# Proactive Management of moderately frail patients (Rockwood 6):

**AIM:**   
Holistic multi-disciplinary assessment and care planning for optimal management of frailty syndromes (falls, immobility, delirium, incontinence, and side effects of medication).   
Onward care- may include- new diagnosis/lifestyle advice/medicine optimisation/ therapy interventions (diet & exercise),   
Multiple disciplinary discussion/ long term conditions management  
Anticipatory care planning.  
Clinical and health advice and care planning

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| **Checklist** | | |
| **Clinical** |  | 🗹 |
| Polypharmacy review | use STOPP START methodology (ideally in clinical system) |  |
| Postural hypotension assessment | See Falls assessment risk |  |
| Long term conditions | Review |  |
| Falls Assessment | See Falls Assessment risk |  |
| **Non Clinical** |  | 🗹 |
| Information Resource Pack | share with patient |  |
| Memory Impairment screening | Using 6CIT score |  |
| Community Services | refer **all who are housebound to** community services: [rightcarebarnsley@nhs.net](about:blank) |  |
| Care Coordinator | Refer if able to attend the GP practice  to coordinate necessary appointments for further assessment to ensure that any information or guidance received has been understood and acted upon as the patient and clinician feel appropriate. |  |
| Identify informal carers | Record in clinical records  consider carers assessment and referral as appropriate |  |
| health promotion advice | health promotion advice  vaccinations/healthy eating/stop smoking |  |
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| Begin Discussions about Care Planning, Social Signposting, and Self-management | | |
| Patient held care plans | Identify / review / commence |  |
| Patients interests and priorities | Agree self-management goals / actions with patient if appropriate |  |
| Sight and hearing check | Signpost |  |
| Exercise  self-management | NHS livewell - exercise for older adults: [https://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-older-adults.aspx](about:blank) |  |

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| **Legal** |  | 🗹 |
| Power of attorney | Discuss <https://www.gov.uk/power-of-attorney> |  |
| Will Writing | Discuss <https://www.gov.uk/make-will> |  |
| Advanced decision to refuse treatment: | Discuss [http://www.nhs.uk/Planners/end-of-life-care/Pages/advance-decision-to-refuse-treatment.aspx](about:blank) |  |