A Regional Approach to Ageing Well Community of Practice

3rd December 2020

House Keeping

- Mute mics when not speaking

- Use the chat box for questions and we will address as we go or follow up afterwards

- Presentations will be circulated following the event

- The event will be recorded and shared

Group Work

- Aging well through Population Health Management "lens"

- Summary and Feedback

Introducing RITA
Reminiscence Interactive Therapy Activities

My Improvement Network

Mike Hamilton, Associate
Fiona Hassall, NHS & Social Care Liaison Manager

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Frailty – what's the latest?

Dr. Dan Cowie

Clinical Lead

COVID-19 and frailty

Involve
- LESS COVID-19, report on 'affects' on care home sector - https://www.nationalcareforum.org.uk/wp-content/uploads/2020/10/LESS-COVID-19-v2.pdf
- NHIR rapid review – living with COVID-19 (symptoms of long COVID) - https://evidence.nihr.ac.uk/themedreview/living-with-covid19/

Consider
- Age and Frailty are Independently Associated with Increased Mortality in COVID-19: Results of an International Multi-Centre Study - https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3709847
- Learning Disability Mortality Review (LeDeR) – 3x higher than general population https://www.gov.uk/government/publications/covid-19-deaths-of-people-with-learning-disabilities/covid-19-deaths-of-people-identified-as-having-learning-disabilities-summary

Assess
- Care home rapid COVID-19 testing pilot - https://www.gov.uk/government/news/pilot-for-family-members-to-get-regular-testing-for-safer-care-home-visits

Respond

Healthy Ageing
- Gateshead videos (keeping well at home) - https://www.youtube.com/playlist?list=PLQGYqB77iQkYico8aKB0sTpHFJ3gA2keE
- National COVID-19 resilience programme (Centre for Aging Better) - https://static.physoc.org/app/uploads/2020/11/09152548/A-National-Covid-19-Resilience-Programme-report-web-version.pdf
- COVID-19 vaccination programme (letter outligning) - https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0856_COVID-19-vaccineletter_9-Novrevb.pdf

LTC care
- Blog on mental health (useful prediction tool) - https://www.nhsconfed.org/blog/2020/10/mental-health-and-covid-preparing-for-rising-levels-of-distress
- Launch of 2021/22 community mental health transformation funding process – early implementations sites 2019/2020 - https://www.england.nhs.uk/mental-health/adults/cmhs/
- Age UK and mental health impact of COVID-19 - https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/health--wellbeing/the-impact-of-covid-19-on-older-people_age-uk.pdf
- Mental health support package ask - https://www.nhsconfed.org/-/media/Confederation/Files/Networks/MentalHealth/MHPG-Winter-Support-Package-2020.pdf
- RCGP slide pack – Management of the Long Term affects of COVID-19 (top tips) - https://elearning.rcgp.org.uk/pluginfile.php/160164/mod_page/content/6/V2GA%20for%20publication%20updated%20Management%20of%20the%20long%20term%20effects%20of%20COVID-19_formatted_29.10.20.pdf

CGA and care planning
- Preferred place of care/death – blog - https://www.cebm.net/covid-19/covid-19-hope-for-the-best-prepare-for-the-worst-advance-care-planning/

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COVID-19 and frailty

Crisis Response and Recovery

- **Virtual Wards** (roll out pulse COVID oximetry @home services) – over 65 years or under 65 years (extremely vulnerable group)https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/11/C0817-sop-covid-oximetry-@home-november-2020.pdf
  - https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/06/C0445-remote-monitoring-in-primary-care-revised.pdf
  - Guidance and support toolkit – NHS platforms - https://future.nhs.uk/NEWS2CN/view?objectID=22765872
  - Brief AHSN - https://www.weahsn.net/wp-content/uploads/2020/10/Covid-Virtual-Wards-Briefing-October-2020.pdf

- **LONG COVID (**taskforce, clinics, online recovery hub, New NICE guidance and Research funding):
  - NHSE - National Guidance for post-COVID syndrome assessment clinics - https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/10/C0840_PostCOVID_assessment_clinic_guidance_5_Nov_2020.pdf
  - Guidance on self-care Long COVID-19 platform (https://www.yourcovidrecovery.nhs.uk/)-https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/11/Your-COVID-Recovery-guidance191120.pdf
  - Patient safety learning – LONG COVID-19 - https://www.patientsafetylearning.org/press-releases/nhs-announces-five-point-package-to-support-long-covid-patients
  - Living with COVID-19 – NHIR theme review - https://evidence.nihr.ac.uk/themedreview/living-with-covid19/

- **Urgent Community Response (technical guidance)** – 2h/2d - file:///Users/Danielcowie/Downloads/UCR_CSDS_TechnicalGuidance_FINAL.pdf

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Theme – *Care Homes, frailty and COVID-19*

- **Thought, are we making changes to help those most vulnerable?**
  - *28-50% of all COVID-related deaths occurred in care home*
  - *Positive residents should only be discharged to 'designated setting'*
  - *All people on admission (regardless of COVID status) needs 14 days quarantine*
  - *New visiting approaches in wave 2 (rapid testing)*
  - *The RESTORE-2 tool is useful and helpful for staff*
  - *Dexamethasone 6mg – 10 days (NICE guidance)*
  - *Offer subcutaneous fluids in care homes*

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Updates linked to Frailty ICARE

Involve
- Inequalities report in later life - https://www.ageing-better.org.uk/blogs/we-cannot-allow-inequalities-2020-become-entrenched-later-life?

