

Adding Frail screen to AUTOFILL FOR 75+ HEALTH ASSESSMENT in Best Practice May 2024

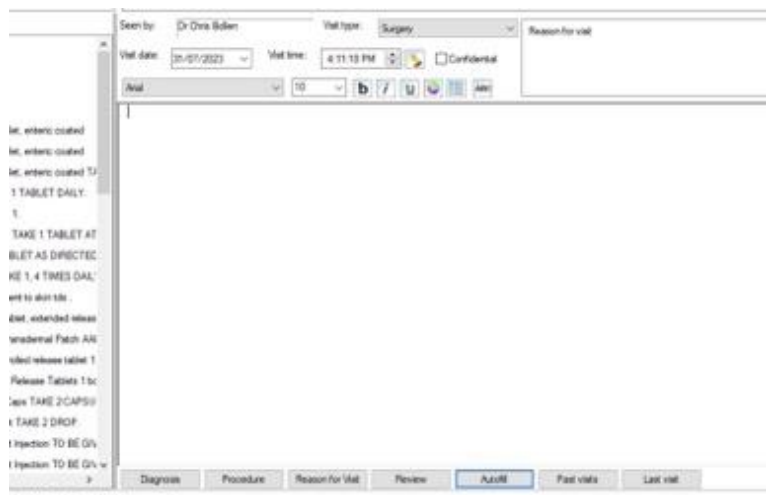
The 75+ health assessment can be improved by:

- adding a FRAIL screening tool
- performing objective assessments of muscle strength such as 4m walking test, grip strength measure with a dynamometer and leg strength test with timed 5 sit to stands
- assessment for risk of malnutrition using the mini Nutritional Assessment <https://www.mna-elderly.com/sites/default/files/2021-10/mna-mini-english.pdf>
- reviewing AIR and check for shingles, COVID and pneumococcal vaccinations
- adding a Kidney Health check (renal function, BP check and urine ACR) (40% of people aged 75+ will have evidence of Chronic Kidney Disease)...date last done and date due
- adding an osteoporosis screening check. Any minimal trauma fracture in past? Y/N. Last Bone mineral Density date.....next due (5 year intervals if no evidence of osteoporosis on previous BMD, and 2 yearly if has established osteoporosis/had minimal trauma fracture)
- checking blood pressure laying and standing to assess for postural hypotension

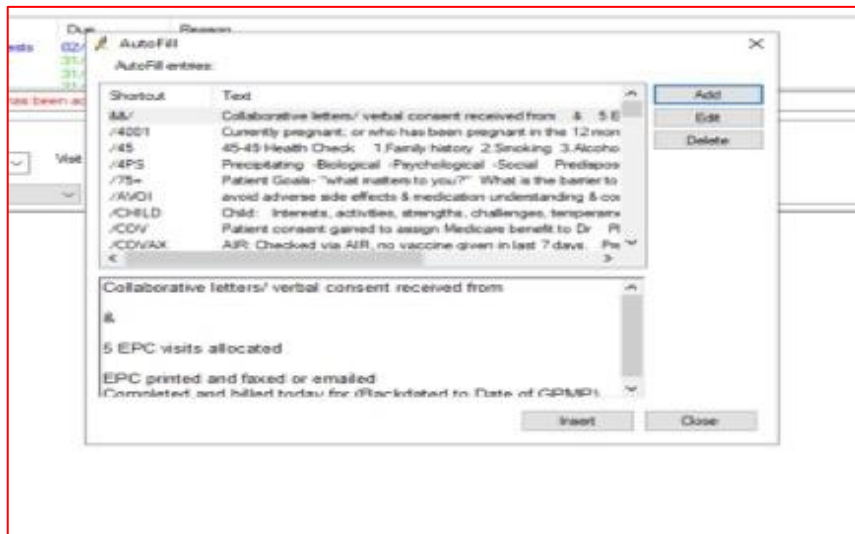
The steps to do this are the create a short cut or "AUTOFILL" know as /FRAIL

The steps are:

