



# INSTITUTE OF AGEING & HEALTH - WEST MIDLANDS e-NEWSLETTER



December 2024



Dear Member

## ***Season's Greetings to you ALL***

Another busy and productive year for the Institute of Ageing and Health, West Midlands, we held an education workshop focusing on the role Allied Healthcare Professionals (AHPs) in supporting an ageing population at Birmingham City Football Club (see report below) and have awarded our first research grant (see more information below). We also welcomed Seema Gudivada as a new Trustee.

Our focus over the last year was to become more inclusive of our AHP colleagues, through the delivery of an education workshop exploring their role in supporting an ageing population, but also through welcoming our new Trustee, who is an AHP. Our aim is to be inclusive of the multi-disciplinary team and all of those involved in supporting the health and social care of older people. Please do let us know if you have any further suggestions to enable us to achieve this aim.

Our newsletter also includes information from the Winter Statement from the British Geriatrics Society. However, slightly more important is the inclusion of the second instalment of the history of the Institute of Ageing and Health, West Midlands, which I thank Dr Peter Mayer. Our history is important and needs to be officially recorded, so thank you Peter for taking on this role.

Our blessings and good wishes for an enjoyable healthy and successful festive season and New Year.

Professor Joanne Brooke - Chair



## The role of AHPs in supporting an ageing population

On the 10<sup>th</sup> September 2024 a day of engaging sessions was delivered in collaboration with the Institute of Ageing and Health, West Midlands and the Birmingham and Solihull Integrated Care System, who were represented by the Chief AHP Group. The day explored the development of AHP roles to support older people, how AHPs were engaged in the development and design of services for older people, and how AHPs provide effective and preventative care to support older people to live well for longer.



The day was attended by current and aspiring AHPs, as well as support staff from both hospital and community settings. There was an active interest in all the presentations and discussions by all present.

The day would not have been possible without the support from our colleagues from Birmingham and Solihull Integrated Care System Chief AHP Group, with our new Trustee Seema Gudivada at the helm.



An enjoyable day was had by all, the setting of the Birmingham City Football Club was just a bonus. Both presentations and World Café discussions, supported the engagement of all those who attended.

Comments from some attendees:

*All parts of the event were valuable, but the most valuable part for me was from the perspectives of Solihull and Birmingham councils.*

*A great multi-disciplinary approach to the presentations.*

*It was all interesting but learning about falls is of particular interest to me.*

*Learning about different ideas of how to work with people living with dementia.*

*Prevention through thinking ahead, focusing on promoting eat dress move, MOT of equipment, and remember to take time to listen and not jump in.*



## Our first research grant award

The first application for a research grant was received and awarded this year, which is a great milestone for the Institute of Ageing and Health, West Midlands. Dr Bernie Keenan, from Birmingham City University has been awarded £5,000 to complete the following research project:

*The evaluation of CAIT (Communication and Interactive Training) to increase the knowledge and confidence of nursing staff working with people with cognitive problems in the acute general hospital setting.*

Congratulation to Dr Keenan for being awarded this award, we look forward to hearing and publishing the results in the coming year. If you are interested in completing a small or pilot research project, please do not hesitate to contact me, and I will provide you with the necessary information to complete an application.

Professor Joanne Brooke

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## News from the British Geriatrics Society (BGS)

The BGS promote the need for:

- An end to the divide between health and social care.
- Increased investment in health and social care for older people.
- Access to comprehensive geriatric assessment, personalised care plans for treatment and follow-up for all older people with frailty, dementia, complex and multiple and long-term conditions.
- The building of greater capacity in intermediate care.
- Staff across all care sectors to develop competencies in the management of older patients. Measures of care to focus on what matters most to older people and their families.

The BGS is delighted to announce that Lyndsey Dunn has been appointed as the next Chair of the BGS Nurse and AHPs Council. She will officially take up the role on 15 November 2024.

