



# 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



## Click on the links for more information

### CGA toolkit for primary care

Developed by British Geriatrics Society

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](https://bgs.org.uk/resources/resource-series/comprehensive-geriatric-assessment-toolkit-for-primary-care-practitioners)  
[bgs.org.uk/topics/cga-in-community-settings](https://bgs.org.uk/topics/cga-in-community-settings)

### CGA in acute setting

Developed by British Geriatrics Society

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

[bgs.org.uk/topics/cga-in-acute-settings](https://bgs.org.uk/topics/cga-in-acute-settings)  
[bgs.org.uk/resources/how-cga-chapter-2-self-assessment](https://bgs.org.uk/resources/how-cga-chapter-2-self-assessment)

### Wessex acute frailty training and awareness

Developed by Wessex AHSN

Online, downloadable education resources to support colleagues to raise awareness of frailty within an a hospital setting.

[wessexahsn.org.uk/projects/315/wessex-acute-frailty-training-and-awareness](https://wessexahsn.org.uk/projects/315/wessex-acute-frailty-training-and-awareness)

### Wessex frailty screening and identification

Developed by Wessex AHSN

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](https://wessexahsn.org.uk/projects/316/frailty-screening-and-identification)

### Polypharmacy Prescribing Comparators

Developed by Wessex AHSN

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](https://wessexahsn.org.uk/projects/323/nhs-bsa-polypharmacy-prescribing-comparators)

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or visit [wessexahsn.org.uk/programmes/35/healthy-ageing](https://wessexahsn.org.uk/programmes/35/healthy-ageing)