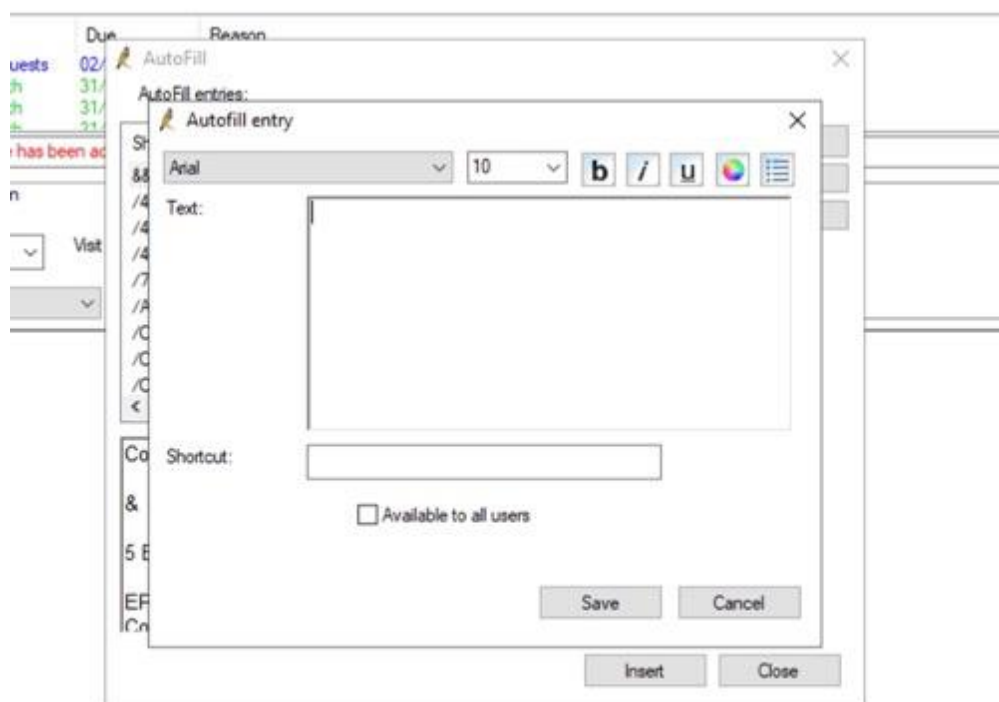
1. Find the Autofill button at bottom of the usual consult entry screen



2. Click on the "Add" button to add a new autofill



3. Then add the required text:



Use the following text to be inserted – “copy and paste” ALL the text in the next section below:

- F - fatigued or tired? yes- 1 point
- R - resistance- difficulty walking a flight of stairs? yes- 1 point
- A - ambulation- difficulty walking around the block (400M)? yes- 1 point
- I - long term illness x5? yes- 1 point

L - unintentional loss of weight 5% in 12 months? yes- 1 point

Frailty Score - /5

If scores 3+ then the person is living with frailty

If scores 1-2, the person is prefrail

Both groups will benefit from:

- Resistance type exercises (home or supervised at least 2 x week to build muscle)
- Increase protein in diet (aim for 1g per KG bodyweight per day and divide over the day for 25-30g of protein per meal)
- Medication review- what can be deprescribed that will improve fatigue, and mobility?
- Daily Vitamin D to improve muscle strength

Ask "What matters": List a person's goals, "bucket list"

Mobility- "how steady are you feeling" rather than how many falls have you had?

Medicines:

- check for any over the counter medications
- offer Home Medication Review
- Checking blood pressure laying and then standing to assess for postural hypotension, which is a common side effect of medications in older people

Malnutrition- check MiniNutritional assessment <https://www.mna-elderly.com/sites/default/files/2021-10/mna-mini-english.pdf>

Sarcopenia assessment: ("**Muscle Health Check**")

(use age related values sheets provided for each muscle check to assess)

- Grip Strength Test- use dynamometer- do twice to give best grip strength on both hands- check the normal values sheet- and mark "Strong" "normal" or "Weak" for age.

- Mobility Test:

the 4M walk test- aim to do in less than 5 seconds

0.6m/sec or less - Seriously Abnormal

0.6m/sec - 1.0m/sec - Abnormal

1.0m/sec - 1.4m/sec - Normal

1.4m/sec or more - Superior

Sit to stand test- using stopwatch on phone, measure how long does it takes to do 5 sit to stands?

(NOTE: if >17 seconds-> increased risk of hip fracture and hospitalisation)

With any person found to be below expected times/strength please recommend resistance exercise program to build strength.

