

tilda

Staidéar Fadaimseartha na
hÉireann um Dhul in Aois

The Irish Longitudinal
Study on Ageing

NICOLA
Understanding Today for a Healthier Tomorrow

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

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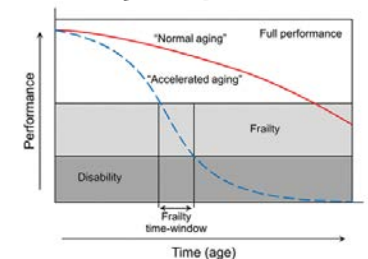
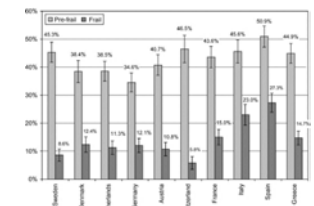
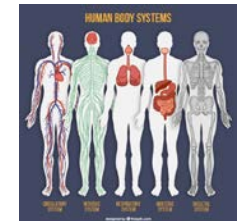
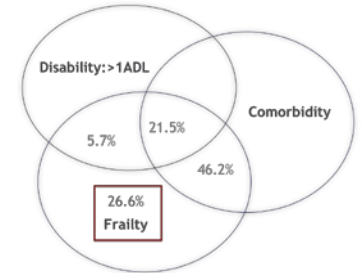
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Background: Frailty

- 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.



