

# Focus on Frailty programme

## Progress update: September 2023 to January 2024

### Focus on Frailty: overview

- Focus on Frailty is an improvement and implementation programme led by Healthcare Improvement Scotland.
- The programme aims 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. Read the [frailty change package](#).

### 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.<sup>1</sup>
- 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.

### Progress and impact so far:

Learning session 2 was attended by 52 people. 96% of respondents strongly agreed or agreed that the workshops enabled them to reflect on and refine their improvement work.

Focus on Frailty programme webinar on strategic planning attended by 53 people. 93% of respondents agreed that the webinar somewhat or very much helped them think differently about their system.

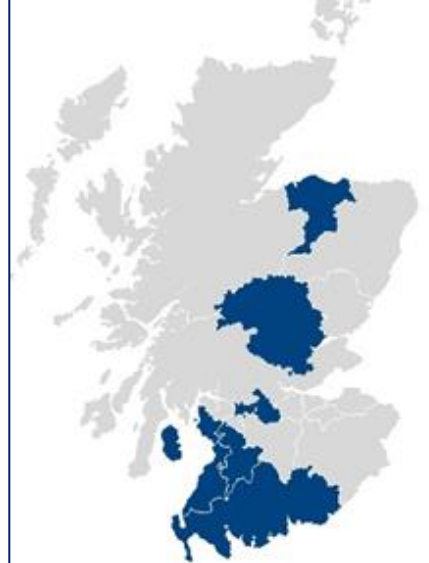
September 2023 progress reports show that local Focus on Frailty teams have formed and they are planning and proceeding with improvement activity.

December 2023 data returns show that teams are establishing their measurement plans and have started to collect data for improvement.

Membership of the national frailty learning system has increased by 600 members to over 1,200.

Webinar on early identification and assessment of frailty attended by 447 people. 87% of respondents found the practice example extremely or very useful.

Six teams comprising of NHS boards, health and social care partnerships and GP practices are part of the Focus on Frailty programme



<sup>1</sup> 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>

## Insights from the Focus on Frailty programme teams:



### **South Ayrshire health and social care partnership and NHS**

**Ayrshire & Arran:** The Occupational Therapy (OT) service in South Ayrshire access electronic Frailty Index (eFI) reports through GP practices. These are used to identify people who may be living with frailty. These individuals are offered a wellbeing review and support aiming to maintain or improve their independence.

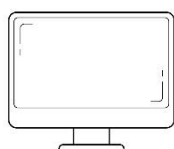


### **Moray health and social care partnership and NHS**

**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.



**Glasgow Royal Infirmary:** The team are testing the use of 17 dedicated frailty beds within the Acute Assessment Unit. This is anticipated to increase the number of people identified as living with frailty who will receive Comprehensive Geriatric Assessment (CGA) by the multi-disciplinary team. The aim is for these patients to receive CGA within 24 hours of arriving at the hospital.



### **North Lanarkshire health and social care partnership and NHS**

**Lanarkshire:** A frailty icon has been developed within NHS Lanarkshire's electronic Patient Trak system. The introduction of the icon will help the team identify people living with frailty as they present at acute care. This identification process will facilitate frail patients access to the most appropriate care pathway for their needs.

## Next steps:

- The second meeting of the delivery group will be held on the 29 January.
- A second project surgery is planned for March 2024
- Site visits are planned for March and April 2024.
- The third learning session is planned for May 2024.
- A webinar on comprehensive geriatric assessment for the national frailty learning system is planned for spring 2024.

## Contact us:

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