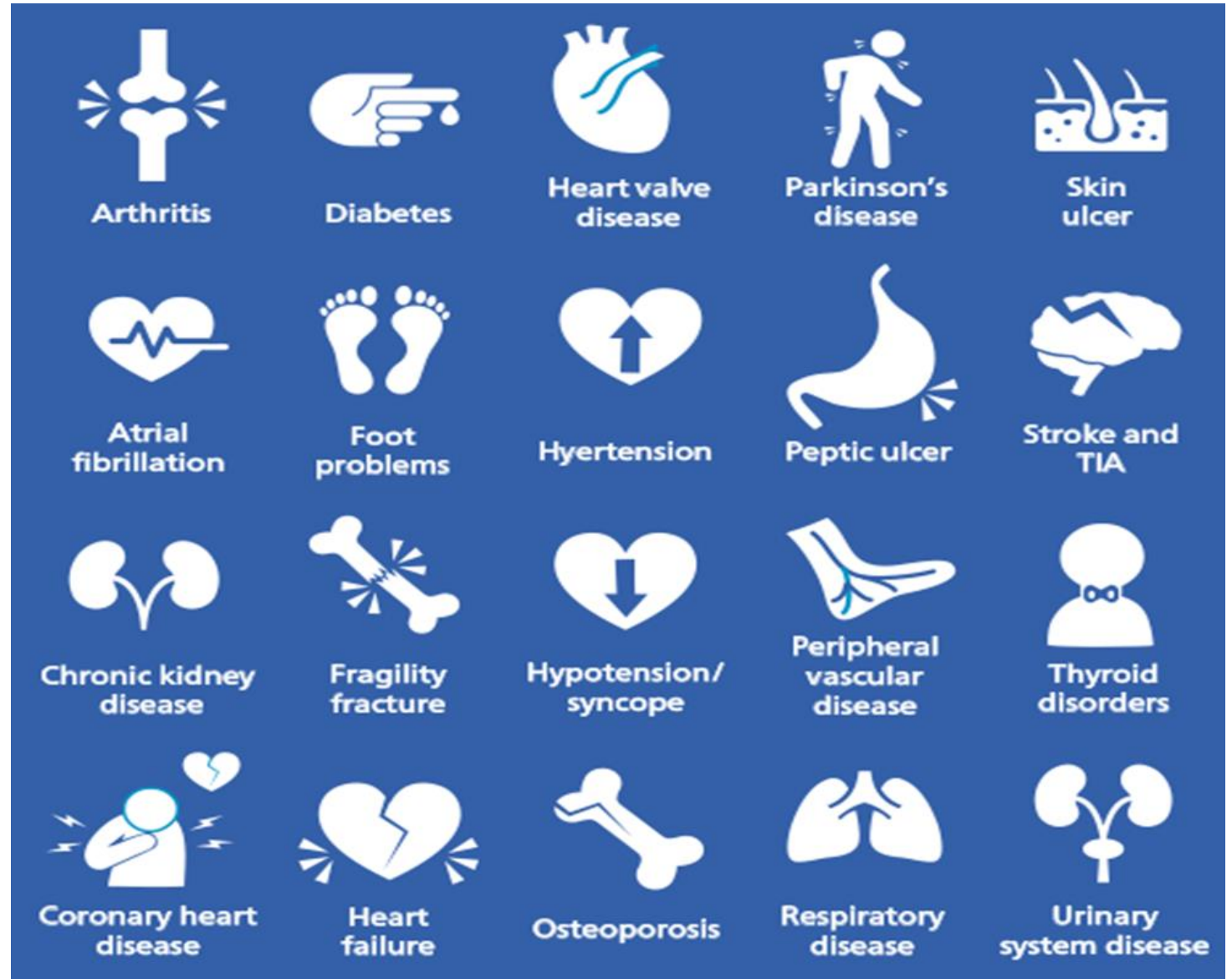




The signs and symptoms that increase the likelihood of frailty include:

- Dizziness
- polypharmacy
- dyspnoea (difficult or laboured breathing)
- sleep disturbance
- falls
- urinary incontinence
- memory and cognitive problems
- weight loss and anorexia
- Chronic substance misuse

The disease states that increase the likelihood of frailty include:



Disabilities likely to increase Frailty

Vision/Blindness

Activity
Limitation

Housebound

Social
Vulnerability

Requirement for
Care

Hearing loss

Mobility and
Transfer
Problems



Abnormal
test
Results

- Anaemia and haematinic deficiency
- 

What happens after screening has taken place or needs highlighted as a concern?

- Qualified practitioner such as nurses, occupational therapists and physiotherapists within our team at SCFT will come and further assess the patient. Some GPs surgery's/PCN's have access to Frailty teams in the community.
- Plans put in place to try and support the patient to stabilise their needs: Respite Bed or wrap around support in the community
- With the right support Frailty can be reversible

The Importance of Identifying Frailty

- There are lots of reasons that it is important to recognise that someone is living with frailty. These include:
- prompting early decision making and collaboration with services and care providers
- reducing the risk of **deconditioning**, unnecessary hospitalisation, inappropriate treatment and hospital related harm
- identifying persons who require **anticipatory care planning**
- reducing rates of readmission and unsuccessful discharge attempts from hospital
- supporting a 'getting it right first time' approach by identifying people suitable for community intervention and if required 'same day' emergency care
- identifying the demand and capacity needs required to support the management of frailty in the community and in hospitals

Remember the 6 M's

- Why Frailty “Matters”
- Mind
- Mobility
- Multi-Complexity
- Medicines
- Malnutrition

Future Plans

- Use of Edmonton Frailty Tool as a screening tool
- collaborative working with ASC to provide carer support
- Being involved in any re-design of accommodation in the city to support those patients with multi-complex needs and Frailty
- Looking at more integration from Mainstream Health Services around respite beds and/or intermediate care
- Challenging policy to identify long-term chronic addiction as a Long term chronic condition that has an impact on a persons resilience and increased likelihood of becoming frail due to poor mobility, malnutrition, incontinence, poor skin/foot health and social isolation

References

- Why Frailty Matters Week 2022 - What is frailty and why does it matter? with Catherine Evans, Nurse Consultant Palliative
 - [slides](#)
 - [webinar](#)
- [NHS England: Frailty elearning programme for healthcare](#)
- [British Geriatric Society frailty hub](#) (resources and signposting)
 - MDTea podcasts on frailty and frailty assessment
 - [frailty](#)
 - [frailty scores](#)
- [Edmonton Frail Scale \(EFS\)](#)
- Cross Sectional Observational Study on Frailty and Homeless Populations in two hostels in London Copyright © 2020, Raphael Rogans-Watson, Caroline Shulman, Dan Lewer, Megan Armstrong and Briony Hudson.