- 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

Wave 1:
Feb 2014 - Mar 2016

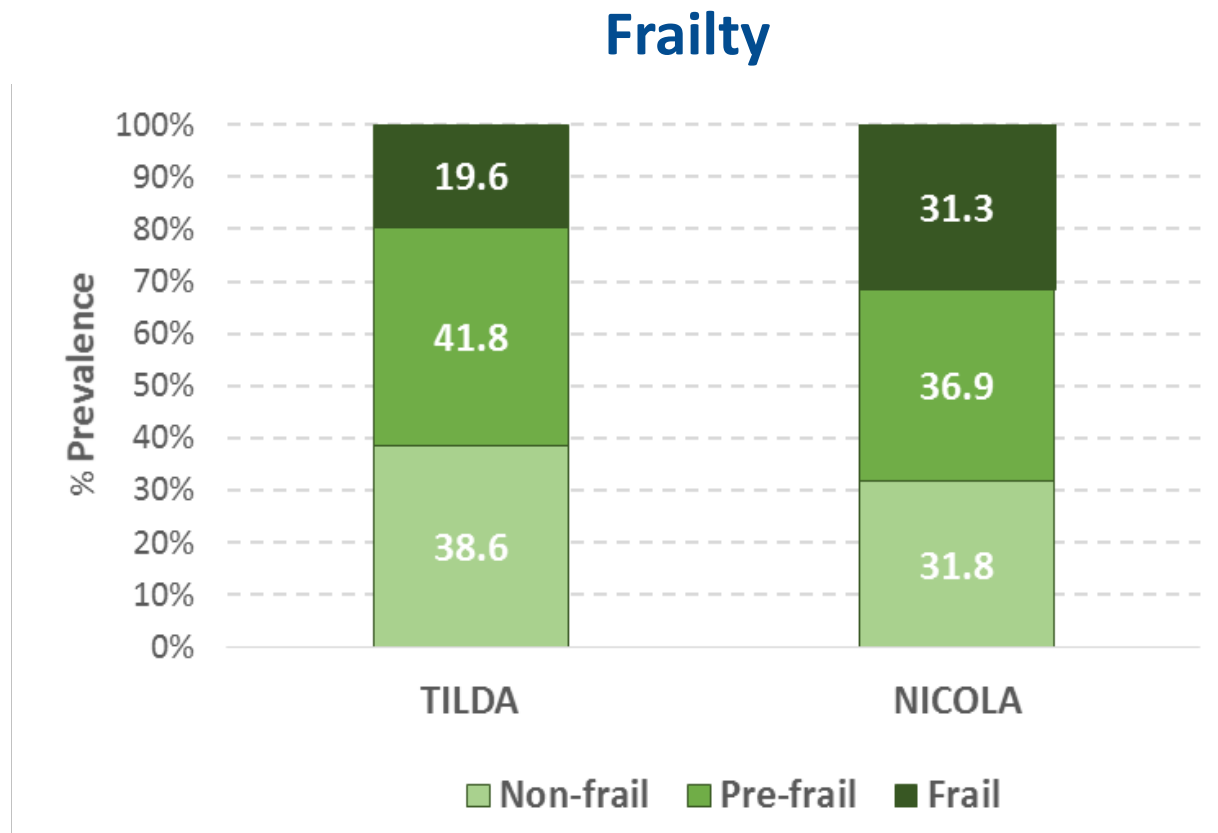
Sample

N: 6,249
Age: ≥55 yrs
Sex: 54.6% female

Sample

N: 6,944
Age: ≥55 yrs
Sex: 54.0% female

