

**Case study:  
Addressing frailty in localities via occupational therapy in primary care MDT**

Template for submission to online good practice website aligned to the **Framework for Community Health and Social Care Integrated Services**

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| <p><b>SITUATION</b><br/>(brief summary of the issues faced)</p> | <p>Patient self-referred to <i>Staying Ahead of the Curve</i> as he felt he was becoming unbalanced and had lost confidence. Patient lived with his wife.</p> <p>After triage it was deemed appropriate for OTAP to conduct initial assessment.</p> <p>Completed initial home visit.</p> <p>Completed wellbeing review which included transfer observation and general chat regarding healthy aging.</p> <p>Patient had lost a lot of confidence when walking and now stumbles. When walking out of his property he mobilises with a stick in one hand and his wife's hand in the other. On review of transfers patient was managing but using a lot of energy.</p>  |
| <p><b>ACTIONS TAKEN</b></p>                                     | <p>Equipment installation including, chair raisers, shower stool and bed stick.</p> <p>Referral to duty OT – Patient reported being able to get up and down stairs important to home. Stairs very steep, advice given and onward referral for banister was completed.</p> <p>Exercises – Super 6 and seated exercises to help build up strength flexibility and balance.</p> <p>Completed follow up home visits to introduce and review exercises.</p> <p>Positive Steps booklet – Identified key areas in the book from toe cutting services and falls alert.</p> <p>Advice:</p> <ul style="list-style-type: none"> <li>• Walking up and down stairs, patient mentioned leg weakness. Discussed using good leg leading when walking up the stairs and bad leg leading when walking down the stairs.</li> <li>• Versus Arthritis gardening booklet as patient feels being able to garden as important to him</li> <li>• Posted out information regarding anxiety in the care</li> </ul> <p>Blue Badge – Patient struggled walking a distance. Blue badge would help to ensure the patient was getting out and about.</p> |

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| <p>OUTCOME / IMPACT</p>   | <p>Patient is now feeling more confident when completing daily tasks and when out walking.</p> <p>Patient demonstrated the exercises and advised he was completing them on a regular basis.</p> <p>Patient has improved and is feels he has more control and confident.</p> <p>Patient is now thinking about joining a local exercise class to further his improvement.</p> <p>Patient has been approved for blue badge which will help him to be able to get out and about a bit more.</p> <p>Patient is now able to use more of his energy in to tasks that he enjoys i.e. gardening instead of ADLs getting in and out of bed.</p> <p>Patient is no longer utilising other pieces of furniture to get to a standing position which was achievable through equipment and exercise.</p>  |
| <p>MEASURES/INDICATORS OF SUCCESS</p>                                       | <p>5Q5D5L</p> <ul style="list-style-type: none"> <li>• Pre 15</li> <li>• Post 11</li> </ul> <p>Patient has improved in self-care, completing usual activities and has not improved in pain and discomfort</p> <p>Sit to Stand-</p> <p>Pre- struggling to complete one safely without any support</p> <p>Post- able to complete 10 very well with no support</p> <p>Completed patient experience</p>   |
| <p>Links to any published reviews/evaluations/quotes from service users</p> | <p><i>Alison visited on several occasions. Patient reports he was listened too, and given lots of information which has helped him. He states that the service was “very responsive” and he was contacted within a week of making the call. Patient feels the service was “excellent” and he would not hesitate to contact Alison for more support.</i></p> <p><i>Patient reports, ‘I cannot think of a single thing that would improve the service, I was delighted with the treatment I received from Alison.’</i></p> <p><i>Patient reports, ‘I have already told my friends and family that it is a very good service which has helped me in many ways. I also had an issue with my application for a Blue Badge being refused. After getting advice from Alison, who told me to advise the council on my eye sight deteriorating, I have now had the matter resolved and they have given me a Blue Badge.’</i></p> |