

February/March 2023

# Frailty Network News

If you wish include any items in our next circulation, please contact [frailtynetwork@hscni.net](mailto: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)

## ***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|FrailtyNetwork(hscni.net))

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### ***Dates for your Diary!***

- **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](#)
- **20th April 2023:** British Geriatric Society NI Spring Meeting. This in-person meeting will be held in the Dunadry Hotel, Antrim and will cover the latest scientific research and the best clinical practice in care of older people. [2023 NI Spring Meeting | British Geriatrics Society \(bgs.org.uk\)](#)

## 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 \(tcd.ie\)](https://www.tcd.ie/Medicine/Undergraduate/Courses/Stand-alone%20Frailty%20Module)
- ◆ **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 \(tcd.ie\)](https://www.tcd.ie/Postgraduate/Courses/Advanced%20Ageing%20and%20Frailty%20Studies%20(P.Grad.Cert))

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## Wessex Comprehensive Geriatric Assessment (CGA) toolkit

Launched in 2022, the Wessex CGA toolkit contains a suite of accessible co-produced resources to support the delivery of comprehensive geriatric assessment. It aims to help develop a best practice approach for delivering a comprehensive geriatric assessment for individuals, putting them, their families and carers at the heart of care provision.

### ***Who is this toolkit for?***

This toolkit is intended for use by clinical colleagues within the MDT.

It can be used in:

- Geriatric and non-geriatric settings
- Primary care, secondary care and within the community setting

For more information and to view the toolkit please follow this link: [Wessex Comprehensive Geriatric Assessment \(CGA\) toolkit \(wessexahsn.org.uk\)](https://www.wessexahsn.org.uk/Wessex-Comprehensive-Geriatric-Assessment-(CGA)-toolkit)

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## All Ages April- Open for Applications



Linking Generations  
Northern Ireland

Linking Generations NI are delighted to announce the launch of All Ages April Intergenerational Small Grants scheme!

These small grants are £125 and are perfect for schools, care homes, community groups, youth groups etc.

Applications are open from 1st February 2023 and submission closes 28th February at 12 noon. For more information and to download the application form follow this link: [All Ages April 2023 – Linking Generations NI](https://www.linkinggenerationsni.org.uk/all-ages-april-2023)

## ***Building resilience and reversing frailty: a randomised controlled trial of a primary care interventions for older adults***

In primary care, there is a need to provide person-centred interventions that help older people combat frailty and build resilience, but evidence is lacking especially in those who have pre-frailty or mild frailty.

The objective of this study was to study the effectiveness of an optimised exercise and dietary protein intervention. This study utilised a randomised control trial methodology to measure effectiveness of an intervention of exercises, emphasising strength, and dietary protein in six primary care practice in Ireland.

Results indicated that a combination of exercises and dietary protein significantly reduced frailty and improved self-reported health.

To view the complete research paper, please follow this link: [Building resilience and reversing frailty: a randomised controlled trial of a primary care intervention for older adults \(silverchair.com\)](https://www.silverchair.com/building-resilience-and-reversing-frailty-a-randomised-controlled-trial-of-a-primary-care-intervention-for-older-adults)

Travers, J., Romero-Ortuno, R., Langan, J., MacNamara, F., McCormack, D., McDermott, C., McEntire, J., McKiernan, J., Lacey, S., Doran, P. and Power, D., 2023. Building resilience and reversing frailty: a randomised controlled trial of a primary care intervention for older adults. *Age and Ageing*, 52(2), p.afad012.

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## **An Introduction to Age-friendly Communities**

Learn about the World Health Organisation Age-friendly Communities framework and what can be achieved through becoming one. An Age-friendly Community is a place where people of all ages are able to live healthy and active later lives. These places make it possible for people to continue to stay living in their homes, participate in the activities that they value, and contribute to their communities.

This webinar is designed for:

- People who want to learn more
- People who are interested in taking the first step in making their place Age-friendly
- New members or partners of exiting Age-friendly Communities

For more information or to sign up please follow this link: [An introduction to Age-friendly Communities | Centre for Ageing Better \(ageing-better.org.uk\)](https://www.ageing-better.org.uk/an-introduction-to-age-friendly-communities)



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