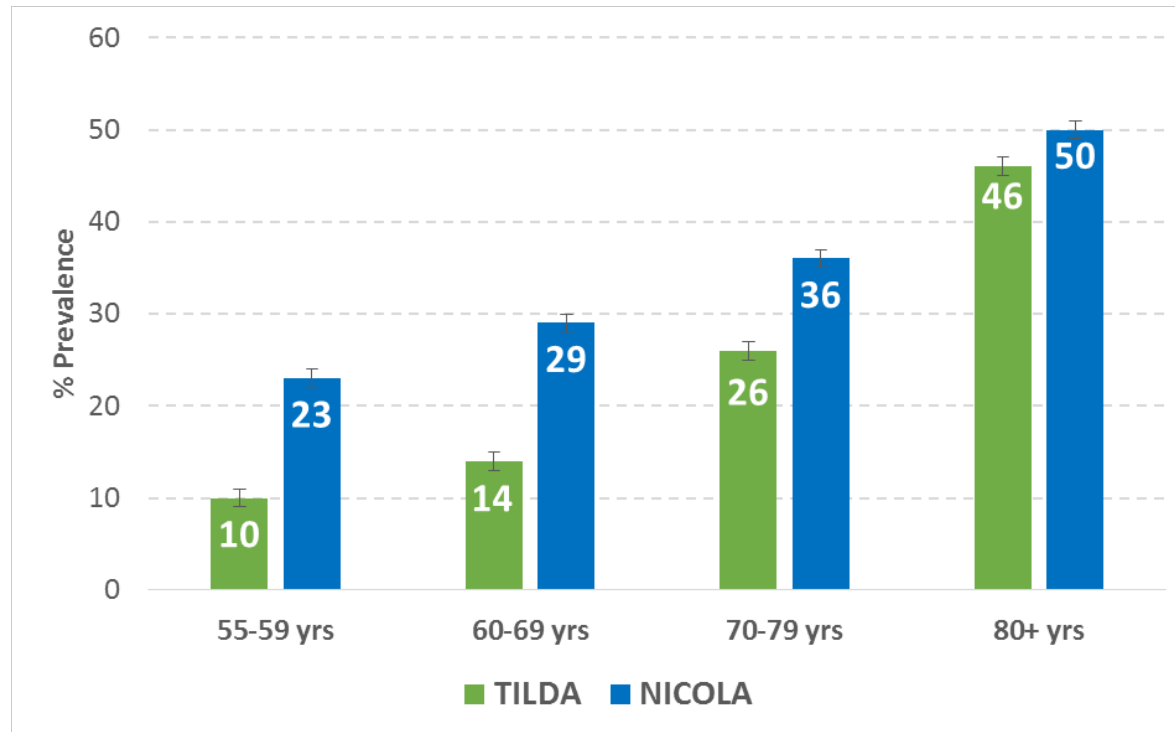
Results: Frailty Prevalence



Frailty was 1.6 times higher in NI vs ROI

Results: Frailty by Age

Frailty

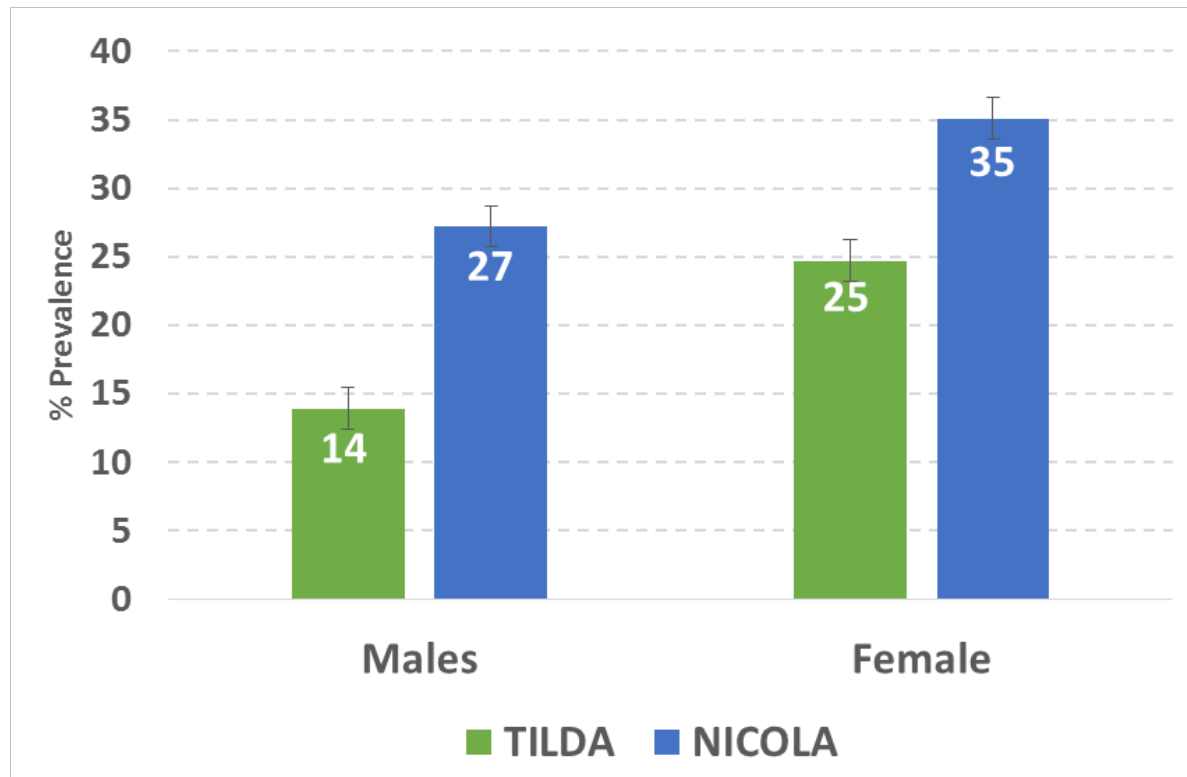


Frailty increase with age in NI and ROI

