Disseminating research through an implementation narrative

The Problem

- 1.8 million people over 60 live with frailty in England. Risk of frailty rises with age (65% on people over 90 live with frailty)
- By 2040, nearly one in seven people are projected to be over 75
- People over 85 account for 25% of total hospital bed days
- 12% of people over 70 experienced a reduction in their ability to undertake ADLs between admission and discharge
- Older people who saw a reduction in balance and mobility in first 48 hours of admission have a 17 fold increase in risk of death

The Solution

- A themed review to bring 53 NIHR funded individual studies and systematic reviews into a single narrative (called a themed review)
- Focuses on the context of the UK Health and Social Care system
- Provides busy people with a snapshot of the current state of knowledge and forms a base call to action

The Research

- Lots of research of different elements of hospital care for people living with frailty, but little integration of different aspects
- Some of the research takes place in countries with different healthcare systems from UK
- Different disciplines researching different things

The Implementation

- National launch with Dr Louise Woods, Director of Science, Research and Evidence, Department of Health and Janet Davies CEO RCN
- Articles in HSI, Nursing Times, Nursing Older people and Nursing Standard
- WeNurses Twitterchat
- Joint work with Wessex Academic Health Science Network to develop a hospital audit tool and improvement collaborative

Learning for Researchers

- Situate your findings and recommendations in the context of other research
- Increase your research’s visibility and impact
- Inform the narrative that influences future NIHR funding calls

Key themes of Comprehensive Care

- Need to identify people living with frailty before or at first contact with hospitals
- Multi disciplinary CGA AND specialist inpatient care improved chance of living at home up to 12 months later. Geriatrician only CGA community assessment had no impact on outcomes
- In patient management of the five frailty syndromes is under researched and many generalist staff do not recognise the syndromes
- The research on early discharge systems is equivocal
- Many older people with frailty admitted to hospital are in the last year of life but less than 1/3 had this recognised in their care planning
- Therapeutic relationships and caring environments have a material impact on outcomes

Download Comprehensive Care here: https://www.dc.nihr.ac.uk/themed-reviews/frailty-in-hospital-research.htm