

Frailty is Everyone's Business

Free Education and Resources for Everyone



Frailty can make it much more difficult to recover from even minor illness or injury which can have a significant impact on an individual's life, often leading to poorer outcomes such as frequent hospital admissions, higher dependence levels and increased mortality. Therefore it is vitally important that everyone understands how to identify Frailty and what to do next to improve outcomes and quality of life.

The NI Frailty Network believes that Frailty is Everyone's Business. To improve understanding and knowledge, we are sharing a range of free resources to provide education and support for all. The information below will help determine which level of training you require.



Health Education England

The Health Education England "Frailty FTY" e-learning programme is split into 3 Tiers as follows:

Tier 1 is aimed at the general public, third sector staff, porters, security staff, reception staff in primary, secondary and community services. The Tier 1 learning module provides an awareness and understanding of what frailty is; how it is identified; frailty management and support available.

Tier 2 is split into 2a and 2b. This is because the breadth of the workforce included requires a wide-ranging skill set. The concept of 2a and 2b was created to ensure that the information is tailored to the right level depending on professional role and work setting.

Tier 2a - This includes but is not limited to:

- First responders such as NI Ambulance Service, St Johns Ambulance service, Good Samaritan volunteers, Community First Responder services
- Rapid response workforce such as rapid response nurses, community matrons, rapid response allied health professionals and pharmacists
- Care navigators
- Unregistered healthcare staff at band 2 to band 4
- Doctors in emergency departments
- Care home staff
- Band 5 and lower band 6 registered nurses in emergency services and same day emergency services
- Pharmacist technicians
- Nursing associates
- Physician associates
- General practitioners
- Community and social services staff
- Commissioners or Managers who wish to enhance learning on Frailty

Tier 2b - This level of training is for health and social care staff and others who are working in emergency departments and acute frailty services. This includes but is not limited to:

- GPs working in emergency departments
- Surgical and anaesthetic staff working with older adults living with frailty who present to emergency, urgent & elective services
- Consultant physicians
- Acute care social workers
- Same day emergency care workforce
- Registrars and senior grade doctors in emergency departments
- General Practitioners with a Specialist Interest in Older Adults / Frailty
- Senior band 6 and 7 registered Nurses
- Occupational therapists, physiotherapists, speech and language therapists, and dieticians
- Band 7 and 8 pharmacists
- Emergency department advanced nurse practitioners
- Medical specialists (eg. Oncology & Renal)
- Acute frailty practitioners

We do not expect you to complete all 3 tiers but to choose the course that most meets your needs and role expectations. You will need to register first to access the training – this will only take a minute with basic contact details. Please scan the QR code to access the site.

Once you have registered and determined which Tier is most appropriate for your needs, you can commence the Frailty (FTY) programme and select the required tier.



You may also wish to explore the following free resources:

e-Learning Module for use of the Clinical Frailty Scale (Rockwood)



Copy of the Clinical Frailty Scale (Rockwood)



For more information or to join the NI Frailty Network – email us on frailtynetwork@hscni.net