

Section one

Frailty





The Edmonton Frail Scale

The Edmonton Frail Scale

NAME : _____

d.o.b. : _____

DATE : _____

Frailty domain	Item	0 point	1 point	2 points
Cognition	Please imagine that this pre-drawn circle is a clock. I would like you to place the numbers in the correct positions then place the hands to indicate a time of 'ten after eleven'	No errors	Minor spacing errors	Other errors
General health status	In the past year, how many times have you been admitted to a hospital?	0	1–2	≥2
	In general, how would you describe your health?	'Excellent', 'Very good', 'Good'	'Fair'	'Poor'
Functional independence	With how many of the following activities do you require help? (meal preparation, shopping, transportation, telephone, housekeeping, laundry, managing money, taking medications)	0–1	2–4	5–8
Social support	When you need help, can you count on someone who is willing and able to meet your needs?	Always	Sometimes	Never
Medication use	Do you use five or more different prescription medications on a regular basis?	No	Yes	
	At times, do you forget to take your prescription medications?	No	Yes	
Nutrition	Have you recently lost weight such that your clothing has become looser?	No	Yes	
Mood	Do you often feel sad or depressed?	No	Yes	
Continence	Do you have a problem with losing control of urine when you don't want to?	No	Yes	
Functional performance	I would like you to sit in this chair with your back and arms resting. Then, when I say 'GO', please stand up and walk at a safe and comfortable pace to the mark on the floor (approximately 3 m away), return to the chair and sit down'	0–10 s	11–20 s	One of : >20 s , or patient unwilling , or requires assistance
Totals	Final score is the sum of column totals			

Scoring :

0 - 5 = Not Frail

6 - 7 = Vulnerable

8 - 9 = Mild Frailty

10-11 = Moderate Frailty

12-17 = Severe Frailty

TOTAL

/17

Administered by : _____



Frailty leaflet 1

COMMUNITY TEAMS



Frailty Service

Patient information leaflet

Contacting local health services

If you want to make a comment about this service or need some advice or information about this or any other local NHS service, please contact:

NSCP Patient Advice & Liaison Service (PALS)

Freephone: 0800 389 5260

Email:

nscp.commentsandcompliments@nhs.net

Care Quality Commission (CQC)

The quality of our service provision is monitored by the Care Quality Commission (CQC). For further information please visit: www.cqc.org.uk

Dignity in Care Network

The Dignity in Care Network aims to put dignity at the heart of care services in North Somerset. For further information please visit: northsomersetdignity.org.uk

NSCP services may occasionally be unavoidably unavailable due to severe weather, staff sickness or other events outside of NSCP control.

All NSCP documents can be made available in large print, audio, easy read and other formats.

What happens after my appointment?

We will send your GP a letter detailing our recommendations.

We might recommend some changes to your current care plan or advise them that you might benefit from a referral to another service.

You can discuss the recommendations in this letter with your GP.



NSCP/003/023/003/001/1017

NHS Community Health



Section one | Frailty

What is the Frailty Service?

We are a team of health care professionals, dedicated to improving the health and well-being of people who live with frailty, or who are at risk of becoming frail and understand how frailty can impact on your day to day life.

The team consists of:

- A community consultant geriatrician
- A frailty practitioner
- 2 mental health nurses

We provide specialist advice to your GP or other clinicians to help you manage in the community.

Why do I have an appointment with the Frailty Service?

You have been referred to the Frailty Service so we can look at all the factors affecting your health and well-being.



Who will I be seen by?

You will be seen by one or several members of our team usually on the same day but occasionally we may need to book two appointments.

Family members or carers are encouraged to attend with you.

How long will the appointment last?

The appointment will last for at least one hour.

What can I expect?

We will ask you questions and may carry out a few tests such as blood pressure.

We will complete a Frailty Assessment (if one has not been completed previously) and a Comprehensive Geriatric Assessment based on which, we will advise and develop plans to meet your health, emotional and social needs.

What should I bring?

We will want to know your medical history and any medications you take.

Therefore, please bring all your current medication including prescription medication, over the counter medication and herbal remedies.

How often will I be seen by the Frailty Service?

Usually the Frailty Service will see you for an initial assessment and you will not require another appointment with us.

On occasion we will do a follow up visit if it is necessary.



Frailty leaflet 2

COMMUNITY TEAMS



Frailty Service

Information for referrers

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What information can I expect from the team after their intervention?

After the appointment we will make an entry into the patient's EMIS record which can be observed by the GP/clinical teams immediately.

Following this we send a letter of the outcome to the GP detailing our findings and any recommended changes to the current management plan. The patient will be then discharged from our service.

We will also detail any recommendations for referrals to additional services to support the patient.

The patient will normally receive a copy of any recommended changes agreed in the appointment.



NSCP/003/023/001/001/1017

NHS Community Health



Frailty Service

What is the service?

The service provides a review of frail older people through Comprehensive Geriatric Assessment - a holistic assessment of physical, mental and social needs. The team then make recommendations to support pro-active management and advance care planning to enhance well-being.

Complex Frailty Clinics

Clinics are held at New Court Surgery in Weston-super-Mare on Tuesdays and at Clevedon Hospital Outpatients Department on Wednesdays.

Domiciliary Visits

On occasion, we are able to offer home visits to patients who are housebound and unable to attend the clinics.

Multi-Disciplinary Meetings (MDMs)

The Frailty Service will regularly support GPs and other healthcare professionals at multi-disciplinary meetings by providing specialist advice.



Ad Hoc Advice:

The Frailty Service can provide specialist advice to support clinicians to manage patients in the community without a specialist appointment. It is available by telephoning the Frailty Service on: 01275 885778 or email: nscp.frailtyservice@nhs.net and requesting clinical advice from the team. Our service operates from Monday to Friday 9am-5pm.

We aim to respond promptly, however please note that we are not an urgent service. If your enquiry is urgent consider contacting Rapid Response.

Parkinson's Disease

The Frailty Service can provide specialist advice for Parkinson's disease patients by our Consultant Geriatrician. This includes new diagnosis and medication reviews to housebound patients.

Please note: this does not replace the Specialist Parkinson's / Movement Disorders Clinic at Weston Hospital.

Referrals

Who can I refer?

Any patient aged 75, or younger with several co-morbidities, registered to a North Somerset GP can be referred. This includes GPs, Community Matrons and other practitioners from health and social services. Please ensure that consent has been sought prior to submitting your referral.

How do I refer?

The referral form found on the NSCP Website. Visit: <https://www.nscphealth.co.uk/services/frailty-service>

Please note that we require a completed referral form and Edmonton Scale in order to triage your referral. Completed forms should be emailed to nscp.frailtyservice@nhs.net. We will confirm receipt of your referral by return email.

My referral was rejected?

Referrals may be rejected or delayed if we do not have sufficient information or if the referral is more appropriate for another NSCP service.

We will contact you to inform you of this decision.