Holistic approaches for assessing people living with frailty in a hospital setting

Top 10 tips for assessing people living with frailty

A resource for healthcare professionals to deliver a best practice approach

1. The person’s needs and expectations should be at the heart of your assessment
2. A holistic assessment is a living document which is shared across different health and social care settings and will evolve during a hospital stay
3. The assessment should be started or reviewed within 1.5 hours of a person’s arrival at hospital
   - *Same Day Emergency Care Guidance*
4. Review present and past symptoms/illnesses and their impact on the patient
5. Conduct structured medication review. Ask person/carer about their issues, concerns and expectations in relation to their medicines. Check understanding and support where needed. Use Pharmacists to support this
6. Discuss recent/impending life changes, and the impact these may have
7. Assess emotional health and cognitive status using your usual clinical assessment toolkit
8. Consider the impact of the environment, nutrition and hydration on the person’s health
9. Discuss family and caregiver network, recent changes and identify any unmet needs
10. Assess mobility and balance and document rehabilitative status and prognosis and future care plans

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CGA toolkit for primary care
Online, downloadable resources to support colleagues complete a comprehensive geriatric assessment in a primary care and community setting.

bgs.org.uk/resources/resource-series/comprehensive-geriatric-assessment-toolkit-for-primary-care-practitioners
bgs.org.uk/topics/cga-in-community-settings

CGA in acute setting
Online, downloadable resources to support colleagues complete a comprehensive geriatric assessment in a hospital setting.

bgs.org.uk/topics/cga-in-acute-settings
bgs.org.uk/resources/how-cga-chapter-2-self-assessment

Wessex acute frailty training and awareness
Online, downloadable education resources to support colleagues to raise awareness of frailty within a hospital setting.

wessexahsn.org.uk/projects/315/wessex-acute-frailty-training-and-awareness

Wessex frailty screening and identification
Online, downloadable resources to support colleagues understand the importance of frailty screening and identification within a hospital setting.

wessexahsn.org.uk/projects/316/frailty-screening-and-identification

Polypharmacy Prescribing Comparators
The NHS Business Services Authority (BSA) Polypharmacy Prescribing Comparators help Clinical Commissioning Groups (CCGs) and General Practices identify patients most likely to be exposed to the risks associated with taking multiple medicines or certain combinations of medicines.

wessexahsn.org.uk/projects/323/nhs-bsa-polypharmacy-prescribing-comparators

Contact us at healthyageing@wessexahsn.net
or visit wessexahsn.org.uk/programmes/35/healthy-ageing