



## 3<sup>rd</sup> Annual Quality & Patient Safety Conference Improving the Healthcare Journey for Patients & Staff



### TITLE

An Audit on patient outcomes post frailty class attendance

### SUBMITTED BY

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### ABSTRACT

#### INTRODUCTION

Fragility or osteoporotic fractures are common, especially in older age, and have a huge personal impact and economic cost to society (1). The absolute number of fragility fractures presenting to Irish emergency departments, and requiring admission, increased by 30% between 2000 and 2014 (2). Physical exercise in combination with nutritional education and intervention has an important role in the management of osteoporosis, promoting bone and muscle strength and reducing falls risk (1 & 3).

#### METHODOLOGY

A prospective audit was completed on patients attending a 6-week program of exercise prescription and nutritional intervention.

#### AIM

The aim of this audit was to establish if there was improvements in participants falls risk and frailty post completion a 6 week course of exercise prescription and nutritional support.

#### CHANGE IMPLEMENTED

Participants engaged in 6 consecutive weeks of progressive upper & lower limb strengthening and balance exercises (5) while complying with individualized nutritional advice and a prescribed a high protein oral nutritional supplement daily. Weekly presentations on topics relative to the participants was also provided

#### MEASUREMENT

The Multidisciplinary Outcome measures utilized included the Timed Up and Go, Berg Balance Score, 5 Sit-to-stand test, SARC-F score, Hand Grip strength, patient weight and Body Mass Index.

#### RESULTS

- 7/8 attendees were reviewed.
- 6/7 improved in their berg scores.
- 7/7 had improved functional ability on the 5 Sit-to-stand test.
- 5/7 had improved TUG scores, the remaining 2/7 maintained their score times and were a low risk of falling .
- 6/7 improved with hand-grip strength in at least one hand, with 3/7 improving on both, 2/7 continued to have a SARC-F score  $\geq 4$ .
- Patients' nutritional status remained stable with a weight loss or gain of an average  $\pm 1$ kg with an average BMI post class of 26.5kg/m<sup>2</sup>.

#### VALUE

Participation in a frailty program yielded improvements or baseline maintenance for all patients with respect to functional ability, muscle strength, nutritional status along with patient confidence and fear of falling.

#### SUSTAINMENT

Based on the successes of this program we aim to continue with the delivery of this class type as part of the multi-disciplinary approach in managing older adults, who are at risk of frailty and falling, attending our facility.