






The Irish Longitudinal Study on Ageing


Translating Research into Meaningful Clinical Practice

Mary O' Shea
TILDA Research Nurse


The National Frailty Education Programme

A partnership between
The Irish Longitudinal study on Ageing (TILDA)
and
the National Clinical Programme for Older People (NCPOP)



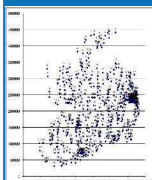
Translating Research into Practice

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




The Irish Longitudinal Study on Ageing

Health Wealth Happiness



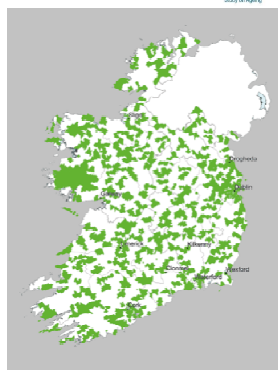
www.tilda.ie



The Irish Longitudinal Study on Ageing


Sample Design

8,504
Participants
50+




TILDA: Data Collection

Computer-Assisted Personal Interview in the home (CAPI)




Self-Completion Questionnaire (SCQ)




Health Assessment at Trinity College Dublin

Or

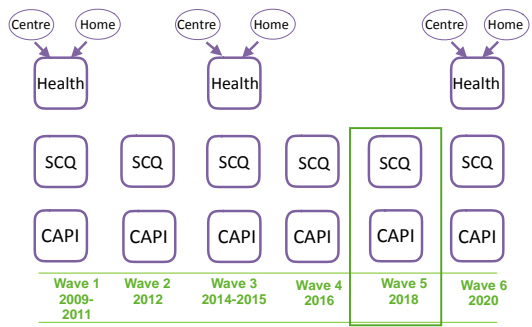
Health Assessment (Home)





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TILDA: Longitudinal Design



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

Interview and Questionnaire Data



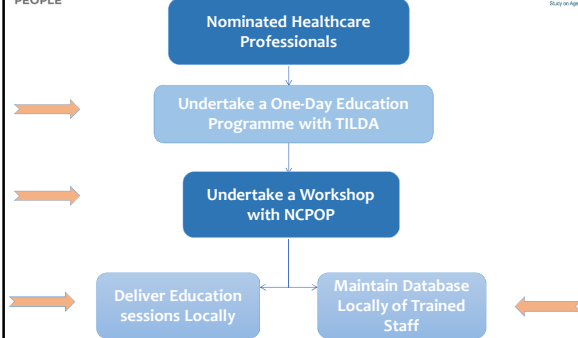
Health	Economics	Social
<ul style="list-style-type: none"> Physical health Cognitive health Mental health Behavioural health Medications 	<ul style="list-style-type: none"> Employment situation Job history Planning for retirement Sources of Income House ownership Other assets Healthcare utilisation Literacy (financial, health) 	<ul style="list-style-type: none"> Employment situation Job history Planning for retirement Sources of Income House ownership Other assets Healthcare utilisation Literacy (financial, health)

Health Assessment Data

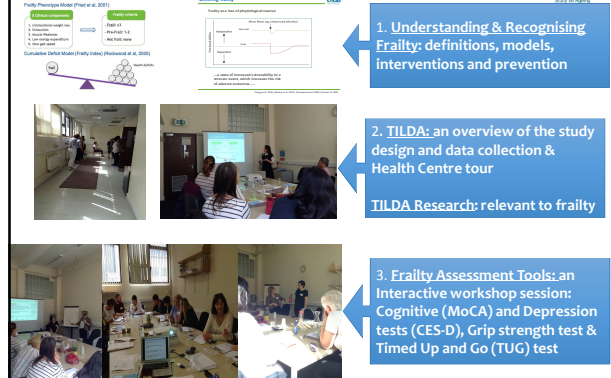


Cognitive	Cardiovascular	Mobility	Vision	Anthropometric / other
<ul style="list-style-type: none"> Mini-Mental State Examination (MMSE) Montreal Cognitive Assessment (MOCA) Sustained Attention to Response Task (SART) Picture memory test National Adult Reading Test (NART) Visual reasoning Choice reaction 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 Accelerometry MRI Oral health assessment

Frailty Education Methodology



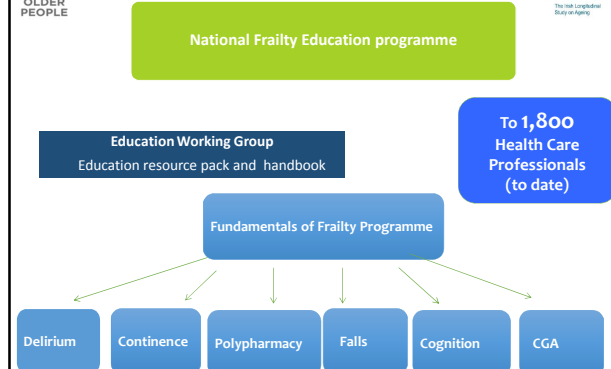
Recognising Frailty: Insights from TILDA



TILDA Frailty Education Day



Frailty Education Methodology



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A Collaborative Approach

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

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Frailty Education Networks

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. Portlincula 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

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Framing Frailty: A Step towards 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

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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

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The National Frailty Education Programme

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Beyond the Ripple.....

A New Care Paradigm for Older People living with Frailty

Today	Tomorrow
'The Frail Elderly' (i.e a label)	'An older person living with frailty' (i.e long-term condition)
Presentation late and in crisis (e.g delirium, falls, immobility)	Timely identification for preventative, proactive care by personalised care and support planning
Hospital based: episodic, disruptive and disjointed	Community based: person centred, co-ordinated care and support

Young J. (2014) A primary care based model for frailty. Kings fund presentation

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