Frailty and Falls in Ireland North and South: Preliminary Evidence from TILDA and NICOLA

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Background: Frailty

- A distinct health state, related to the aging process
- A heterogeneous condition, people present differently
  - Characterised by decreased physiological capacity across multiple body systems
- Prevalent at 4-59% among adults aged 65+ years
- A risk factor for adverse health outcomes
  - A transition phase between healthy ageing and disability.

(Clegg et al, 2013; Morley et al, 2012; Rockwood et al, 2007; Wlaston et al, 2006; Fried et al, 2001)
Objective

• To contemporaneously measure the prevalence of frailty and falls using fully harmonized data from older adults in ROI and NI.
Methods

Wave 3: Mar 2014 - Dec 2015
Sample
N: 6,249
Age: ≥55 yrs
Sex: 54.6% female

Sample
N: 6,944
Age: ≥55 yrs
Sex: 54.0% female
Frailty was 1.6 times higher in NI vs ROI
Frailty increase with age in NI and ROI
Largest (2x) difference between NI and ROI at younger age groups
Results: Frailty by Gender

Frailty is higher among females in NI and ROI. Largest difference between NI and ROI among males.
Results: Frailty by Education

Frailty increases with lower levels of education in NI and ROI.

Largest difference between NI and ROI among secondary and primary educated.
Results: Falls Prevalence

Falls

Single Falls **lower** in NI vs ROI
Recurrent falls **higher** in NI vs ROI
Results: Injurious Falls Prevalence

Injurious Falls

<table>
<thead>
<tr>
<th></th>
<th>No injury</th>
<th>Injury without treatment</th>
<th>Injury with treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>TILDA</td>
<td>88.4</td>
<td>1.9</td>
<td>9.7</td>
</tr>
<tr>
<td>NICOLA</td>
<td>90.6</td>
<td>1.7</td>
<td>7.7</td>
</tr>
</tbody>
</table>

Injurious falls requiring treatment **lower** in NI vs ROI
Frailty is **higher** among single and recurrent fallers in NI vs ROI.

Largest difference among recurrent fallers in NI vs ROI.
Summary of findings

**Frailty**
- 1.6 times higher in NI vs ROI
- Most significant differences seen in the 55-69 age group
- Higher among females and increases with age in both NI and ROI.
- Higher with lower levels of educational attainment

**Falls**
- Single falls 1.3-fold lower in NI vs ROI
- Recurrent falls 1.4-fold higher in NI vs ROI
- Injurious falls 1.25 times lower in NI vs ROI
- Highest prevalence of frailty among recurrent fallers from NI vs ROI
Informing Practice

The National Frailty Education Programme

Nominated healthcare professionals
Undertaken a one-day education Programme with TILDA
Undertake a workshop with NCPOP.

Deliver Education Sessions Locally
Maintain Database Locally of Trained Staff

Healthcare Professional Countrywide

1,300 Healthcare professionals Countrywide

<table>
<thead>
<tr>
<th>Interprofessionals</th>
<th>Numbers completed</th>
<th>Percent completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiotherapists</td>
<td>29</td>
<td>21%</td>
</tr>
<tr>
<td>Nurses(DON/CNM/Nurse specialists/ANP)</td>
<td>29</td>
<td>21%</td>
</tr>
<tr>
<td>Occupational Therapists</td>
<td>27</td>
<td>20%</td>
</tr>
<tr>
<td>Medical Social Workers</td>
<td>11</td>
<td>8%</td>
</tr>
<tr>
<td>Nurse Lecturers/education co-ordinator</td>
<td>9</td>
<td>7%</td>
</tr>
<tr>
<td>Speech &amp; Language Therapist</td>
<td>8</td>
<td>6%</td>
</tr>
<tr>
<td>Dietitians</td>
<td>6</td>
<td>4%</td>
</tr>
<tr>
<td>Pharmacists</td>
<td>6</td>
<td>4%</td>
</tr>
<tr>
<td>Medical</td>
<td>4</td>
<td>3%</td>
</tr>
<tr>
<td>Clerical/reception staff</td>
<td>2</td>
<td>2%</td>
</tr>
<tr>
<td>Therapy lead</td>
<td>3</td>
<td>2%</td>
</tr>
<tr>
<td>Psychologist</td>
<td>1</td>
<td>1%</td>
</tr>
<tr>
<td>Nurses</td>
<td>135</td>
<td>57%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>235</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>
Funders

Irish Life

The ATLANTIC Philanthropies

Deartment of Health

Health Research Board

Enterprise Ireland

National Institutes of Health

CARDI Centre for Ageing Research and Development in Ireland

HORIZON 2020

Office of the First Minister and Deputy First Minister

The Centre of Excellence for Public Health

Road Safety Authority

The Irish Longitudinal Study on Ageing

Funders
Thank you

For more information:
www.tilda.ie
https://www.qub.ac.uk/sites/NICOLA/