

## **Integrated Care System (ICS) Thought Lab - Frailty Transformation Programme**

### **Tertiary Prevention of Frailty**

**22<sup>nd</sup> January 2025**

### **Executive Summary**

The ICB is establishing a series of Thought Labs with our local Universities to explore how we expand the opportunity for research and evidence to inform the ICS transformation agenda. We are bringing together colleagues from a range of disciplines to discuss what the latest research evidence is suggesting would help to achieve the outcomes we are seeking. Our aim is to widen our collective appreciation of research and evidence. We want to ensure we are evidence informed in how we work as an ICS to support our ambition to improve patient and population outcomes whilst maximising use of our available resources.

This first Thought Lab focused on the tertiary prevention of frailty and was an opportunity to inform the development of the ICS Frailty Transformation Programme.

The presenters were Professor Liz Orton: Falls Prevention, Dr Mike Azad: Proactive Care, Professor Rowan Harwood: Holistic Approach to Frailty and Dr Jemima Collins: Pain Management in Frailty. Attendees were members of the ICS Frailty Programme Board and other colleagues from health and social care. The session was chaired by Victoria McGregor-Riley, Senior Responsible Officer (SRO) for Frailty. Following the presentations there was a wide ranging and engaging discussion.

#### **The recommendations from the evidence are:**

- Take a systems wide approach to physical activity and exercise programmes for frailty prevention with a range of programmes required for primary to tertiary prevention.
- Embed a proactive care approach for older people with frailty. This is personalised and coordinated multi-professional support and interventions for people living at home with moderate or severe frailty.
- Focus on a holistic approach to frailty with a range of interventions for older people with frailty including vaccination, falls prevention, deprescribing, proactive dementia support, hospital at home, rehabilitation, specialist chronic disease management pathways, specialist community based end of life care, specialist care home support, cataracts, hearing aids, arthroplasty and dentistry.
- Focus on pain management in frailty which is under recognised in older people. Consider chronic pain in prevention plans. Physical activity and exercise can be used to mitigate or delay frailty progression and improve pain severity.
- Utilise multiple outcome measures rather than relying on a primary outcome measure to demonstrate value and measure progress.
- Utilise key reports, articles and frameworks (as set out on page 3) to guide an evidence informed ICS frailty model.

## **Next Steps**

The Frailty Programme Team will take the recommendations to the ICS Frailty Programme Board for consideration of actions and next steps.

The Frailty Programme Team will provide a paper to the ICS Frailty Programme Board in twelve months' time to outline the actions and impact from the Frailty Thought Labs.

## Key policy, guidance, reports and articles referenced by the panel

### Falls Prevention

**World guidelines for falls prevention and management for older adults** (Montero-Odasso et al Age and Ageing 2022)

[World guidelines for falls prevention and management for older adults: a global initiative | Age and Ageing | Oxford Academic](#)

**Falls Management Exercise (FaME) Programme** [Falls Management Exercise \(FaME\) Implementation Toolkit | ARC EM 2024](#) Endorsed by NICE (2020), included in the World falls guidelines (2022) and in the WHO Step Safely Report: Strategies for Preventing and Managing Falls Across the Life Course (2021).

**Action Falls** – [Multifactorial falls prevention programme compared with usual care in UK care homes for older people: multicentre cluster randomised controlled trial with economic evaluation | The BMJ](#) (Logan et al 2021)

In November 2023 NHS England endorsed the Action Falls tool in the **Enhanced Health in Care Homes (EHCH) Framework** [NHS England » Enhanced health in care homes framework](#)

### Proactive Care

#### British Geriatrics Society (BGS) reports

- [Be proactive - Delivering proactive care for older people with frailty.pdf](#) (November 2024)
- [Be proactive: Evidence supporting proactive care for older people with frailty | British Geriatrics Society](#) (October 2024)
- [BGS Reablement rehabilitation recovery - Everyones business.pdf](#) (May 2024)
- [Bringing hospital care home: Virtual Wards and Hospital at Home for older people | British Geriatrics Society](#) (August 2022)

[NHS England » Proactive care: providing care and support for people living at home with moderate or severe frailty](#) (December 2023)

### Holistic Approach to Frailty

**WHO Report Framework for Healthy Ageing from the World Report on Ageing and Health** [World report on ageing and health](#) (2015)

[Making Our Health And Care Systems Fit For An Ageing Population | The King's Fund](#) (2014)

NIHR [Frailty: research shows how to improve care](#) (2024)

### Pain Management in Frailty

**The Health Foundation Report** [Health inequalities in 2040 | The Health Foundation](#) (2024)

[Persistent pain is a risk factor for frailty: a systematic review and meta-analysis from prospective longitudinal studies | Age and Ageing | Oxford Academic](#) (2018)