Largest (2x) difference between NI and ROI at younger age groups

Results: Frailty by Gender

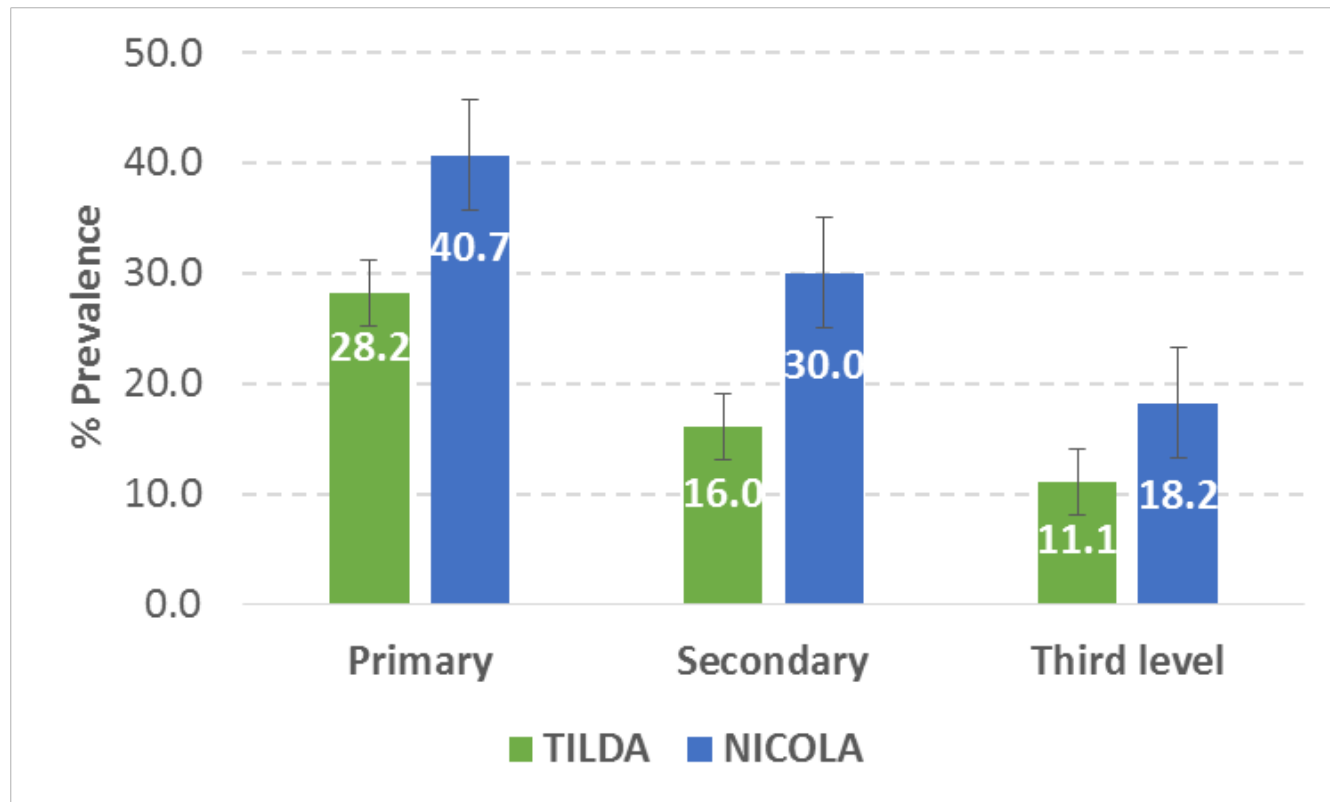
Frailty



Frailty is higher among females in NI and ROI.
Largest difference between NI and ROI among males

