# Working upstream: The implementation of a preventative occupational therapy model of practice with frail older adults in primary care

Julia Clifford Clinical Specialist Occupational Therapist Sheffield Health and Social Care Trust/Township 1 Primary Care Network Sheffield

### Introduction

- Current national initiatives highlight how anticipatory, preventative models of care benefit patients' health and wellbeing
- Occupational therapists in GP practice can work upstream to prevent deterioration of patients living with frailty, proactively working upstream to enhance patients' occupational performance levels, wellbeing and independence
- This way of working promotes equity of service delivery by reaching out to patients experiencing frailty who face sensory and physical barriers to accessing services<sup>2</sup>
- An outreach model was developed as part of a broader frailty service in one Primary Care Network, working closely with a care co-ordinator and social prescribers
- The model was tested and evaluated over a one year period across six GP practices

# Outline of the preventative occupational therapy model with frail older adults

Screening

- Patient identification from Systmone records frailty codes
- Telephone screening by care coordinator
- Patients identified for OT and community support services

Assessment

- Holistic Assessment 'what matters to you'
- Patient and carer led goals identified
- Asset based approach

Intervention

- Patient led OT Interventions
- Preventative focus working alongside social prescribers
- Supported self management strategies

Signposting

- Onward signposting to community resources
- 'Open door' patient access OT
- Routine review once a year

124 patients living with moderate to severe frailty were contacted for review over a one year period 51 patients were identified for occupational therapy input (41%). Patients not receiving occupational therapy frequently expressed appreciation for the review and having awareness of the service.

Therapeutic outcomes were measured using the Goal Attainment scale<sup>3</sup>. All patients receiving occupational therapy attained at least one therapeutic goal using this scale.

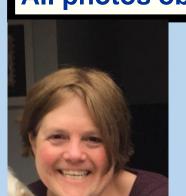
### Acknowledgements

This poster was possible because of:

Dr Tom Holdsworth Clinical Director Township 1 Primary Care Network Sheffield

Melonie Pickering Care co-ordinator Township 1 Primary Care Network

Natalie Jones Clinical Academic Occupational Therapist Sheffield Teaching Hospitals NHS Foundation Trust This work was funded by Sheffield Clinical Commissioning Group All photos obtained freely on-line from Pixabay https://pixabay.com/



Contact details: E mail: juliaclifford@nhs.net Twitter: @Cliffordju16



# Occupational therapy interventions

#### Person

**Nutrition and hydration** Fatigue and pain management **Hand function** Addressing fears and low mood **Developing cognitive strategies** 

Pain management

### Occupation

**Personal ADLs Domestic ADLs Supporting life roles Medication management Enhancing mobility and** transfers **Accessing social** 

activities

**Equipment provision Assistive technology** Safety/falls prevention Access to property Reducing isolation **Carer support** Accessing local resources

**Environment** 

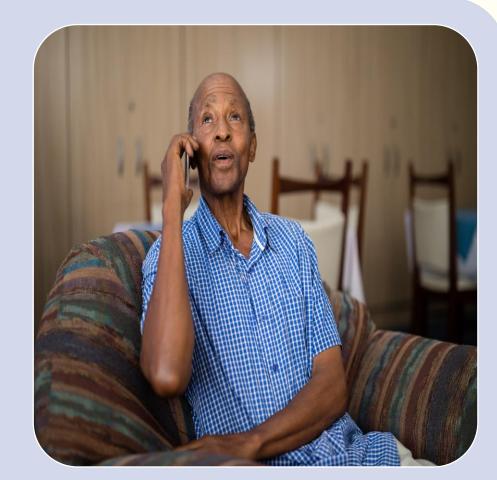
The Person- Environment-Occupation Model<sup>4</sup>

**Engaging with hobbies** 

# Patient and carer perspective on service







### Support

"The OT knows the 'ins and outs' of what's available, very knowledgeable" (patient)

## Therapeutic **Impact**

"It's helped with my confidence; I've made contact with friends and use the trolley in the kitchen"

(patient)

# Accessibility

"I know the OT is there if we need anything, if anything changes"

(patient's daughter)

### Conclusion

The implementation of the outreach model of practice demonstrates the high value of occupational therapists working collaboratively in preventative roles to improve the lived experience of older adults with. This model evaluates as 'fit of purpose' and is continuing to be developed in the Primary Care Network. It illustrates how occupational therapists can provide accessible, supportive interventions promoting occupational performance and wellbeing in this context.

### References

1. Alderwick, H. and Dixon, J. (2019) The NHS long term plan. BMJ (Clinical research ed.), 364, 184. https://doi.org/10.1136/bmj.184 2 British Geriatric Society. (2014). Fit For Frailty; British Geriatric Society London

3. Rockwood K, Howlett S, Stadnyk K, Carver D, Powell C, Stolee P. (2003) Responsiveness of goal attainment scaling in a randomized controlled trial of comprehensive geriatric assessment. Journal of Clininical Epidemiology 56(8):736-43 4. Law M, Cooper B, Strong S, Stewart D, Rigby P, Letts L. (1996) The Person-Environment-Occupation Model: A Transactive Approach to Occupational Performance. Canadian Journal of Occupational Therapy. 63(1):9-23