Assess
- State of play CQC - https://www.cqc.org.uk/publications/major-report/state-care

Respond

Healthy Ageing
- Flu-vaccination video (easily explained) - https://www.youtube.com/watch?v=9nS6U88e7zs
- Housing for health –West Yorkshire and Harrogate 'Innovation in Housing' - https://www.wyhpartnership.co.uk/our-priorities/population-health-management
- Centre for better ageing – new resource website - https://cop.ageing-better.org.uk/resources
- Reducing Health Inequalities for People Living with Frailty. A resource for commissioners, service providers and health, care and support staff - https://www.gypsy-traveller.org/wp-content/uploads/2020/10/health_ineq_final.pdf
- Health inequalities statement (PHE and Centre for Better Ageing – 5 commitments to make England the best place to grow old- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/882847/Healthy_Ageing_Consensus_Statement-GW-1165.pdf

Community Connectivity
- Green SP (call to actions) - https://www.england.nhs.uk/personalisedcare/social-prescribing/green-social-prescribing/
- Social Prescribing Plus Programme – training and education website - https://www.networks.nhs.uk/news/socialprescriberplus-2013-essential-training-for-social-prescribing-link-workers-care-coordinators-and-health-coaches-11

LTC tailored care
- Minds that matter: understanding mental health in later life (interesting report) - https://www.independentage.org/policy-and-research/mentalhealth/minds-matter-report

Crisis Response and Recovery
- HealthWatch and BRC survey (DTA model) - https://www.healthwatch.co.uk/news/2020-10-27/hospital-discharge-must-be-improved-manage-covid-19-second-peak

Digital
- NHSE (ageing well) - digital maturity in community health care - file:///Users/Danielcowie/Downloads/Ideas_on_national_digital_transformation_in_the_community.pdf
- Health and care – Digital support website (videos) - https://healthandcarevideos.uk/eol
- NHS reset – what we have learnt through COVID-19 - https://www.nhsconfed.org/-/media/Confederation/Files/Publications/Documents/NHS-Reset_Best-practice-and-innovation_FNL.pdf

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Theme: *health inequalities and frailty*

Reducing health inequalities in people living with frailty - https://www.gypsy-traveller.org/wp-content/uploads/2020/10/Report-FINAL.pdf

- **Thought, how easy is it to achieve the following?**
  - ➢ Shifting from an age-based to a needs-based approach in identifying and treating frailty to reach groups experiencing frailty earlier in life
  - ➢ Working with local communities to address the wider determinants of health, reduce isolation, and build resilience
  - ➢ Utilising a place-based approach to support early intervention, prevention and management of frailty
  - ➢ Addressing multiple needs holistically to support patients to navigate the health and care system, and making care schedules more manageable
  - ➢ Addressing some of the basic obstacles populations experiencing inequalities face when accessing services, such as wrongful refusals for registration, inaccessible communication and stigma or discrimination

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Digital and Information Technology

CGA (CHA) Digital Tool

- Specification signed off

- HC building the 'tool' – likely completion Feb 2021

- Engagement events (iterations of the tool)

- Gateshead /Darlington sites identified to pilot

- Seeking funding for implementation and evaluation

- Pilot support package being considered:

  – 'How to' implementation guide

  – Reporting and learning (measures and audit)

  – Evaluation methodology

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Jackie's Story

- Work to be done:
  – Finalise 'impact statements'
  – Review overall 'content'
  – Share with COP for comments

- Following completion - need to consider engagement/usability

- Latest version – www.rawtest.co.uk

Workforce Projects

Workforce Planning [Gateshead - primary care]

- First meeting (Oct 15th) - understanding 'care functions' (workforce competencies)

- Second meeting (Nov 17th) – exploring the data (local intelligence to finalise 'tool' development)

- Output – 'blue-print' tool for PCNs to plan their workforce based-on local population needs

EnCOP

- Beyond the region: ARC LTC Implementation Funding; collaborative bid with East Midlands – committed to working together with or without funding

Frailty Network: Operational Update

- Meetings
- Ageing well funds to ICP – circa 120K

Information Sharing Session

Good practices, challenges, issues moving forward

Any Other Business

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