Results: Frailty by Education

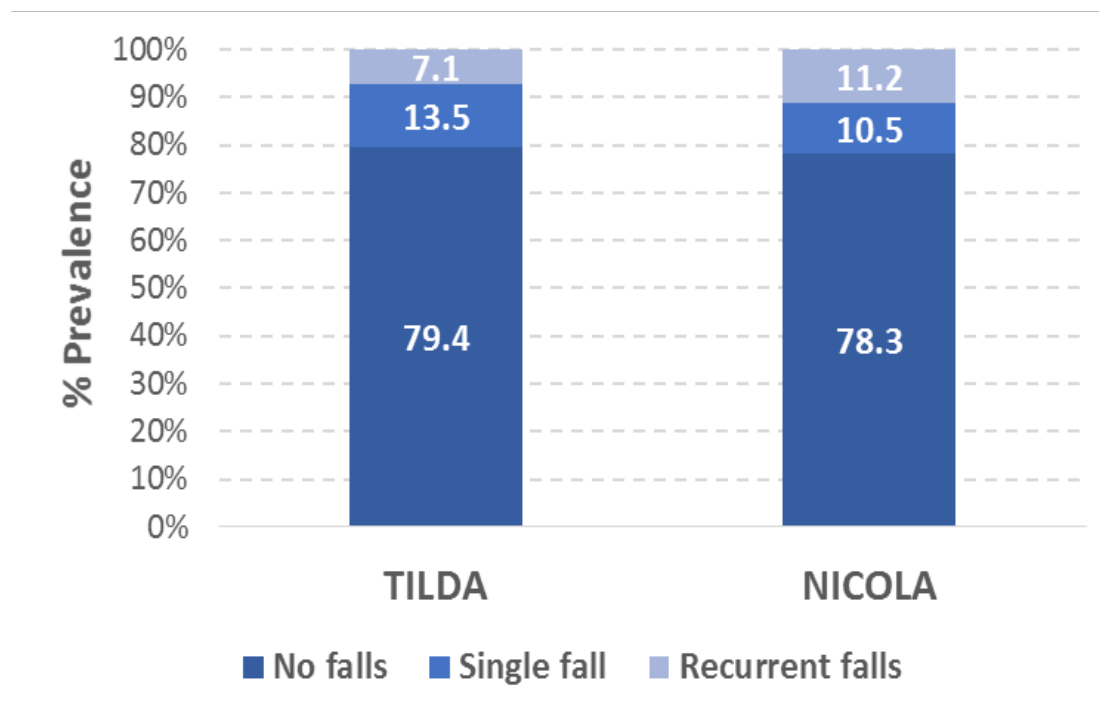
Frailty



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

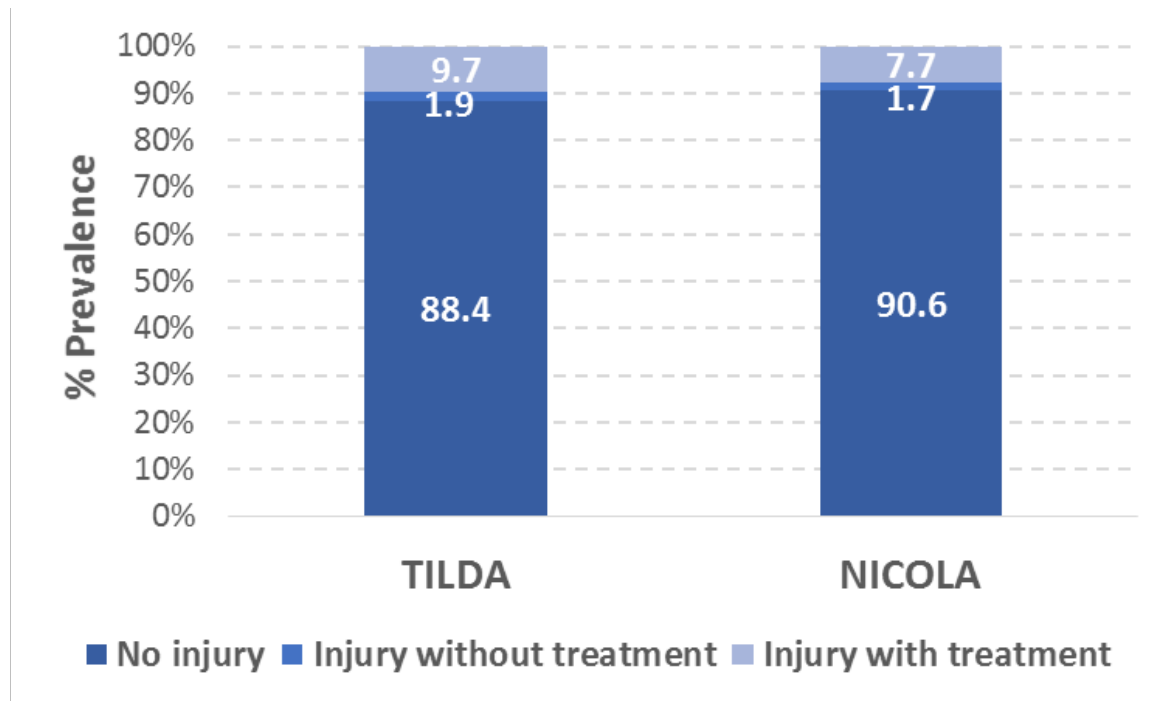


Single Falls lower in NI vs ROI
