

What we've been up to at Dr Gray's

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Pedestrian(s) vs Bus



Frailty scoring in the Emergency Department

Why is frailty scoring important?

- It's an objective score
- It's quick and easy to use
- Allows detection of older adults at high risk of complicated course and longer stay
- Aids referral to other specialities

Top tips for frailty scoring

1. **Baseline is key** – score how the patient was 2 weeks ago, not just today
2. **Try and get a collateral** – try and verify what the patient says with their family/carers
3. **Over 65s only** – the scoring system is not validated in under 65s
4. **Doesn't have to be exact** – it's fine to get 1 above or below the correct score
5. **Always keep an eye out for frail patients!**

Remember to complete the online module!

<https://rise.articulate.com/share/deb4702lvONbq4AfcMNRUJdcd6QMts3#/lessons/07kjAp-OngOuNH1ko514Y4XL28y4w1->

Clinical Frailty Scale*

1 Very Fit – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.	7 Severely Frail – Completely dependent for personal care, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).
2 Well – People who have no active disease symptoms but are less fit than category 1. Often, they exercise or are very active occasionally, e.g. seasonally.	8 Very Severely Frail – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.
3 Managing Well – People whose medical problems are well controlled, but are not regularly active beyond routine walking.	9 Terminally Ill – Approaching the end of life. This category applies to people with a life expectancy <6 months, who are not otherwise evidently frail.
4 Vulnerable – While not dependent on others for daily help, often symptoms limit activities. A common complaint is being "slowed up", and/or being tired during the day.	
5 Mildly Frail – These people often have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.	
6 Moderately Frail – People need help with all outside activities and with keeping house. Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing.	

Remember to use the frailty 5 bundle!

- Get up and get dressed
- Refer to PT / OT
- Medication review
- Consider constipation
- Set MDT goals / planned discharge date

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TCAR

TRAUMA CARE AFTER RESUSCITATION



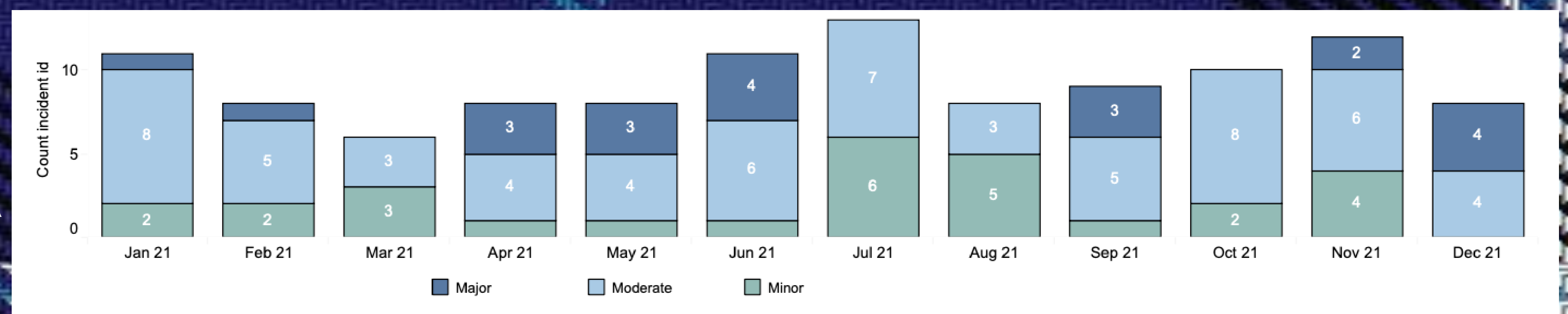
3 Funded places



2021 Trauma activity



SCRAM bag roll out + training



Thinking Frailty