

Towards making Ireland the best place in the world to grow old

**Frailty Education
&
The Irish Longitudinal Study on Ageing (TILDA)**

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www.tilda.ie

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The Irish Longitudinal Study on Ageing

2019

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The National Frailty Education Programme

A partnership between TILDA and the National Clinical Programme for Older People (NCPOP)

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A Collaborative Approach

The Irish Longitudinal Study on Ageing (TILDA) aims to make Ireland the best place in the world to grow old

The National Clinical Programme for Older People (NCPOP) is a joint initiative between the Directorate of Clinical Strategy and Programmes of the Health Services Executive and the Royal College of Physicians of Ireland. It is the health services response to the increasing numbers and special needs of older people accessing healthcare

This collaboration facilitates the translation of research to practice

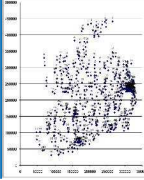
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**Health
Wealth
Happiness**

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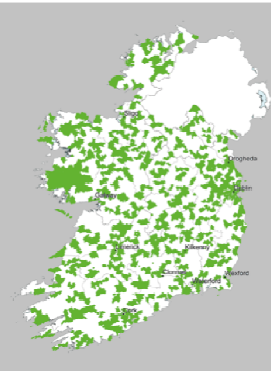


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**8,504
Participants
50+**

Sample Design

- Sampling frame based on Irish Geodirectory
- 25,600 houses visited
- 8,504 community-dwelling adults
= 62% Response Rate



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TILDA: Data Collection

Computer-Assisted Personal Interview in the home (CAPI)



Self-Completion Questionnaire (SCQ)



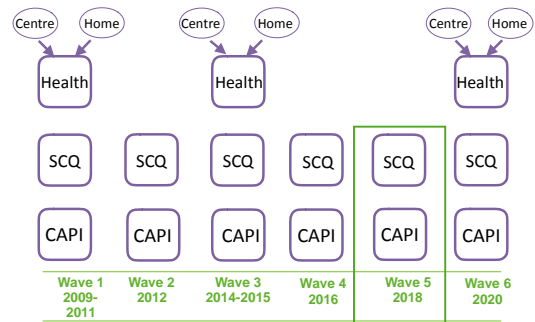
Health Assessment at Trinity College Dublin

Or

Health Assessment (Home)



TILDA: Longitudinal Design



CAPI: computer-assisted personal interview; SCQ: self-completion questionnaire; Health: TILDA health assessment

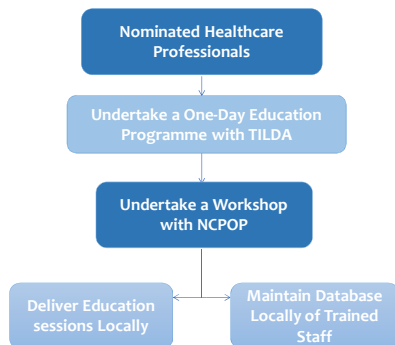
Interview and Questionnaire Data

Health	Economic	Social
<ul style="list-style-type: none"> Physical health Cognitive health Mental health Behavioural health Medications 	<ul style="list-style-type: none"> Employment situation Job history Planning for retirement Sources of Income House ownership Other assets Healthcare utilisation Literacy (financial, health) 	<ul style="list-style-type: none"> Household circumstances Demographics Transfers to Children Transfers to Parents Social connectedness Activities of daily living and helpers Expectations Transport

Health Assessment Data

Cognitive	Cardiovascular	Mobility	Vision	Anthropometric / other
<ul style="list-style-type: none"> Mini-Mental State Examination (MMSE) Montreal Cognitive Assessment (MOCA) Sustained Attention to Response Task (SART) Picture memory test National Adult Reading Test (NART) Visual reasoning Choice reaction time Colour trails test Depressive symptoms State anxiety 	<ul style="list-style-type: none"> Pulse wave velocity Sitting & standing blood pressure Phasic blood pressure Heart rate variability Cerebral perfusion Respiration 	<ul style="list-style-type: none"> Timed Up-and-Go Repeated chair stands GAITrite assessment Usual speed Maximum speed Dual task 	<ul style="list-style-type: none"> Visual acuity Contrast sensitivity Macular pigment density Retinal photograph Multisensory integration (SHAMS) 	<ul style="list-style-type: none"> Height Weight Waist & hip circumference Grip strength Heel ultrasound Blood samples Hair samples Accelerometry MRI Oral health assessment

