

3 MINUTE BRIEF
MDT IMPLEMENTATION GROUP
January 2023 Report on December 2022 Data

The purpose of this form is to encourage individuals and groups to structure briefings and other information sharing opportunities.

What? – Gather Information (e.g. What is the current situation? What information is known, or unknown)

Early Frailty Occupational Therapy Led Service – ‘Staying Ahead of the Curve’

South Ayrshire

The funding from the partnership, has allowed the establishment of two teams carrying out preventative interventions with those experiencing frailty. Both teams come under the umbrella of ‘Staying Ahead of the Curve’, in reference to the Life Curve work and the positive trajectory of the Curve.

Band 4 Assistant Practitioner staff are developing extensive networks within their localities, by talking to and attending community groups, shops and other community resources. They are profiling the importance of early interventions, in the maintenance of independence long term and encouraging individuals to self-refer in to the service, to have conversations. They are also taking referrals from toe cutting services. Difficulty cutting your toe nails independently is the first step on the Life Curve and is a pivotal time to see individuals are advice on the maintenance of independence.

The second part of the team consists of Qualified Occupational Therapy staff who are linked to Primary Care Practices. This team are engaging with the teams that sit around the practice, advocating the benefits of having conversations with individuals at an early stage of Frailty. This team are taking referrals from the practice team. We have also commenced using the Electronic Frailty Index to proactively identify individuals who are at risk of Frailty using the Electronic Frailty index. The EFi reports have been accessed from Templehill, Tam’s Brig, Cathcart, Fullarton, Maybole and Dr McCulloch and partners.

All of this work aims to empower individuals to manage their own health and wellbeing, to delay the onset of more complex frailty issues.

| <i>Cluster</i> | <i>GP Practice</i> | <i>Sessions (½ a day is 0.1)</i> |
|----------------------------|---|----------------------------------|
| Troon | Templehill | 0.4 |
| Ayr & Prestwick | Tam's Brig Medical Practice | 0.4 |
| | Cathcart Medical Practice | 0.4 |
| | Fullarton Medical Practice | 0.4 |
| | Dalblair Medical Practice | 0.4 |
| | | |
| | | |
| Maybole and Girvan | Maybole Medical Practice | 0.4 |
| | Dr McMasters and Partners | 0.2 |
| | Dr McCulloch and partners (including Dailly Medical Practice) | 0.2 |

Approaches have also been made to Kirkhall medical practice, Ballantrae medical practice to further roll out the service.

So What? Collate and interpret information (e.g. What does that mean? How can the situation be interpreted?)

| | Primary Care Occupational Therapists | Band 4 Assistant Practitioner |
|---------------------------------|--|--|
| Number of referrals in Dec 2022 | 22 | 13 |
| Return visits | 62 | 58 |
| Main referral source | ANP/GP | Self-referrals, Podiatry list |
| Mode of contact | Face to Face | Face to Face |
| Frequent intervention | Falls prevention, anxiety management, equipment, advise of fatigue management, | Falls prevention, signposting to third sector, relaxation, education |

December activity

- Abstract submitted to the Royal College of Occupational Therapy conference.
- Assistant practitioners held a development session, and created a work plan for the upcoming year.
- EFi information was received for 6 practice, this work will be progressed in January.
- Qualified Occupational Therapist has submitted an article to Occupational Therapy News on her experience of using data and outcome measures

Now What? Anticipate Next Steps (e.g. What can this lead to? What can happen next? What do we need to consider for the future?).

6 Occupational therapy staff and 6 assistant practitioner staff have been recruited. We are aiming to gradually increase the service and rolling out to Kirkhall Medical Practice and Ballantrae Medical Practice.

We are participating in a piece of research that has been commissioned by the Royal College of Occupational Therapy. This is researching the impact of Occupational Therapy in Primary care with those over 65. This piece of work will be completed at the end of March.

To drive forward the use of Electronic Frailty information, to support the proactive identification of individuals

Plan to meet with Health Economy to discuss the ongoing evaluation of the project.

Data continues to be gathered in the form of EQ-5D, IoRN and the self management assessment scale (SMAS)

Trial 'Health Aging' group run by assistant practitioner staff, in sheltered housing initially with a view to rolling out.