

Focus on Frailty programme

Learning session 2: event summary November 2023

Focus on Frailty: overview

- Focus on Frailty is an improvement and implementation programme run by Healthcare Improvement Scotland.
- The programme's aim is to improve the experience of and access to person centred and coordinated health and social care for people aged over 65 who are living with frailty.

Why focus on frailty?

- Scotland's population is ageing. The number of people aged 65 and over is projected to grow by nearly a third by mid-2045.¹
- Given the association between older age and frailty there is a need to plan for an increase in the number of people living with frailty in Scotland.

Learning session 2 aims

- Share and explore each team's vision and aim for this work.
- Connect and learn as part of the Focus on Frailty programme.
- Plan next steps for local improvement work.

Keynote presentation

Professor Adam Gordon, President of British Geriatric Society (BGS) gave the keynote address. This covered the [BGS blueprint for preventing and managing frailty in older people](#). The link to a recording of his presentation is available [here](#).

52 attendees from six teams comprising of NHS boards, health and social care partnerships and GP practices attended learning session 2.



If an ageing population poses challenges to our systems and services, the problems are with our systems and services.

Professor Adam Gordon

Team presentations: aim statements and learning to date

Each team presented on their aim statement, learning to date and questions they wanted to pose to the attendees. There was an opportunity for feedback and discussion on the aim statements. Feedback captured was shared with each team.

¹ National Records of Scotland, Projected Population of Scotland (2020-based), January 2023
<https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/population/population-projections/population-projections-scotland/2020-based>

The main themes of discussion were:

- Influencing strategic leaders.
- Implementing people-led care through involving patients, carers, and staff in improvement.
- Making connections with other teams and sharing challenges, ideas and resources.

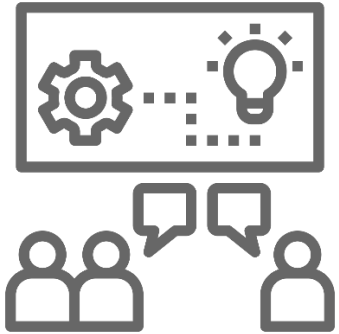


Spotlight on Moray health and social care partnership and NHS Grampian: The team used Scottish Therapeutic Utility data alongside care at home data to target polypharmacy reviews to 100 patients. 25 reviews stopped medication and 21 reduced dosing frequency. Through this work pharmacists reduced the need for 37 potential daily medication visits.

Workshops and team planning

There were three afternoon workshops which were designed to have strong interactive elements to facilitate connections between the teams:

1. Quality improvement in action: using PDSA cycles to drive improvement.
2. Wise crowds: supporting each other with common challenges.
3. Meaningful measurement.



The afternoon continued with time for each team to come together to discuss learning from the day, follow up on connections made with other teams, connect with help on offer from Healthcare Improvement Scotland and plan their next steps.

Evaluation

Participants highlighted the value in the opportunity to connect with other teams and the advice to be focused in their work and keep things manageable.

We all have similar challenges and we need to stick together as one collective voice to make changes in the system.

96% of respondents strongly agreed or agreed that the workshops provided them with a chance to reflect on and refine their local improvement work.

Left feeling motivated and energised to move forward with the project.

Next steps for the Focus on Frailty programme:

- Teams submit their quarterly data returns on 1 December 2023 and six-monthly progress reports on 1 March 2024.
- The programme is part of Healthcare Improvement Scotland's frailty learning system, which includes an MS Teams channel with over 1,000 members. [Contact us by email to join.](#)
- Healthcare Improvement Scotland is hosting a webinar on 5 December 2023: early identification and assessment of frailty. Register for the webinar using [this form.](#)
- There will be a project surgery for participating teams on 13 December 2023.
- Spring 2024 will bring further site visits and learning session 3.

For more information visit Healthcare Improvement Scotland's [Focus on Frailty programme webpages](#) or email his.frailty@nhs.scot.