



Frailty in the Older Person for Foundation Trainees – Live Webinar [Foundation 1 and 2]

5 external CPD points

Introduction

This course is linked to the Foundation Curriculum 2021: HL01 – An accountable, capable, and compassionate doctor [Competency 1. Clinical Assessment, 2. Clinical Prioritization, 3. Holistic Planning, 4. Communication and Care, 5. Continuity of Care] HL02 - A valuable member of the healthcare workforce [6. sharing the vision] HL03 A professional, responsible for their own practice and portfolio development [13. Understanding medicine].

The aim of this training is to provide an overview to the recognition, assessment, and management of frailty in older individuals. The relevant foundation programme curriculum competencies of, Shared Vision, and Understanding Medicine underpin all the indicative content in this training. The behaviours relevant to Frailty in each of these competencies are combined and interlace in the development of this training via webinar. The participants will be encouraged to share their prior knowledge and experiences of caring for individuals with frailty syndrome.

It is envisaged that two webinars, each is 2.5 hours in length due to the vast amount of detailed learning in this specialist area. Signposting will be used to further address the needs of participants that may wish to pursue this area in more depth. A strong focus will be placed on the continued engagement of participants during the training to incorporate various tried and tested techniques via Zoom. Evidence based research reading and resources will be provided.

Course Structure

- **5 hour webinar**

Webinar Objectives

- Describe the concept of frailty in older adults
- Differentiate the various methods for identifying frailty in older adults
- Identify the relevance and importance of the assessment of frailty in healthcare settings
- Outline the principles of comprehensive geriatric assessment (CGA) in the management of frailty
- Discuss the roles and responsibilities of the multi-disciplinary team when caring for a person with frailty syndrome
- Understand the importance of cognitive assessment and management of delirium
- Identify the relevance and importance of the risks posed by hospital admissions
- Describe how to assess capacity and guide clinicians to understand the importance of making decisions in the best interest of the older adult with frailty

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