

## The North East Frailty Summit - New approaches to caring for our most frail and vulnerable

Organised by the Academic Health Science Network for the North East and North Cumbria and the Newcastle Gateshead CCG Care Home Vanguard, the North East Frailty Summit provided a great opportunity to find out about innovative approaches to improving the health and care of older people living with frailty.

The event took place on December 5th 2016 at the Newcastle Gateshead Hilton Hotel and attracted around 300 delegates - including health and social care practitioners, commissioner and provider organisations, older people and their carers, voluntary organisations, universities, and industry.

### Keynote Presentations

Dr Dawn Moody, Associate Clinical Director for Older People and Integrated Person-Centred Care at NHS England, and a GP with a special interest in the care of older people, gave a highly informative presentation “**Identifying and Understanding Frailty**”, which was enriched by her personal experiences of family members. The importance of developing and commissioning health and care systems which meet the complex needs of people living with frailty was highlighted, and a wealth of helpful resources referenced.

*“Developing a better understanding of what frailty looks like across our populations can have a very positive impact on how we design our services to deliver integrated and person-centred care.”*

*“We have a wealth of data that is out there waiting to be used -offering a unique opportunity to enable healthcare professionals to become more proactive in the care that we deliver.”*

**Dr Dawn Moody, Associate Clinical Director for Older People and Integrated Person-Centred Care, NHS England.**



“**New Models of Care for Frail Older People**” showcased the innovative work of two local Vanguard programmes - Gateshead Enhanced Health in Care Homes and Sunderland Multispecialty Community Provider - together with North Tyneside CCG’s Care Plus programme, which demonstrated how major changes can be effected without additional funding.

Professor John Young from the University of Leeds gave a comprehensive overview of the benefits of **Intermediate Care Services**, summarising the evidence base and giving examples of best practice.

Sarah De Biase from Yorkshire and Humber AHSN highlighted **primary-care based approaches to the identification and management of frailty**, focusing on the use of an electronic frailty index generated from routine GP electronic records data.

## Workshops

Delegates participated in a range of workshops, centred on specific aspects of improving care for frail older people:

- **Well Connected Care Homes** – using digital technology to clinically monitor residents
- **Recognition of End of Life in Frail Patients** - planning advance care needs
- **The Acute Frailty Network and Silver Trauma**
- **Depression and the Frail Elderly**
- **Frailty Nursing in Primary Care:** Introducing a Practice Frailty Nurse
- **Workforce Requirements for Healthcare in Care Homes**

## Posters

45 posters showcased a host of innovative approaches to improving care for frail older people across a variety of care settings, with contributions from the North East and North Cumbria region and beyond.



*“The North East Frailty Summit has been a great day - it was an absolute pleasure to be around people who are so knowledgeable and passionate about improving care for older people, and it has also been a great opportunity to get ideas for making care even better in the future. As a doctor, I’ve always thought that working with older people can be extremely rewarding and today I have been able to not only listen to great speakers but also network closely with my peers in health and social care, many of whom I’ve admired for years. I know for sure there are some*

*things I’m going to be doing differently straightaway and I feel so privileged to have been able to work alongside the Academic Health Science Network in pulling together this event.”* **Dr Dan Cowie, Director of Transformation at NHS Newcastle Gateshead CCG**

*“Thanks for a fantastic day! It really felt like all the people I have worked with in older people care for the last 15 years were finally in the room! A fantastic network to build on for the AHSN! The atmosphere was exciting and I would welcome more opportunities to share and learn!”* **Summit delegate**

*“This was an excellent summit with good networking opportunities which helped to facilitate conversations for share and spread of good practice in supporting people live well with frailty. It also highlighted the current enablers within the system to support practitioners now rather than reinventing the wheel. Well done to North East & North Cumbria AHSN & Newcastle Gateshead CCG for hosting this frailty summit.”* **Summit delegate**

## Further information

**Event resources page:** <http://www.ahsn-nenc.org.uk/article/frailtysummit16/>

**For more information on the AHSN NENC’s Frail Elderly programme and the projects it supports:** <http://www.ahsn-nenc.org.uk/programmes/elderly-care/>

**For more information about the Gateshead Care Home Vanguard programme:** <http://www.newcastlegatesheadccg.nhs.uk/?s=vanguard>

## Contacts

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