

AGED CARE and FRAILITY

FRAILITY

Frailty describes a decline in function across multiple systems. Linked to ageing but progressing at different rates in different people, it is crucial to identify people at high frailty risk as early as possible

The General Practice Frailty Initiative “Open to Expressions of Interest”

- [SNHN Healthy Ageing and Frailty Initiative](#) – Stage 1 involved information and resources development and distribution to practices to support the use of the Frail scale and management plan
- The next stage involves working with general practices (using the TopBar app) to understand the use of the [Frail scale](#) and its impact on patients and identifying barriers to referral and uptake of recommendations.
- To be involved or for more information please complete the [Expression of Interest](#)

Health Navigators

Health Navigators is an 1800 phone line staffed by experienced nurses to make it easy for health, aged and social care professionals to find local services that are right for their frail, older or vulnerable patients/clients.

To access this service phone **1800 271 212** between **8am-6pm Monday to Friday** or read [more information here](#).

Geriatric Support and Advice for GPs

General Practitioners now have FREE dedicated access to advice from a Geriatrician to assist in patient planning and management.

No complicated referral process- simply call their numbers directly to organise a meeting.

- **Hornsby/Ku-ring-ai Region:** Dr Yog Chopra 0404 626 334
- **Ryde/Hunters Hill Region:** Dr Linda Xu 0451 829 527
- **Lower North Shore Region:** Dr Praveenan Sivabalan 0434 579 132

Mona Vale Hospital has launched a Geriatric Evaluation Management (GEM) Unit.

The primary clinical purpose is improvement in the functioning of a patient with multidimensional needs associated with health conditions related to ageing. For more information please direct call or email to the GEM Unit coordinator, Cathy French on 0472 808 693 or email NSLHD-MVH-GEMUnit@health.nsw.gov.au

Other resources

Resources for Aged Care and Frailty are available on the Sydney North Primary Health Network (PHN) [HealthPathways website](#) (under Older Persons Health and Summary of Request Pages)

Username: healthpathways

Password: gateway

AGED CARE

44% of RACFs reported at least one case of COVID-19. Many became hotspots causing multiple lockdowns which have had an enormous impact on access to healthcare & disease management

My Aged Care provides a central gateway for aged care services. To refer a patient for an aged care assessment – to determine their eligibility for government-funded Aged Care services click [here](#).

The **Aged Care Rapid Response Team** is a service that supports general practitioners, carers and residential aged care facility staff to provide home-based management for frail elderly people who are deteriorating and are at risk of hospitalisation. In addition to their [Deteriorating Resident Clinical Decision Tool](#), referral [contacts](#) are by area.

MBS items for RACF's

Patients in RACF's can now access Medicare benefits for mental health services to the same level available to the general population. This includes a flag fall service item for GP's who travel to RACF's.

Until 30 June 2022, new MBS items for RACF's include:

- MBS item map for Better Access expansion to Aged Care residents (see Appendix A from page 6)
[MBS Factsheet for Practitioners Extending Mental Health Support](#)
- MBS Better Access Initiative – mental health support for Aged Care residents
[Medicare Benefits Schedule Better Access initiative – mental health support for aged care residents during the COVID-19 pandemic](#)
- [COVID-19 Temporary MBS Telehealth Services](#)

Upcoming Webinar

- June 22nd at 7pm: "**What's new: MBS item numbers in aged care facilities**"
SNHN invites GPs, Practice Nurses, Practice Managers and Allied Health Professionals to a webinar covering MBS allied health services and MBS mental health services in residential aged care facilities.
Please see attached flyer for details and [Zoom registration](#)

Clinical Resources – RACGP 5th Edition Clinical Guide for RACF's (The Silver Book)

- [Part A: Common clinical conditions in aged care](#) is intended to be used as a point-of-care reference for GP's. It is designed to assist in clinical decision making by presenting a snapshot view of the diagnosis and management of a range of common clinical conditions in aged care.
- [Part B: General approaches to Aged Care](#) emphasizes how the diagnosis and management of clinical conditions differ depending on the patient's medical, family, social and environmental history and circumstances.

The **Primary Care Team** at SNHN is available for your enquiries and to provide support. If you would like more information, please contact our team. Phone: 9432 8250 or email: pcait@snhn.org.au.