

The North East Frailty Summit

Monday 5th December 2016, Hilton Hotel, Gateshead



Breakout Sessions

#FrailtySummit16

Well Connected Care Homes

Frailty is related to the ageing process that is, simply getting older. It describes how our bodies gradually lose their in-built reserves, leaving us vulnerable to dramatic, sudden changes in health triggered by seemingly small events such as a minor infection or a change in medication or environment. (Professor John Young, NHS England). Many frail patients reside in care homes and can become susceptible to infection including respiratory conditions and sepsis. The delay in diagnosis of sepsis increases the chances of mortality, particularly in the frail elderly. As the demography of the population ages, this will worsen. Sunderland CCG has sought to address this through a 'New Care Model' which is complimented using a developed telehealth tablet and cloud data platform. This programme has developed integrated working, dedicated nursing resources, leadership training and a digital tool that includes NEWS (National Early Warning Score), an almost universal measure understood by GP's, ambulance and hospitals, used to identify early exacerbation. To find out more about how the Sunderland model and Telehealth technology is helping the management of frail patients please come along to our breakout session.

Rachael Forbister, Telehealth Lead and Project Manager, NHS Sunderland CCG

Penny Davison, Senior Commissioning Manager, NHS Sunderland CCG

Lesley Durham, Director and Lead Nurse, North of England Critical Care Network, Northumbria Healthcare NHS Foundation Trust

Recognition of End of Life in Frail Patients can be at Times Challenging

The breakout session will look at how we can recognise when someone who is frail is likely to be at the end of their life and when we can start to plan their advance care needs. It will cover how to capture those decisions and conversations about care preferences and support.

The session will go on to illustrate the impact of sharing those decisions electronically with other service providers and how that affects service provision and commissioning to support frail patients at the end of their life.

The session will look at development in the electronic sharing to date and will cover the next steps planned for Electronic Palliative Care Coordination Systems (EPaCCS) for the North East and Cumbria.

Dr Kathryn Hall, Macmillan GP, GP Clinical Lead for Palliative Care, NHS North Tyneside CCG

Dr Sarah Loudon, GP Lead for Cancer and End of Life Care Gateshead Locality, Newcastle Gateshead CCG. Macmillan GP

Dr Ruth Ting, Consultant in Palliative Care, Gateshead Health NHS Foundation Trust

Frailty Network and Silver Trauma

The breakout session will provide an overview of the Frailty Network, including the background to the organisation's origins, what the organisation has to offer, progress made so far and future aims. This will be followed by a brief presentation regarding Northumbria Healthcare NHS Foundation Trusts involvement with the Frailty Network. This will include an outline of the various Frailty Services currently offered by Northumbria Healthcare NHS Foundation Trust, their vision for future improvements to their Frailty services and how they expect their partnership with the Frailty Network to contribute to that vision. Some of the important work of Northumbria Healthcare NHS Foundation Trust's Front of House Physio/OT team will be highlighted and some ideas of how this service might develop will be presented. There will then be a short presentation describing the work of the Regional Elderly Trauma Group for the Northern Trauma Network. This will cover the issues around major trauma in frail patients, information regarding what is currently being done nationally and regionally to tackle these issues and demonstration of some of the particular challenges with real life scenarios. The session will finish with an opportunity to raise any points for discussion with the whole panel of speakers.

Mandy Rumley-Buss, Associate, Acute Frailty Network

Henry Woodford, COTE Physician, Clinical Director and Head of Service COTE, Northumbria Healthcare NHS Foundation Trust

Lynn Bridges, Clinical Specialist Physiotherapist for Front of House and Elderly, Northumbria Specialist Emergency Care Hospital

Charlotte Bates, ED Consultant, Elderly Lead for ED, Northumbria Healthcare NHS Foundation Trust and Chair of Elderly Trauma Regional Group, Northern Trauma Network

Depression and the Frail Elderly

Mental health issues are a significant factor in frailty. We plan to look in particular at depression in frailty presentations which is very common and can bring significant challenges in identification, management and it's interplay with other illnesses. Depression and other functional mental illnesses have often been overlooked with the recent, albeit welcome, focus on dementia.

Dr Karen Franks, Consultant in Old Age Psychiatry, Queen Elizabeth Hospital, Dementia and Mental Health Lead, Newcastle Gateshead Care Homes Vanguard.

Frailty Nursing in Primary Care: Introducing a Practice Frailty Nurse

Older people are not a homogenous group and their needs can range from those living as independently as they have throughout their adult life, through living with long term conditions perhaps requiring support; to those living with frailty. Those living with frailty can have the most complex of needs that can be hugely challenging to address and while much is understood about meeting those needs; health systems remain focussed on single system disease approaches to care.

While there is a national strategy well underway for building a modern general practice nurse workforce supported by competency frameworks, the development of practice frailty nurse roles remains neglected. Since 2013 however commissioners and clinicians in Gateshead have worked together to introduce practice frailty nurse posts and learning to date highlights significant improvements to the lives of patients and their families as measured by them while data analysis demonstrates a reduction in GP home visits, avoidable hospital admissions and A&E attendances.

Laura Maitra, Frailty Nurse Specialist

Lynne Shaw, Nurse Consultant Older People Integrated Care

Karen Smithson, Frailty Nurse Specialist

Gateshead Community Based Care Ltd

Claire Laing, Business Intelligence Lead Care Home Vanguard, NHS Newcastle Gateshead CCG

Workforce Development

The increasingly complex nature of care home residents' health status means that this population requires significant multi-disciplinary team input from health services to support the maximisation of health and quality of life. Yet, there has been a number of inquiries that have reported restricted access to primary care and specialist services by care home residents.

In addition, reports have consistently highlighted that care home residents unable to attend GP practices struggle to access regular medical and medication reviews, as GP visits to care homes tend to provide a reactive service that involves limited care planning. A key strand of the New Care Model Vanguard sites (NHS England) concerns the provision of enhanced healthcare in care homes. There are 6 care home Vanguards including the Gateshead Care Home project.

Findings from a qualitative study of the experiences of practitioners, social care officers and carers involved in the Gateshead enhanced healthcare in care home programme will be presented. The enhanced healthcare programme provides a whole system approach to the delivery of proactive and responsive care for nursing home residents. The service model enables information exchange across organisational and professional boundaries that support effective decision making and problem solving. The associated workforce development required for the delivery of this service model will also be discussed. Participants in the session will have an opportunity to share developments that are occurring in their own localities to enhance health care for care home residents, and to reflect on the issues and challenges to integrated working between NHS services and the care home sector.

Professor Glenda Cook, Professor of Nursing, Northumbria University and Lead of the 'Ageing, later life and long term condition' research theme, Department of Nursing, Midwifery and Health

Dr Anne McNall, Doctor of Nursing, Northumbria University and Director of Strategic Workforce Planning and Development, Faculty of Health & Life Sciences