

January 2023

# Frailty Network News

If you wish include any items in our next circulation, please contact



frailtynetwork@hscni.net

*Frailty is everybody's business*

Join the NI Frailty Network – email your contact details to [frailtynetwork@hscni.net](mailto:frailtynetwork@hscni.net)

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## Welcome to the new Frailty Network News e-zine!

Now that our website is up and running we will be sharing our monthly Frailty Network News e-zines in the 'News' section of our website.

Please follow the link below to our website:

[Frailty Network | Frailty Network \(hscni.net\)](http://frailtynetwork|hscni.net)

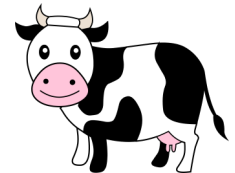
**\*\*We appreciate any feedback/comments you may have on our new website and would love to hear from you if you have any upcoming events or items you want posted on the website, so please email us at**

[frailtynetwork@hscni.net](mailto:frailtynetwork@hscni.net)

## Effects of providing extra dairy foods in Care Homes: An Interview with Dr Sandra Iuliano & Prof David Armstrong

On behalf of the European Milk Forum, which includes the Dairy Council for Northern Ireland, Professor David J Armstrong interviewed Dr Sandra Iuliano about her study providing extra dairy foods to older people in residential care.

Dr Iuliano and colleagues found that providing extra dairy foods, such as milk, cheese and yogurt, to care home residents in Australia over two years was associated with a 33% reduction in all fractures, a 46% reduction in hip fractures and an 11% reduction in falls.



To watch the interview and read more about the study please follow the link below:

[Interview with Dr Sandra Iuliano and Prof David J Armstrong | Dairy Council, Northern Ireland](#)

## Trinity College Dublin Upcoming Frailty Courses

Trinity College Dublin have some exciting upcoming Frailty modules/courses:

- ◆ **Assessment and Management of Frailty in Ageing Adults (Stand Alone Online)**- This stand alone module will be delivered online and the closing date for applications is the end of June 2023. [Standalone Frailty Module - School of Medicine - Trinity College Dublin \(tcd.ie\)](#)
- ◆ **Advanced Ageing and Frailty Studies (Postgraduate Certificate)**- This course is one year part-time and will be delivered online. The closing date for applications is 8th July 2023. [Advanced Ageing and Frailty Studies \(P.Grad.Cert\) - Courses | Trinity College Dublin \(tcd.ie\)](#)

## Dates for your Diary!



**23rd February 2023 (2.00-3.30pm):** 'Falls prevention innovation: thinking differently along the patient journey'- Free online event. [Falls prevention innovation: thinking differently along the patient journey Tickets, Thu 23 Feb 2023 at 14:00 | Eventbrite](#)

**16th March 2023 (12-1.30pm):** 'Polypharmacy: Getting the balance right. Understanding the data'- Free online event. [The AHSN Polypharmacy Programme: Getting the balance right Tickets, Multiple Dates | Eventbrite](#)

## What have we been working on?



- **NHS Benchmarking Audit – Managing Frailty in the Acute Setting**

The Managing Frailty in the Acute Setting project focuses on the pathway of older people through secondary care, from assessment in the emergency department, to inpatient wards, and supported discharge. During the summer of 2022 our 5 Trusts committed to participating in this project and worked hard to ensure the necessary data was collected. This has been validated and reported and will benchmark NI Hospitals with other parts of the UK. Each Trust will be holding a workshop over the next 2 months to review their own data and develop plans for areas they wish to focus on going forward. You can read more about this project at [Acute sector — NHS Benchmarking Network](#)

- **Living Well**

Living Well is a community-based pharmacy service offered in over 500 pharmacies across Northern Ireland. It is delivered in partnership with the Public Health Agency (PHA), Community Pharmacy NI (CPNI), and the Department of Health (DoH). During February and March 2023, the focus will be on promoting physical activity in the 50+ age group to support healthy ageing. This links well to the findings of our health economics research (see below). We will update on this programme in a later edition. You can read more about this at [Living Well: Live longer and stronger ageing well campaign | HSC Public Health Agency \(hscni.net\)](#)

- **Health Economist**

We have engaged a health economist to work on the development of an economic model for Frailty in Northern Ireland. This will look at lots of evidence and give us a clearer understanding of what the most cost effective interventions are to prevent, reverse or hold back Frailty. The findings have pointed us towards having a greater focus on nutrition and physical activity. We will be working to scope out existing services across all sectors to help us get a better understanding of what is currently available and identify any gaps. You can watch the presentation of the findings of the Health Economist team at [Frailty Conference 2022 | Frailty Network \(hscni.net\)](#)

- **Education**

In December 2022 we tested the Fundamentals of Frailty education programme with the current cohort of Advanced Nurse Practitioner trainees at Ulster University. 30 participants attended and the feedback was very positive. We are now working to develop a plan to further roll this training out across health and social care and other sectors.

- **Falls in Care Homes**

The Falls Pathway for care Homes in NI has been a co-created Pathway, led by the Frailty Network through the Enhancing Clinical Care Network. We are delighted to say that the Post Falls management Guideline was disseminated to all Care Homes in NI before Christmas of this year. We are currently working on getting the other parts of the pathway out to help make a difference for residents and staff in our Care Homes. We were also delighted to be overall winners in the HSCQI Care Home Awards category this year. Moving forward we are looking at how we can support the spread, scale and sustainability of the this Pathway.

## *Frailty: Understanding the Difference between Age and Ageing*

The Age and Ageing Journal (British Geriatric Society) have shared an article highlighting that the 'frailty' concept recognises a difference between age and ageing.

The article outlines that previously, illness was often viewed as an inevitable outcome of old age, however now we understand that there is a difference between age (the passing of chronological time) and ageing (the increased risk of adverse outcomes over time).

Also covered in the article is how frailty informs policy and clinical practice, frailty measurement and management and how increased financial investment would accelerate progress of frailty research.

To read the article please follow this link: [Age and Ageing journal 50th anniversary commentary series Frailty: understanding the difference between age and ageing \(silverchair.com\)](https://www.silverchair.com/age-and-ageing-journal-50th-anniversary-commentary-series-frailty-understanding-the-difference-between-age-and-ageing)

## **Healthy Ageing Calendar 2023!**



Together with the Public Health Agency and the Age Friendly Network NI, Age NI has launched its healthy ageing calendar for 2023, which is being distributed to over 50,000 older people across Northern Ireland.

This year's focus is on moving more to live more, emphasising the importance of physical activity for both physical and mental wellbeing.

For more information or if you or a loved one aged 65+ would like to request a copy, follow this link: [Healthy Ageing Calendar 2023 | Age NI](#)

## *Global Intergenerational Week UK Launch Event*

Join Linking Generations NI and UK partners on February 14th (2-3pm) for the launch of Global Intergenerational Week 2023.

For more information and to register for this FREE online event please follow this link: [Global Intergenerational Week UK Launch Event – Linking Generations NI](#)



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