

# Care Home Resident Medical Contact form

Date		Time	
Taken by	<input type="checkbox"/> GP <input type="checkbox"/> ANP <input type="checkbox"/> APP		

Name of Care Home	
Contact name & number	
Patient's usual GP	

## 1 Patient details

Patient Name		DOB		Age	
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## 2 Baseline status

Does patient have an existing TEP or DNACPR form?	<input type="checkbox"/> DNACPR in place <input type="checkbox"/> No DNACPR in place <input type="checkbox"/> Ceilings of appropriate escalation recorded
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Clinical Frailty Scale		Last routine BP		Last routine Pulse Rate		Last routine Resp Rate		Last routine O <sub>2</sub> sats	
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## 3 What are you calling about today? When did the problem start?

BP now		Pulse Rate now		Resp rate now		O <sub>2</sub> sats now	
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<b>Clinician Prompts</b> <input type="checkbox"/> Immunocompromised <input type="checkbox"/> Diabetes <input type="checkbox"/> COPD <input type="checkbox"/> Asthma <input type="checkbox"/> Current cancer patient <input type="checkbox"/> Hypertension <input type="checkbox"/> Other cardiovascular <input type="checkbox"/> Immunocompromised  <b>When did patient last see a doctor/ANP?</b>
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## 4 What response were you hoping for? What are you worried about?

<input type="checkbox"/> Advice only <input type="checkbox"/> Would like F2F review <input type="checkbox"/> Unsure
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## 5 Clinician Impression & Plan

## 6 Outcome

<input type="checkbox"/> Advice only <input type="checkbox"/> Script <input type="checkbox"/> Needs F2F assessment  <b>WHAT ELSE</b>  <div style="border: 1px solid red; height: 100px;"></div>
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# Care Home Resident Medical Contact form

Name of Care Home	Patient's usual GP
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## Patient details

Patient Name	DOB	Age
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Baseline status	Does patient have an existing TEP or DNACPR form?	<input type="checkbox"/> DNACPR in place <input type="checkbox"/> No DNACPR in place <input type="checkbox"/> Ceilings of appropriate escalation recorded		
	Clinical Frailty Scale	Last routine BP	Last routine Pulse Rate	Last routine Resp Rate

### Clinical Frailty Scale\*

-  **1 Very Fit** – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.
-  **2 Well** – People who have **no active disease symptoms** but are less fit than category 1. Often, they exercise or are very **active occasionally**, e.g. seasonally.
-  **3 Managing Well** – People whose **medical problems are well controlled**, but are **not regularly active** beyond routine walking.
-  **4 Vulnerable** – While **not dependent** on others for daily help, often **symptoms limit activities**. A common complaint is being “slowed up”, and/or being tired during the day.
-  **5 Mildly Frail** – These people often have **more evident slowing**, and need help in **high order IADLs** (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.
-  **6 Moderately Frail** – People need help with **all outside activities** and with **keeping house**. Inside, they often have problems with stairs and need **help with bathing** and might need minimal assistance (cuing, standby) with dressing.



**7 Severely Frail** – Completely dependent for **personal care**, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).



**8 Very Severely Frail** – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.



**9. Terminally Ill** - Approaching the end of life. This category applies to people with a **life expectancy <6 months**, who are **not otherwise evidently frail**.

#### Scoring frailty in people with dementia

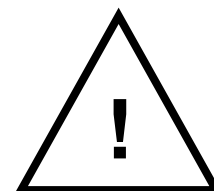
The degree of frailty corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.

\* 1. Canadian Study on Health & Aging, Revised 2008.  
2. K. Rockwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005; 173:489-495.

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**The Clinical Frailty Score is based on when the patient is at their baseline, not when they are acutely unwell.**

**“What would they have scored two weeks ago?”**

## If ringing to seeking medical advice:

<b>1 Do a set of observations</b>	BP now		Pulse Rate now		Resp rate now		O <sub>2</sub> sats now	

## 2 Prepare to be asked these questions:

1. What are you calling about today? When did the problem start?
2. When did the patient last see a doctor/ANP?
3. What response were you hoping for? What were you worried about?