Recurrent falls higher in NI vs ROI

Results: Injurious Falls Prevalence

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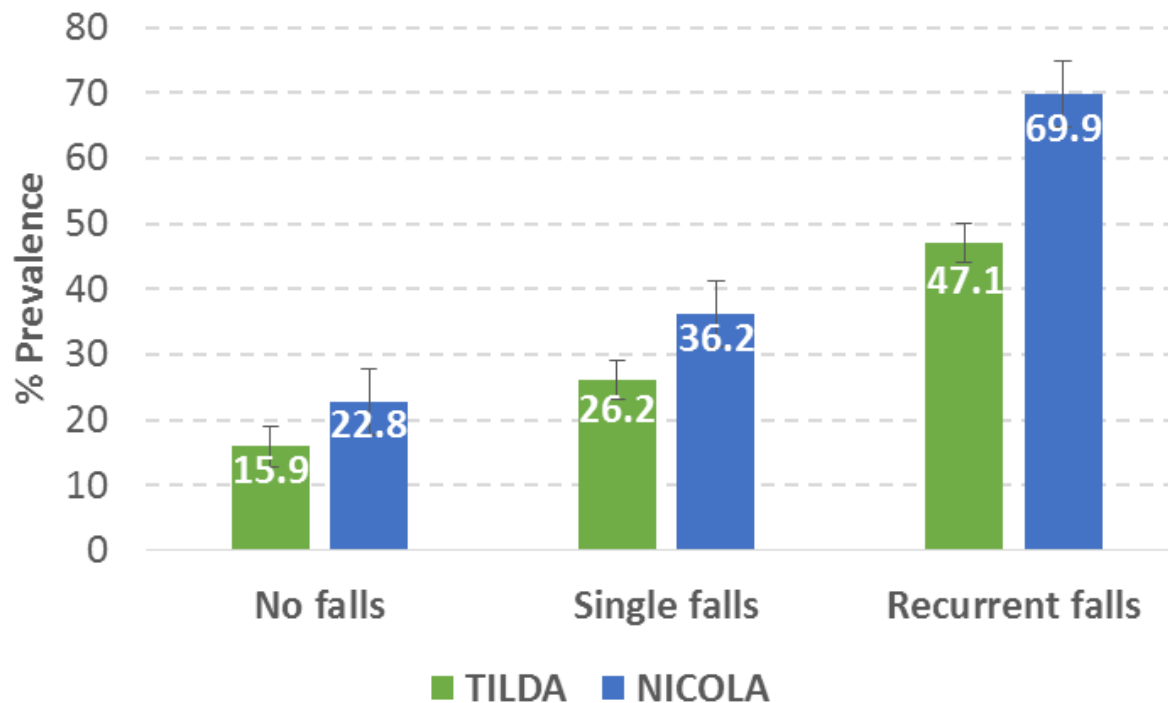
Injurious Falls