The BGS is also delighted to announce Dr Amit Arora has won the election to be its next President Elect. Dr Arora will officially take up the role during the BGS Autumn Meeting on 20 November 2024 and will become President himself from November 2026. Dr Arora is the creator of the highly successful deconditioning awareness and prevention campaign 'Sit Up, Get Dressed and Keep Moving!'. Last year he led a follow-up campaign,



‘Recondition the nation’. Both campaigns have been adopted by hospitals across the UK and abroad. He is credited with rejuvenating the term ‘deconditioning’ to describe the functional decline experienced by older people when they are not physically active, due to illness or disability.

BGS winter statement - copy and paste the link below

[https://www.bgs.org.uk/sites/default/files/content/attachment/2024-10-23/Winter%202024-25\\_Time%20to%20act%20for%20older%20people.pdf](https://www.bgs.org.uk/sites/default/files/content/attachment/2024-10-23/Winter%202024-25_Time%20to%20act%20for%20older%20people.pdf)

## History of the Institute of Ageing and Health, West Midlands

### Episode 2: The first publications of the Institute:

The title and the first publications were reports from the ‘Symposia on Geriatric Medicine’ and the editor was Dr R.D.T. Cape, the first four volumes were reports from the symposiums held from 1972 to 1977.

Volume 1 was dedicated to Joseph H. Sheldon CBE MD LLD FRCP the first patron of the Institute who died in June 1972. Professor Ferguson Anderson, The UK’s first Professor of Geriatric Medicine opened with “The Preventive Aspects of Geriatric Medicine” a topic so relevant today. This was followed by the history of the speciality locally and in the UK. Dr L Nagley discussed how he started with 2 doctors and 1350 patients. The Institute’s membership was not restricted to professional geriatricians since many others contributed to the improvement in care of the elderly in the region.

R.W. Parnell raised the concept that the community should be the drivers, and that health and local authority boundaries should be coterminous. David Hall, a gerontologist emphasised the importance of research. These issues are still the basis of discussion 60 on. Topics also included in this first publication highlighted the need for early recognition of disease in older people and the role of health visitors “Valuable in my clinical practice -where are they now?” and the role of the General Practitioner which we now widen to primary and community care.

Volume 2 (1973) – the report from the symposium included a range of healthcare professionals though still predominantly medical professionals, except for a Mr. R. Harvey a lawyer from the Birmingham Council for Old People. I also noted that our patients were still geriatric. I note that D. M. Fleming who became my G.P. looking at what was a predominantly long stay service suggested that our patients and their next of kin should complete a consumer questionnaire and that mixed sex wards should be introduced!! Miss Norton involved in nursing research emphasised that in the process of growing old human rights do not diminish only the ability or means to exercise them. A prize essay competition for nurses was promoted.



Volume 3 (1974) – the report from the symposium identified speakers from different healthcare backgrounds, not just medicine, and introduced Professor Brocklehurst from Manchester in a section on Urinary Incontinence. Dr Cape in his editorial emphasised the importance of Gerontology the ever-present need for teamwork, health care planning and the importance of the 2<sup>nd</sup> prize essay competition for nurses. He noted the controversy as to the need for a separate speciality of Geriatrics, the use of the term “bed blocking” and respectability was enhanced by having associated academic departments which had just been agreed for Birmingham (the 8<sup>th</sup> in the UK). He noted that the British Geriatrics Society had a symposium on Education that year.

Volume 4 (1977) – identified major changes had occurred in the arrival of Bernard Issacs as the first Professor and the loss of Dr Cape to become a Professor in London Ontario Canada. My personal view at the time was mixed as Professor Cape had been my mentor and later in 1988 my host for my Churchill Fellowship at the National Institute of Ageing in Melbourne Australia. With continued funding for the Institute from the Hayward Foundation and the NHS Area and Region the focus changed to developing multidisciplinary education in “geriatrics” and a part time education Officer was appointed.

*Author: Dr Peter Mayer – President*

### **Publish your work in our current journal**

Please do consider publishing your current work, within our current journal, information can be found on our website below, or please contact our editor as below:

Dr Bernie Keenan

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Website: <https://iah-wm.co.uk/journal-of-the-iah-wm>

