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Scientific Abstract

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Bringing Frail, Hope: A Protocol That Delivers Wanted Care

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Background

Frailty compounds the risk for poor health outcomes in the older adults. This has immense implications on healthcare utilization and containment of medical costs. While benefits of prehabilitation have been demonstrated, uptake of programs have traditionally been poor due to non-adherence issues. Gaps in understanding the barriers and the dynamic needs profile of the seniors needs to be addressed.

Objectives

We propose that a holistic program which integrates good health practices in daily routines within a high risk population will influence functional and health outcomes. The integration of smart technology will allow early recognition of risk and timely activation of appropriate medical and community services and also aims to provide other societal benefits such as equipping care givers. Methods & Materials

The proposal aims at

- (i) tackling compliance issues by shifting care from hospital to community and home. Crucial health parameters will be monitored by individuals and their carers at home. Smart technology will be able to provide support in performing and progressing prehabilitation from home.
- (ii) collecting data that will help in the development of an effective home-based physical conditioning programme that focuses on the challenges faced by an ageing Asian population.
- (iii) trialling the use of tele health technologies to deliver part of the care to establish the feasibility and acceptability of using such technologies in the elderly Asian population.

Conclusion

This protocol aims to improve health outcomes in the elderly frail population through the inclusion of integrated technology, developed based on identifiable medical and social needs.