

Appendix 1

Health Improvement Scotland March 2016
NHS Ayrshire & Arran Frail Older People Pathway (FOPP)

Older people in acute care

Data review and cost analysis: A pathway for frail older people in the emergency department

Frailty is a complex, multidimensional problem that affects all ages. It is defined as an inability to withstand illness which can cause decompensation, loss of function and disability. There is a growing evidence base to support rapid identification and comprehensive assessment of individuals with frailty in order to deliver the best possible outcomes for them.

As part of the improving older people's acute care programme Healthcare Improvement Scotland worked with teams in a number of Scotland's NHS boards to test a range of approaches to identifying and managing frailty. In April 2014 a ['Think Frailty' report](#) highlighted work to identify frailty and ensure rapid Comprehensive Geriatric Assessment in four NHS boards across Scotland including NHS Ayrshire & Arran.

Key messages

- Analyses of unplanned emergency admissions showed that frail patients stayed in hospital longer, were more likely than others to be admitted to a non-specialist bed, and did not have rapid access to a comprehensive geriatric assessment.
- A multidisciplinary team provided a 'front door' assessment of all over 65s with frailty, using a frailty index developed at University Hospital Crosshouse. Patients identified as frail then entered the frail older people's pathway (FOPP) developed in the hospital.
- Over the six months during which the FOPP was in place in 2014, compared to the previous year;
 - The overall admission rate for all over 65s fell from 68.1% to 66.4%
 - There were 232 patients coded as avoided admissions owing to the FOPP
 - The overall re-attendance rate for all over 65s fell from 26.1% to 17.9%
 - The overall readmission rate for all over 65s fell from 16.3% to 11.6%
- For the frail patients admitted to the FOPP following assessment, the improvements in the above outcomes were greater still.
- An economic evaluation was carried out to assess the cost impact of the FOPP, taking into account impact upon the following; patient length of stay, ward of admission, avoided admissions, re-attendance rates and readmission rates. The results demonstrated a potential annual resource saving associated with the FOPP of £4.6million.