



FRAILITY ATTACHMENT LEARNING OUTCOMES

Aims of the attachment:

By the end of this attachment you will be able to identify and manage an older adult living with frailty.

Intended Learning Outcomes for the attachment:

Professional skills:

By the end of your attachment, you should be able to:

- Define and explain how to identify frailty in the older adult.
- Describe the presentation of older adults living with frailty and those without.
- Describe the elements of comprehensive geriatric assessment (CGA) in managing older adults living with frailty.
- Formulate a problem list for an older adult, living with frailty, who present to a health care setting.
- Describe the multi-disciplinary and multi-factorial approach to older adults presenting with geriatric syndromes.
- Perform a collateral history for a patient presenting with a cognitive impairment.
- Perform an assessment of capacity
- Describe the process and rationale of undertaking a polypharmacy review.

Professional values and behaviours:

By the end of your attachment you should be able to:

- Describe the roles of the different members of the multidisciplinary team involved in carrying out CGA.
- Explain the principles of realistic medicine in managing an older adult living with frailty.
- Describe the impact of sensory and cognitive impairment for an older adult accessing healthcare.

- Describe the types of elder abuse and actions that should be taken to support a vulnerable adult.
- Explain how ageism may negatively impact on the wellbeing of an older adult.
- Explain the legislation which may need to be utilised in managing an older adult with cognitive impairment.
- Describe the process of generating anticipatory care plans, treatment escalation plans and appropriateness of DNA CPR decisions.
- Explain when it is appropriate for a patient to be managed in a geriatric medicine ward.
- Describe the barriers to an older adult's ability to manage at home, and how they can be overcome.

Professional knowledge:

By the end of your attachment, you should be able to describe and explain:

Clinical Features and Management of:

- Dizziness
- Falls
- Transient loss of consciousness
- Orthostatic hypotension
- Delirium
- Urinary and faecal incontinence
- Constipation
- Pressure Ulcers
- BPPV

Treatment:

- Describe a Hallpike and Epley Manoeuvre.
- Describe the non-pharmacological and pharmacological management of:
 - Delirium.
 - Falls
 - Urinary incontinence
 - Orthostatic hypotension
- Explain the main mechanism of action, indications, contraindications and side effects of:

- Laxatives
- Anti-cholinergic drugs used to treat urinary incontinence.
- Anti-psychotics and benzodiazepines used in delirium.
- Explain the role of a polypharmacy review and deprescribing in the following conditions:
 - Falls.
 - Delirium.
 - Dizziness.
 - Orthostatic Hypotension.
 - Incontinence.

Describe the key elements of and team members involved in the delivery of rehabilitation.