

British Geriatrics Society North Thames Regional Newsletter

July 2023: Issue 4



Welcome from our multi-disciplinary British Geriatrics Society North Thames Regional Committee!

This issue celebrates Pride Month(s) and the importance of community and chosen family, bringing you news and a case study from across our region's community sector. We also have exciting update on our Hybrid Autumn Regional Meeting! We hope to build and strengthen our regional community and network of like-minded individuals, who have a passion for healthcare for the older person across the multidisciplinary spectrum. We are always keen to hear what's going on locally so please do get in contact! Additionally, if you think someone would be interested in this newsletter, please do share.

Best wishes, Waki (Hon Sec), Katie (AHP member), Tilna (GP member), Sophie, Will, Su Ling (Doctor members) and Anmol (Med student member).

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National News: **BGS National Autumn Meeting 2023**

Live on 22- 24 November in Birmingham and on demand until Nov 2024. [The Event Page](#) is open and registrations before 24 September 2023 will save 10%. Members in Category B, C and D are eligible to apply for a [BGS Event Grant](#). [Abstracts](#) for poster presentations should be sent before 5pm 1 September 2023.

Regional News: **BGS North Thames Regional Autumn Meeting 2023**

This hybrid half-day CPD-credited event on 4 September aims to highlight local "Acute Frailty" initiatives across the region, including Silver Triage and Virtual Ward. We aim for light refreshments to be provided. [Please check here when registration opens](#).

Case Study by Zeenat Khan, Anticipatory Care Rehab Technician, Haringey Multi-Agency Care & Coordination Team

AH, a 98-year-old military veteran, was born in Surrey and spent the majority of his earlier life there. He has Crohn's disease, chronic kidney disease stage 3, previous pulmonary embolism, squamous cell carcinoma, pre-diabetes, and vertigo. AH lives with his family, who are extremely supportive and ensure all his needs are heard and met.

AH had a fall on Christmas Day, leading to a long hospital admission. Upon discharge, his GP completed a referral to the Multi Agency Care and Coordination Team (MACCT), for care coordination and functional assessment. At the time of referral AH was electively house bound due to lack of confidence and fear of falls.

MACCT is a multidisciplinary team consisting of professionals from various disciplines who work together with a holistic approach. The team strives to meet an individual's physical, cognitive, and psychosocial needs to promote independence and health.

During the initial visit by MACCT OT, holistic goals were established led by AH and his son. AH's greatest strength is his resilience

and his personal support network. He was identified as an individual with increased risk of infection and falls. The following plan was made:

- 1) Referral for pendant alarm
- 2) OT to provide appropriate home equipment
- 3) Referral to RT (rehabilitation technician) for home exercise programme practice and mobility
- 4) Family was asked to request for medication to be allotted in blister pack (according to a strength-based assessment).

What matters most to AH? “I would like to be able to go for a walk outside”.

AH engaged very well with the RT supported home exercise programme, completing a total of 6 sessions where he displayed immense discipline and motivation and adhered to consistent practice of the exercises independently which improved his strength, gait and balance significantly. This resulted in him gaining enough confidence to mobilise outdoors and decreased the risk of falling. Prior to MACCT's involvement AH's Tinetti score was 15/28; and after the course of rehabilitation, it increased to 27/28.

His psychological wellbeing also improved. He appeared more much lively and self-confident as he progressed with his intervention and he explained that he feels a lot stronger, happy within himself and more like himself as he can confidently go outdoors. He went out on a walk with his 4 wheeled walker and his son's partner to supervise, using the rails to come downstairs and managed to cover a good distance and made his own way back without supervision, challenging himself further by taking a different route and stopping at a barber to get a haircut. He felt extremely proud of his achievement and progress.



On the 6th session, AH started attending Church every Sunday as faith remains an important factor. AH feels welcomed and respected at Church and shares good relations with others from the community.

“I enjoy seeing them enjoy” - in reference to his ability to attend church and engage with the congregation.

AH is consistently pushing himself to improve his wellbeing. For example, when offered to complete an optician referral–

AH kindly refused and stated he wants to set himself a goal of attending the opticians independently.

“You will hardly see me indoors; I am always out now”.

AH described having fewer 'near misses' and said he feels he is now able to prevent himself from having falls at home. He stated that he was having fewer accidents (trips) and was able to get back up using backward chaining. **Backward chaining teaches people how to safety get up from the floor if able.** He was referred to the community strength and balance classes.

From referral when AH was electively spending his days indoors staring out the window, he is now motivated to go out and be an active part of his community. AH expressed he shared a great relationship with his carers and MACCT visitors and that he felt heard, respected and treated with dignity.

AH spotted walking back home after a visit to the park by RTs out visiting another client (Pictures shared with consent).



Region in Focus - *Turning the spotlight on our local services:*

Islington

Just 9% of the population of Islington is over 65 year old (compared to 18% in England), and yet Islington is a leader for better lives for older people with its **“Good Neighbours Scheme” in the New River Green Estate**, funded by NCL ICS and run by local residents and volunteers to provide weekly activities such as chair-based exercises, arts and crafts and gardening club; and the **Ecology Centre at Gillespie Park**, a dementia-friendly venue, which works closely with Age UK Islington to run coffee mornings, singing, swimming sessions and nature walks.

Around 1500 people in Islington live with dementia.

Camden and Islington NHS Foundation Trust’s Care Home Liaison Service, supporting the mental health needs of Islington’s care home residents, spends approximately 50% of its time treating older people with depression - much of that time is spent treating agitation in people with severe dementia. It works closely with **Whittington Health’s Integrated Community Ageing Team**, having regular meetings in every care home, chaired by the lead GP for the care home and attended by care home staff, a consultant geriatrician, a pharmacist, a specialist palliative care nurse, a speech and language therapist and a Liaison Service professional. Since the introduction of these meetings, psychology-led staff support groups, and activities coordinators to increase the quality and reach of structured activities and engage people with more severe dementia, there has been a decreased use of antipsychotics to treat agitation and a reduction in admissions to acute hospitals.

Theatre review: **Es & Flo** at *Kiln Theatre*

Jennifer Lunn’s play shows affirming affection between an older lesbian couple who met at Greenham Common Women’s Peace Camp 40 years previously, but as Es starts showing symptoms of dementia, having hidden their relationship from her family and never officially married Flo, everything is in Es’s name and Flo could be swept aside with no control over her partner’s future care. Enter an absent son and his cold wife, an immigrant carer and her considerate daughter and you have the typical tale of dementia that we are all familiar with, albeit with the rose-tinting required to make it a joyous evening out.

