

End of Life Care in frailty

Identification and prognostication

Introduction

Although frailty is a leading cause of death in older people, it is often not recognised nor considered at end of life. Late recognition can impede both choice of place of care and patient-centred decisions.

Both lead to inappropriate life-saving interventions and the lack of prioritising palliative symptoms and concerns.

Identification

Identification is often through situational diagnosis combining clinical indicators indicating end of life need 6 including:

- Two or more unplanned hospital admissions in the past 6-12 months
- Persistent and recurrent infections
- Weight loss of 5-10% in the past 6 months
- Multiple morbidity in addition to frailty
- Combined frailty and dementia
- Delirium
- Exacerbation of falling
- Rapidly rising frailty score
- Escalating patient, family or service provider distress
- Older person asking for palliative care support and/or withdrawal of active treatment

Coordination of care

Bedfordshire palliative coordination service

Referral criteria :

Clinical frailty score 7 to 9

Surprise question

Uncertainly regarding prognosis

263 over 65 with only frailty identified on the coordination service register

49% ACP place

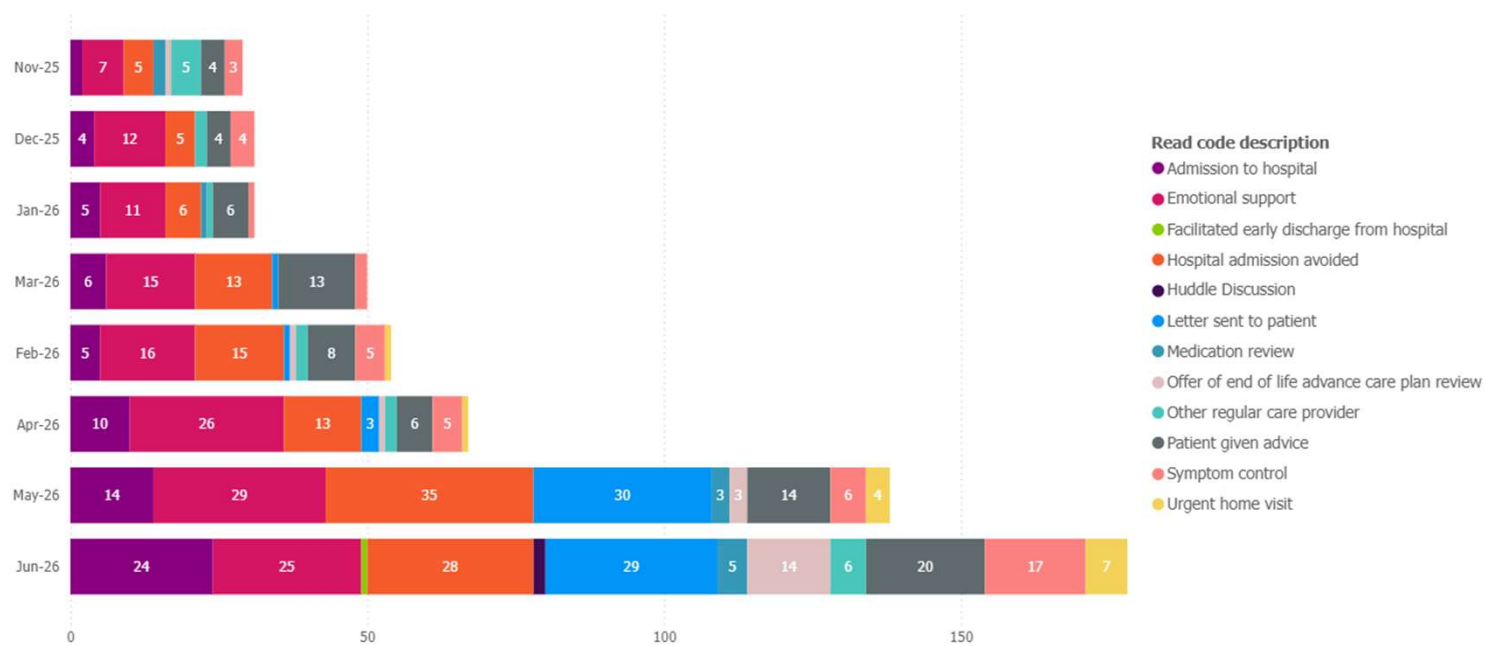


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Outcome of Calls

Breakdown based on information from Triage Template



In March 2026 (Bedfordshire)

people aged 65+ with **severe frailty coding**

- **4,366 patients** identified.
- **986 (22.6%)** were on a GP palliative register.
- **3,380 (77.4%)** were not on a palliative register.

• **Respiratory deterioration, infection and frailty-related falls** are the dominant drivers of emergency admission

• Variation between PCNs (13%–42% of severely frail patients on the register)

Take away messages

- Those with a CFS of 7 to 9 and key indicators have an aprox prognosis of 1 year and live with uncertainty about prognosis throughout
- those who have CFS 7 to 9 should be referred to palliative care services
- ACP and ReSPECT conversations key to reduce hospital conveyancing and unnecessary admission



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Thank you