



Frailty Health Checks

Being frail means different things to different people, but we ask you to consider an alternative view on the meaning of frail. In healthcare, frailty is defined as a person's reserve or ability to recover following an episode of illness and is a lot more complex than just being old or having poor mobility. The assessment in defining frailty, takes into consideration current health, past medical problems, medications, mental cognition, number of previous hospital admissions, as well as the things you might expect, such as age, mobility and the ability to look after yourself.

A lot of research has been done in hospitals, which has shown those classified as frail, are prone to unnecessary hospital admissions and longer hospital inpatient stays. This has led to the initiation of specialist frailty teams, working within A&E departments, to minimise the risk of admission and to ensure prompt & appropriate treatment. In order to minimise the chances of needing to attend A&E, GP surgeries have been able to provide health checks, to help identify early warning signs, which can be dealt with in the community before they escalate.

The health check involves some basic assessments, such as height, weight, blood pressure and a pulse check, but we may ask some further questions to assess both your physical and mental wellbeing. It will also allow the GP to determine if there is anything as a surgery, we can be doing to support you better and gives you the opportunity to express any wishes about your ongoing healthcare. Where appropriate we can try to put you in touch with other organisations that may be of benefit to your ongoing health.

Bridge Cottage will be trying to make contact with those that are eligible, so please keep an eye out for letters, text messages and messages on your prescription over the coming months or a GP may recommend you attend for a health check. Otherwise, you may wish to check your eligibility next time you visit the surgery.

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email ppgbridgecottage@gmail.com