

Implementation of a Frailty Assessment and Care Interventions for Elderly Surgical Patients

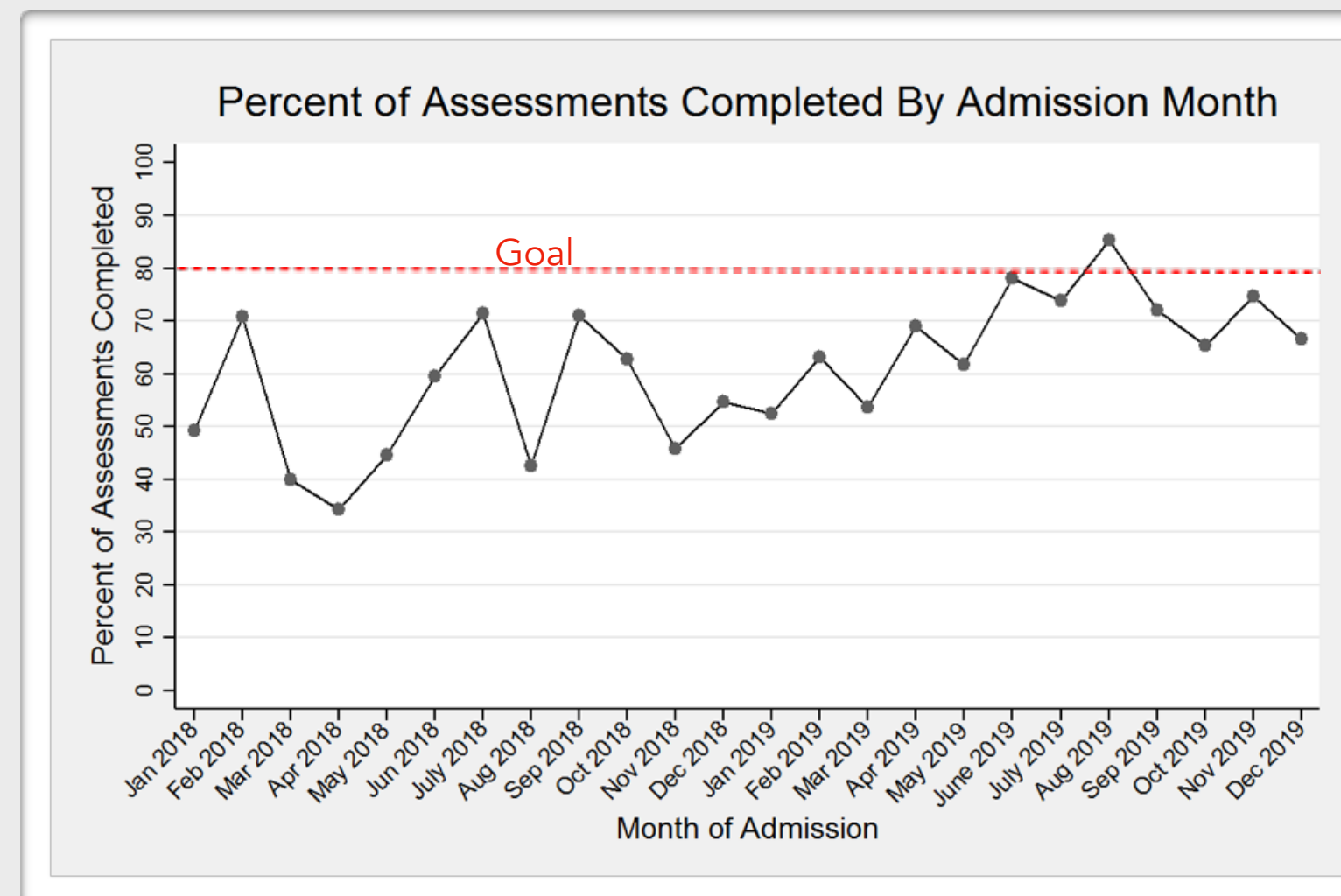
Background

- Patients 65 and older account for 34% of all adult inpatient surgeries in the US
- Frailty, or age-related physiologic decline, is associated with poorer post-operative outcomes
- ACS recommends delirium prevention, nutritional optimization, and early mobilization to improve outcomes in frail patients
- We implemented a frailty screening tool and targeted care interventions to improve outcomes in frail patients

Methods

- Sample: all patients 65 and over on general and vascular surgery services between 1/1/2018 and 12/31/2019
- Frailty assessment: validated 5 question scoring tool
- All patients scoring intermediately frail (2-3) or frail (4+) selected for frailty-specific order set
- Implemented by surgical frailty improvement team through nursing huddles, education sessions, and performance feedback
- Usefulness and acceptability assessed through nurse and provider surveys

Results



Barriers to Uptake

Provider

- Not aware of order set (35.7%)
- Lack of time (14%)
- Too difficult (10.7%)

Usefulness rating:
4.18 / 5

Nurse

- Not aware of care plan (45.9%)
- Lack of time (25.7%)
- Too difficult (2.7%)

Usefulness rating:
4.47 / 5

Conclusion

- The frailty assessment can be used to identify patients at risk of poor outcomes and increase rates of evidence-based care interventions
- Key barriers to implementation included provider completion of the assessment prior to admission, nurse performance of ordered interventions, time constraints on providers and nurses, and lack of awareness