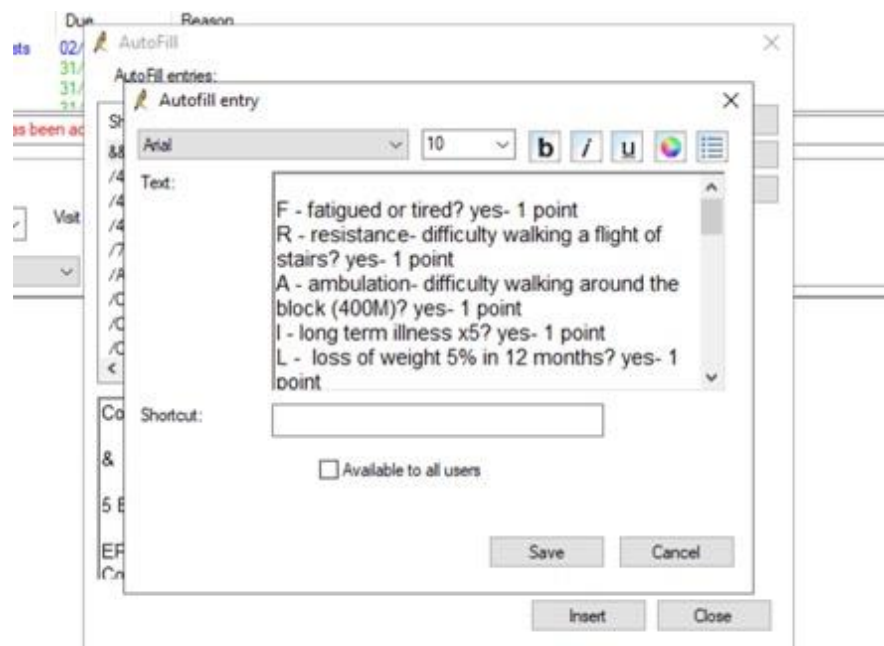
Osteoporosis screening check.

- Any minimal trauma fracture in past? Y/N.
- Last Bone Mineral Density date.....
- BMD next due (5 year intervals if no evidence of osteoporosis on previous BMD, and 2 yearly if has established osteoporosis/had minimal trauma fracture)

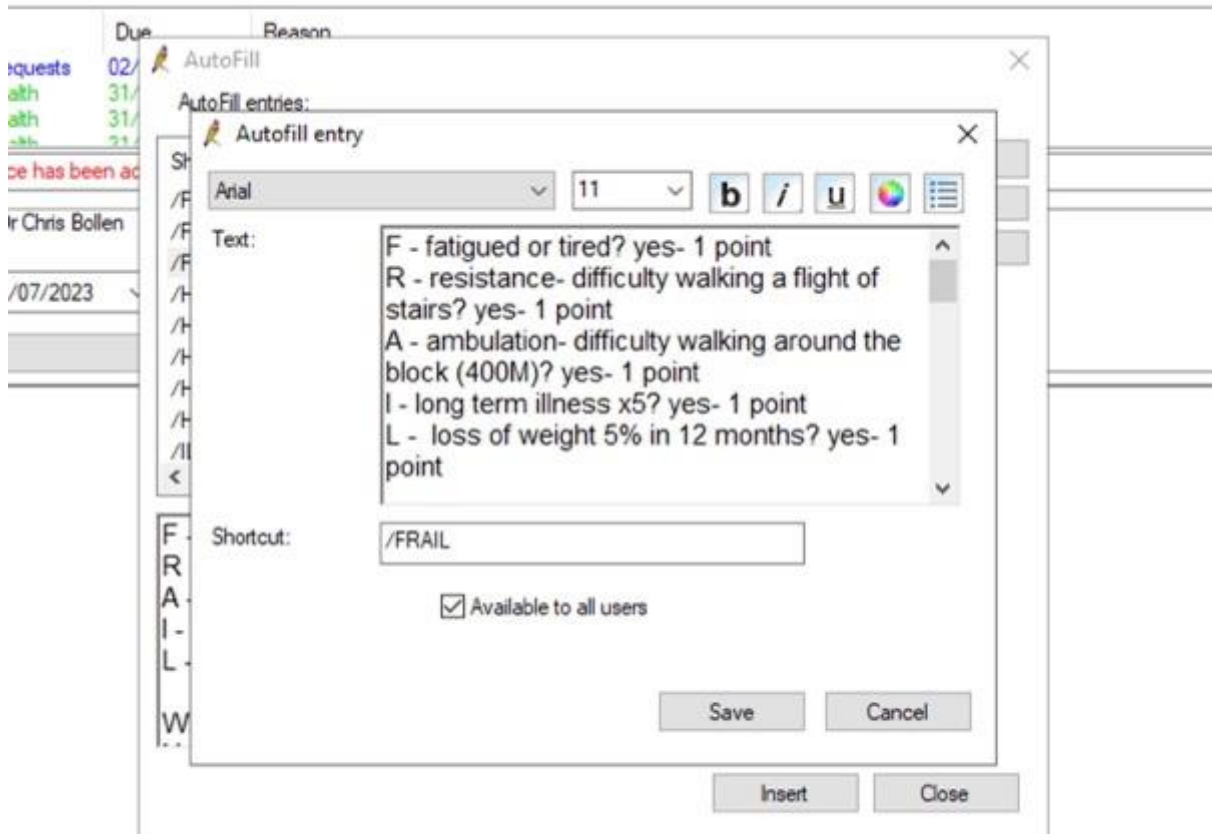
Check pneumococcal (Prevenar 13), shingles vaccine and COVID vaccination status...may need to view AIR (best to do this before health assessment template is opened ☺)

