

# The effectiveness of a new intervention for older people living with frailty

<b>Submission date</b> 29/07/2022	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 01/08/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 09/01/2023	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The number of older people is increasing and this is leading to a rise in the number of people living with multiple illnesses at the same time. Some symptoms and concerns are particularly neglected in this population, such as breathlessness (which frequently leads to admission to hospital), unintentional weight loss (which increases frailty), pain medicines use and possible adverse effects. A new service has been developed in Hull to redesign care of older frail people, through a new Integrated Care Centre and within care homes. This is because current care pathways are not always the optimal way to deliver care to older people with multiple illnesses. However, this new service needs evaluation to find out if it improves the well-being and health status of older people or not. This study will assess the effectiveness of this new service.

### Who can participate?

People aged 65 years and above identified to be at risk of severe frailty

### What does the study involve?

The researchers will compare the health status and quality of life of people receiving the new service with a matched group not receiving the service. They will assess if health status and quality of life are better in those with the new service or not.

### What are the possible benefits and risks of participating?

It is unlikely that there will be any direct personal benefit in taking part. However, the information provided will help decide if overall health and well-being have been improved by using this new service and give the researchers ways to improve this service in the future. There is no significant risk in taking part, other than the time the study will take.

### Where is the study run from?

University of Hull (UK)

### When is the study starting and how long is it expected to run for?

October 2018 to December 2022

Who is funding the study?  
University of Hull (UK)

Who is the main contact?  
Prof. Fliss Murtagh, fliss.murtagh@hyms.ac.uk

## Contact information

### Type(s)

Principal investigator

### Contact name

Prof Fliss Murtagh

### ORCID ID

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### Integrated Research Application System (IRAS)

250981

### Protocol serial number

IRAS 250981

## Study information

### Scientific Title

A non-randomised controlled study to assess the effectiveness of a new proactive multidisciplinary care intervention for older people living with frailty

### Study objectives

A new, anticipatory, multidisciplinary care service is effective at improving the wellbeing and quality of life (QoL) of older people living with severe frailty.

### Ethics approval required

Old ethics approval format

## **Ethics approval(s)**

Approved 24/01/2019, Yorkshire & The Humber - Bradford Leeds Research Ethics Committee (NHSBT Newcastle Blood Donor Centre, Holland Drive, Newcastle upon Tyne, NE2 4NQ, UK; +44 (0)207 1048 088; nrescommittee.yorkandhumber-bradfordleeds@nhs.net), ref: 18/YH/0470

## **Study design**

Community-based non-randomized controlled study

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

## **Health condition(s) or problem(s) studied**

Older people living with severe frailty

## **Interventions**

The new, anticipatory, multidisciplinary care service includes interventions by a multidisciplinary team of geriatricians, nurse practitioners, general practitioners with an extended role in frailty care, pharmacists, occupational therapists, physiotherapists, social workers, clinical support workers, carers' support, and volunteers.

The intervention provided by this new service consists of individually-tailored assessments during a single appointment, taking approximately 3-5 hours. Assessments are based on the individual's comprehensive geriatric assessment and individualised care needs. All participants receive personalised care planning, physical health review, assessment of psychological wellbeing/mental health, medication review, social needs review, and functional/therapy review. Participants are also encouraged to discuss the ReSPECT (Recommended Summary Plan for Emergency Care and Treatment) form, a tool completed by professionals to promote advance care planning and individualised recommendations for a person's future clinical treatment.

## **Intervention Type**

Other

## **Primary outcome(s)**

Wellbeing measured by the Integrated Palliative care Outcome Scale (IPOS) at baseline, 2-4 weeks, and 10-14 weeks

## **Key secondary outcome(s)**

Quality of life measured by EQ-5D-5L at baseline, 2-4 weeks, and 10-14 weeks

## **Completion date**

31/12/2022

## **Eligibility**

### **Key inclusion criteria**

1. Aged 65 years and above
2. Identified to be at risk of severe frailty (electronic Frailty Index [eFI score  $\geq 0.36$ ])

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Senior

**Sex**

All

**Total final enrolment**

253

**Key exclusion criteria**

1. Aged less than 65 years
2. Electronic Frailty Index <0.36
3. Unable to consent

**Date of first enrolment**

01/04/2019

**Date of final enrolment**

31/03/2020

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Jean Bishop Integrated Care Centre**

63-69 David Lister Drive

Hull

United Kingdom

HU9 2BL

**Sponsor information****Organisation**

University of Hull

ROR

<https://ror.org/04nkhwh30>

## Funder(s)

### Funder type

University/education

### Funder Name

University of Hull

### Alternative Name(s)

HU

### Funding Body Type

Private sector organisation

### Funding Body Subtype

Universities (academic only)

### Location

United Kingdom

## Results and Publications

### Individual participant data (IPD) sharing plan

It is not expected that participant-level data would be made public due to confidentiality. However, The University of Hull will keep identifiable information about participants for 10 years after the study has finished.

### IPD sharing plan summary

Not expected to be made available

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	Primary results	05/01/2023	09/01/2023	Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Participant information sheet</a>	version 3	08/01/2019	29/07/2022	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes