

Improvement Opportunity for Primary Care Providers in Community

Frailty is common.

As many as 1.5 million older adults are estimated to be living with frailty in Canada¹. And, an additional 3.75 million caregivers are providing care to older adults living with frailty. Over the next 10 years, it's estimated that the number of adults living with frailty will rise to over two million⁴.

Research has shown that frailty results in poorer health outcomes for individuals, considerable burden on caregivers, and places greater demand and stress on the healthcare system.

Older adults with frailty are more susceptible to large declines in health from minor illnesses or injuries and are more likely to be hospitalized, need long term care, or die. Older adults are also at increased risk of frailty and frailty-related decline as a result of SARS-CoV-2 infection as well as public health interventions designed to slow its spread (e.g., social isolation, care avoidance, etc.).

Early case finding and targeted interventions can slow or reverse the progression of frailty for older adults living in community^{2,3}.

And, with an increasingly robust evidence base, a suite of efficient and effective workflows and clinical tools (including those that may be effective for delivering high quality care for older adults virtually), it is timely to improve frailty care for older adults.

¹ Frailty Matters. *Canadian Frailty Network* <https://www.cfn-nce.ca/frailty-matters/>.

² Puts, M. T. E. *et al.* Interventions to prevent or reduce the level of frailty in community-dwelling older adults: a scoping review of the literature and international policies. *Age Ageing* **46**, 383–392 (2017).

³ Ng, T. P. *et al.* Nutritional, Physical, Cognitive, and Combination Interventions and Frailty Reversal Among Older Adults: A Randomized Controlled Trial. *Am. J. Med.* **128**, 1225-1236.e1 (2015).

Seeking primary care sites interested in leading frailty care improvements

The Canadian Foundation for Healthcare Improvement (CFHI) – in partnership with Ideate Group and the Centre for Collaboration, Motivation, and Innovation (CCMI) – is seeking primary care sites interested in testing and implementing practice changes leading to frailty care improvements.

Participants can expect to receive:

- Up to 9 months of virtual **one-on-one practice support** to help with testing and implementation
- Technical assistance for **EMR optimization** to support care for older adults and frail patients
- Support to identify **local community resources** for frail older adults and caregivers
- Access to a network of **peer support** from practices across Canada
- A **toolkit** of curated resources for frailty care tailored to the primary care setting that include relevant adaptations for the COVID-19 pandemic
- Flexible expectations as the pandemic continues to evolve and affect our work

Participants will be expected to:

- Begin participation anytime before October 2020
- Meet virtually with a practice facilitator at least monthly
- Test and implement evidence-based strategies for improving frailty care
- Collect and share 4-8 quality indicators monthly (no patient level data will be shared or requested)
- Provide feedback to support shared learning for all sites

Note: Given the burden of the COVID-19 pandemic on primary care, we appreciate that a practice's ability to participate may fluctuate. Practice facilitators are committed to working with you to ensure the pace of effort suits your capacity and available during this unpredictable time.



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