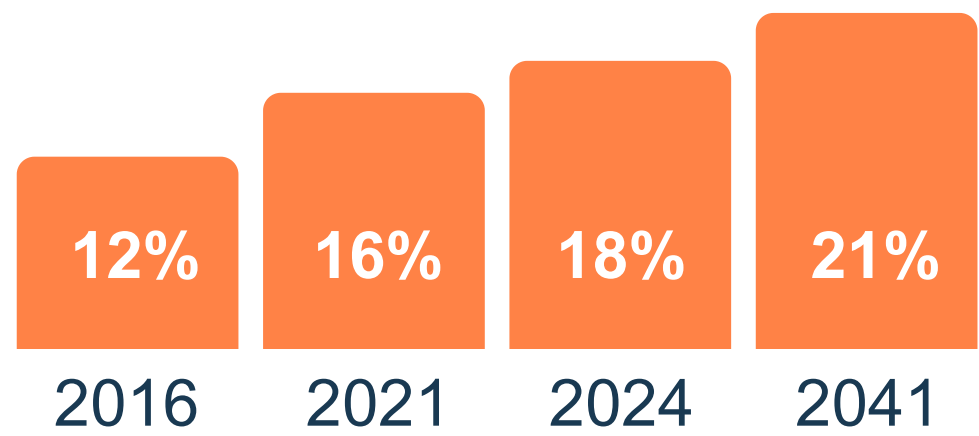


HEALTHY AGEING AND FRAILITY QI



General Practices were coached & supported by Bollen Health and GCPHN between February 2023 and February 2024.

Gold Coast Population >65yrs



Frailty is very common in people aged over 65yrs with one in five (25%) impacted.



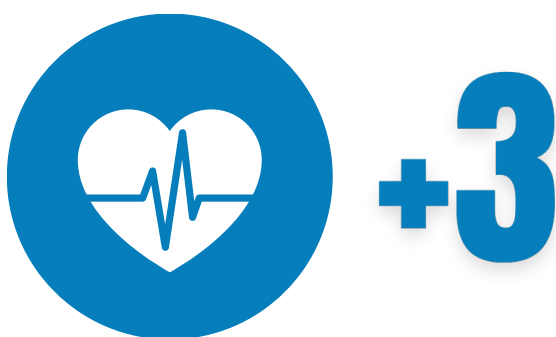
community awareness on frailty through the “I AM NOT FRAIL” campaign.

- ↑ 3,927 video views
- ↑ 6,535 social media clicks



4 articles for GP’s “Keeping older people well at home” by Dr Chris Bollen

2 general practice workshops with tips for screening and intervention



new healthy ageing programs commissioned with 121 GP referrals.

Clinical Audit “75+ Health Assessment” completed by

15 GPs

After completion of QI, practices saw significant improvement in:

- ↑ Medication reviews
- ↑ Frailty diagnosis
- ↑ 75+ health assessments

Frailty screening tool used by participating practices is a 5-item simple assessment tool.

- F atigue
- R esistance
- A mbulation
- I llnesses
- L oss of weight



Source: Gold Coast Primary Health Network (May 2024). Healthy Ageing and Frailty QI Activity. Closure and Evaluation Report.

For further information please email practicesupport@gcphn.com.au addressed to: Dr Jerneja Svetovic (Health Intelligence and Research Manager) | Michelle Everington (Senior Project Officer)