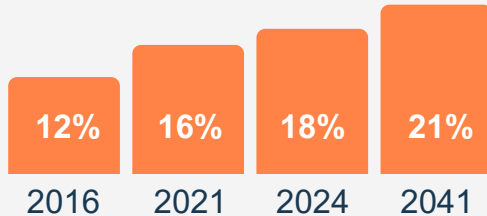


HEALTHY AGEING AND FRAILTY QI



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.



4 articles for GP's "Keeping older people well at home" by Dr Chris Bollen



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

↑ 3,927 video views

↑ 6,535 social media clicks

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

↑ in frailty diagnosis

↑ 75+ health assessments

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

Fatigue

Resistance

Ambulation

Illnesses

Loss of weight