Frailty Education Methodology



Recognising Frailty: Insights from TILDA

Study Day Schedule

Time	Topic/content
09:30	Registration & welcome
10:00	Section 1: Understanding & Recognising Frailty
11:00	Coffee
11:20	Section 2: TILDA: An overview of study design and data collection & Health Centre tour
13:10	TILDA -Research on Ageing & Frailty
13:30	Lunch
14:00	Section 3: Interactive workshop - Frailty Assessment Tools: Cognitive and Depression tests
15:00	Interactive workshop - Frailty Assessment Tools: Grip test & Gait tests
15:40	Questions & Evaluation
16:00	End

Recognising Frailty: Insights from TILDA

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1. Understanding & Recognising Frailty: definitions, models, interventions and prevention

2. TILDA: an overview of the study design and data collection & Health Centre tour
TILDA Research: relevant to frailty

3. Frailty Assessment Tools: an interactive workshop session: Cognitive (MoCA) and Depression tests (CES-D), Grip strength test & Timed Up and Go (TUG) test

TILDA Frailty Education Day

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To date 280 Inter-Professional Practitioners have attended TILDA

Opportunities to Share and Network....

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Frailty Education Methodology

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National Frailty Education programme

Education Working Group
Education resource pack and handbook

To 1,800 Health Care Professionals (to date)

Fundamentals of Frailty Programme

Delirium Continec Polypharmacy Falls Cognition CGA

A Collaborative Approach

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The National Frailty Education Programme

Aims to provide healthcare professionals with an enhanced understanding of frailty and frailty assessments, thereby ensuring earlier recognition of frailty, improved healthcare management, and better health outcomes for frail older adults

Frailty Education Networks

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Frailty Facilitators Networks

1. Donegal/CHO 1
2. Sligo & Leitrim/CHO 1
3. Mayo General Hospital/CHO 2
4. University Hospital Galway/CHO 2
5. Wexford General Hospital/CHO 5
6. University Hospital Waterford/CHO 5
7. Roscommon University Hospital/CHO 2
8. Portlinculla Hospital Ballinasloe/CHO 2
9. South Tipperary General Hospital/CHO 5
10. Carlow & Kilkenny/CHO 5
11. Mercy University Hospital/CHO 4
12. Cork University Hospital/CHO 4
13. Dublin North/CHO 9
14. St Vincents Hospital Group/CHO 6
15. Our Lady's Hospital Navan/CHO 8
16. Mullingar Regional Hospital/CHO 8
17. Kerry University Hospital/CHO 4
18. Bantry General Hospital/CHO 4

Framing Frailty: A Step toward Positive Ageing Summit

December 6th 2018, Dublin Castle

Hosted by The Office of Nursing and Midwifery Services services Director, Health Service Executive and the National Clinical Programme for Older People, in collaboration with TILDA and the Health and Social Care Professions Office

CERTIFICATES OF EXCELLENCE AWARDED TO FRAILTY FACILITATOR NETWORKS

- SAOLTA UNIVERSITY HOSPITAL GROUPS & CHO 1 + 2
- SOUTH/SOUTHWEST HOSPITAL GROUPS & CHO 5
- IRELAND EAST HOSPITAL GROUPS & CHO 5, 6, 8, 9

The National Frailty Education Programme

A partnership between TILDA and the National Clinical Programme for Older People (NCPop)



Thank You

TILDA Core Funders

An Roinn Sláinte
DEPARTMENT OF HEALTH

HRB Health Research Board

The ATLANTIC Philanthropies

Irish Life

Additional Funders

HRB Health Research Board

ENTERPRISE IRELAND
where innovation means business

NIH National Institutes of Health

afar american federation for aging research

CARDI Centre for Ageing Research and Development in Ireland

Department of Agriculture, Food and the Marine
An Roinn Talmhaíochta, Bia agus Mara

HORIZON 2020

RSA Udarás Um Shábháilteacht Ar Bhóthar Road Safety Authority