

**With
Jacqui
Holmes**

Fighting Frailty and Deconditioning in the Acute Inpatient Setting

Duration: 7.5 hr
Date: 22nd January 2025
Format: Online
Fee: £120



Lecturer
Jacqui Holmes (Operational Lead for Inpatient
Physiotherapy)

Overview:

This Fighting Frailty and Deconditioning course is accessible for all registered healthcare professionals who are looking to develop their knowledge and understanding of frailty and deconditioning in the acute inpatient setting. Frailty is a clinical state characterised by heightened vulnerability to adverse health outcomes as a result of physiological decline in multiple organ systems. Older adults with frailty are less resilient to external stressors such as illness and injury. Globally, with an ageing population, there is an increasing recognition of frailty as a public health priority. In addition, frail older adults are at a higher risk of acute deconditioning when in hospital. Deconditioning syndrome is the condition of physical, psychological and functional decline that occurs as a result of complex physiological changes induced by prolonged bed rest and associated loss of muscle strength. This can result in associated harms and increased length of stay for patients.

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The aim of this course is to enhance your skills to assess, manage, prevent the progression of and, in some cases, reverse frailty and deconditioning for older adults in hospital. The course will also include case studies, clinical discussion and examples of evidence based practice to enrich your learning and empower you to consider ways to fight frailty and deconditioning in the acute setting.

Course Outline

- To be able to define frailty and acute deconditioning
- To develop a greater understanding of the pathophysiology of frailty and sarcopenia
- To enhance skills in screening for and managing frailty in the acute setting, including how and why to use Comprehensive Geriatric Assessment
- To understand the impact of hospital acquired deconditioning on frail older adults
- To consider ways in which you can adapt, change or enrich your practice to better manage and prevent the progression of frailty and deconditioning in acute settings

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Registration requirement:

This course is designed for healthcare professionals who are looking to develop their knowledge and understanding of frailty and deconditioning in the acute setting.

PROGRAMME

9.00 - 17.00

08.50 - 09.00 Registration and Introduction to the course.

09.00 -10.45 Introduction to Frailty
Pathophysiology of Frailty and Sarcopenia
Frailty models
Frailty syndromes

10.45 - 11.00 Refreshment break

11.00 - 13.00 Frailty Screening tools
Comprehensive Geriatric Assessment (CGA)
Multidisciplinary Team roles and interventions

13.00 - 13.30 Lunch

13.30 - 15.15 Hospital Acquired Deconditioning (HAD)
Managing Frailty & HAD in the Acute Setting

15.15 - 15.30 Refreshment break

15.30 - 16.45 Case Studies and Application (break-out rooms)

16.45 - 17.00 Feedback

17.00 End of Day

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