Immunisations up to date Yes/No

Document when immunisations are next due:



4. Add a “shortcut” name such as /Frailavoid using the word **without** a forward slash as the autotext will all appear anytime a person types Frail in the notes!! And tick the “available to all users” box so all the practice can use.



5. How to use the autotext if you wish to use it during a health assessment? Option 1 is to simply type /frail in the health assessment “History and Examination” box. This will ensure the FRAIL screen and other information will also appear in the printed version of the health assessment.

D.O.B: 26/11/1943 Age: 79 yrs Birth Sex: Female 22m 7s Finalise visit My Health Record Data notes
Phone: (m) 0407 181 683 Email: oliverfrank@adelaide.edu.au

Health Assessment

Consent obtained Assessment location: Surgery 24m 54s Set

Arial 10 **b** / u ABC

/FRAIL|

- General
- Cardiovascular
- Respiratory
- Gastro-intestinal
- CNS
- Genito-urinary
- ENT

Recommendations:

Action	Recommendation
Add	Care package: level 2 and ECH, name of coordinator unknown- find details
Edit	Update COVID and shingles vaccines
Delete	Needs home medication review urgently

Add recommendations to Today's notes Save Examination as Today's notes

Performed by: Dr Chris Bollen Review date: 17/06/2024 Send reminder

Insert previous notes Preview Print Save Cancel

Phone: (in) 0407 181 683 Email: oliver.frank@adelaide.edu.au

Health Assessment

Consent obtained Assessment location: Surgery 25m 20s Set

Age: Atrial 10 b i u ABC

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 L - loss of weight 5% in 12 months? yes- 1 point

Frailty Score - /5

Ask "What matters": person's goals, "bucket list"
 Mobility- "how steady are you feeling?"
 Medicines- offer HMR

Malnutrition- check MiniNutritional assessment <https://www.mna-elderly.com/sites/default/files/2021-10/mna-mini-english.pdf>

Mentation -Assess for: Depression, Dementia, Delirium

- Grip Strength Test- use dynamometer

- Mobility Test:
 the 4M walk test, aim to do in less than 5 seconds

Recommendations:

Action	Recommendation
Add	Care package: level 2 and ECH, name of coordinator unknown-find details
Edit	Update COVID and shingles vaccines
Delete	Needs home medication review urgently

Add recommendations to Today's notes Save Examination as Today's notes

Performed by: Dr Chris Bollen Review date: 17/06/2024 Send reminder

Insert previous notes Preview Print Save Cancel

- Option 2 is to click on the Autotext button at bottom of consult notes. And find the /frail short cut....click on the "Insert" button, and it will all appear in the consult notes. However this method will not document the FRAIL screen and other information in the printed version of the health assessment.

Preventive health	31/07/2023	Influenza vaccination is due!
Preventive health	31/07/2023	Vaccination against shingles should be considered!
Preventive health	31/07/2023	A Dementia Risk Assessment should be considered!

Correspondence has been added to the file since the last visit!

by: Dr Chris Bollen

date: 31/07/2023

AutoFill [X]

AutoFill entries:

Shortcut	Text
/EARSYRIN...	Procedure explained to patient Risks discussed including:
/FEET	No cramping in legs. Good pulses and sensation throughout
/FR	Seen by Dr Oliver Frank
/FRAIL	F - fatigued or tired? yes- 1 point R - resistance- difficulty wa
/HE&	healthy eyes & optimal vision
/HEADSS	The HEADSS approach provides a valuable framework to o
/HEL	Helen Potts RN
/HF&	healthy feet allowing safe mobility
/HUY	S/B Dr. H Dinh

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- Diagnosis
- Procedure
- Reason for Visit
- Review
- AutoFill
- Past visits
- Last visit

(502 messages)