Injurious falls requiring treatment **lower** in NI vs ROI

Results: Frailty and Falls

Frailty



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

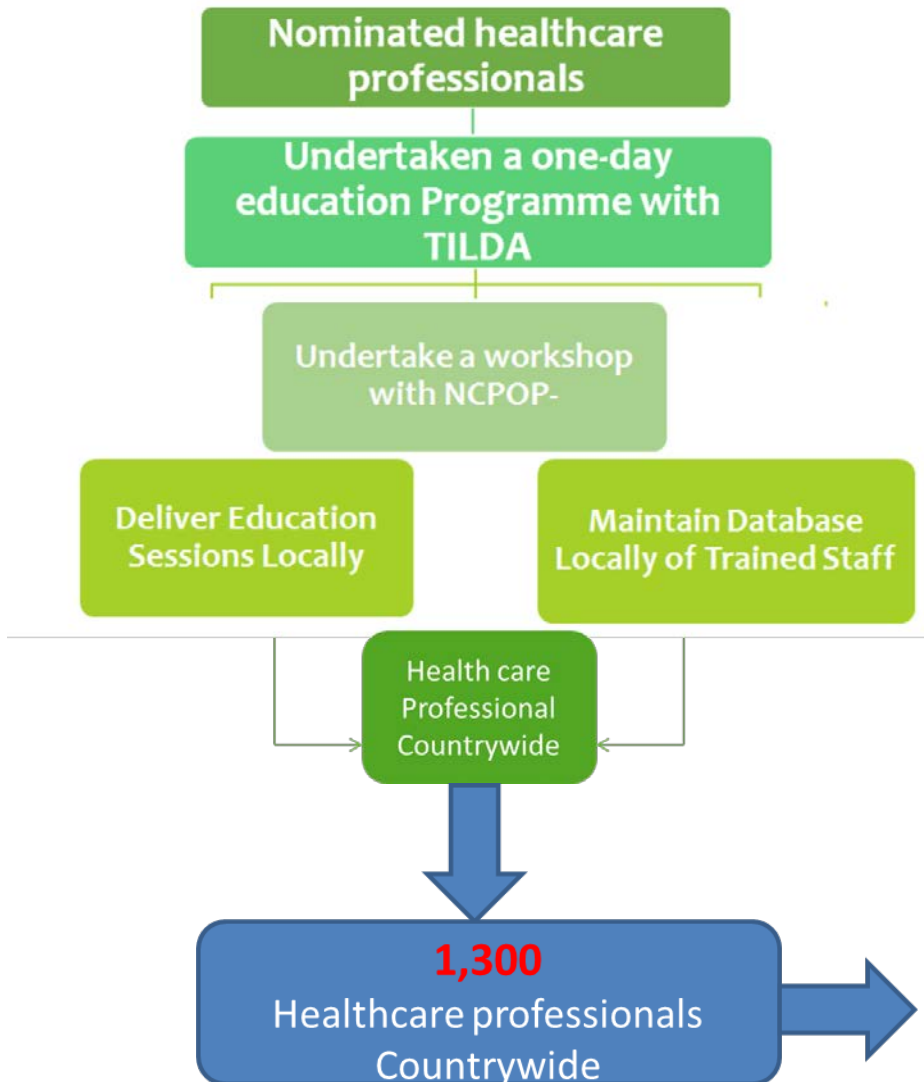
- Single falls 1.3-fold lower in NI vs ROI
- Recurrent falls 1.4-fold higher in NI vs ROI
- Injurious falls 1.25 times lower in NI vs ROI
- Highest prevalence of frailty among recurrent fallers from NI vs ROI



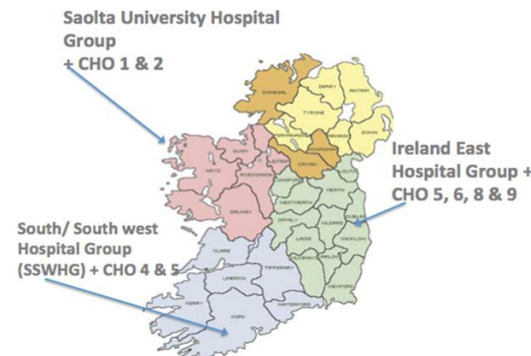
OLDER PEOPLE

Informing Practice

The National Frailty Education Programme



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



Funders



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Thank you

For more information:

www.tilda.ie

<https://www.qub.ac.uk/sites/NICOLA/>