

# ECCH Frailty Prevention Patient Pathway

Diagnosis of frailty and level of severity confirmed – mild moderate or severe according to CFS via GP, JPUH or Triage Team

In Event of Crisis - Early Intervention Team, with follow up by Frailty Prevention Team when indicated, via ECCA 7.00am – 8.00pm

## Frailty Prevention Team co-ordinate pathways below through Systemone

Managed within primary care, PCHs, care homes  
'frailty champions' throughout

### Mild CFS Score 5

- Provide Ageing Well resource
- Postural hypotension assessment
- STOPP/START methodology
- Cognitive impairment assessment
- Review long term conditions
- Sight and hearing check
- Exercise, self-management and signpost to NHS Live Well
- Health promotion
- Consider Carers Assessment
- Create care plan, agree goals and self-management
- Assess loneliness – UCLA Scale
- Social prescribing – signpost to local services and local support e.g. Age UK etc

Managed by the frailty prevention service

### Moderate CFS Score 6

All previous 'Mild' interventions plus:

- Complete a Comprehensive Geriatric Assessment. Physical assessment, functional assessment, mental health assessment, environmental assessment
- Agree goals, use a care plan
- Provide home based rehabilitation
- Manage for up to 6 weeks. After this time signpost to community or 3rd party services
- Signpost to community organisations relevant to their interests
- Consider LPA
- Consider DNACPR conversation
- Share information as necessary

Managed within PCHs by Specialist Palliative Care,  
Community Matron, Acute Hospital

### Severe CFS Score 7 to 9

All of previous 'moderate' interventions, where appropriate plus:

- Conduct multi-mobility review
- Equipment provision for quality at end of life
- Advance Care Planning
- Use electronic palliative care coordination system registration (on SystemOne)
- Maintain presentation/symptoms as possible
- May lead to End of Life Care (CFS Score 9)

Refer to the Frailty Prevention Team if further advice or support for any patient is required