

# 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 Implementation

- » National launch with Dr Louise Woods, Director of Science, Research and Evidence, Department of Health and Janet Davies CEO RCN
- » Articles in HSJ, 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

## 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

## 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>