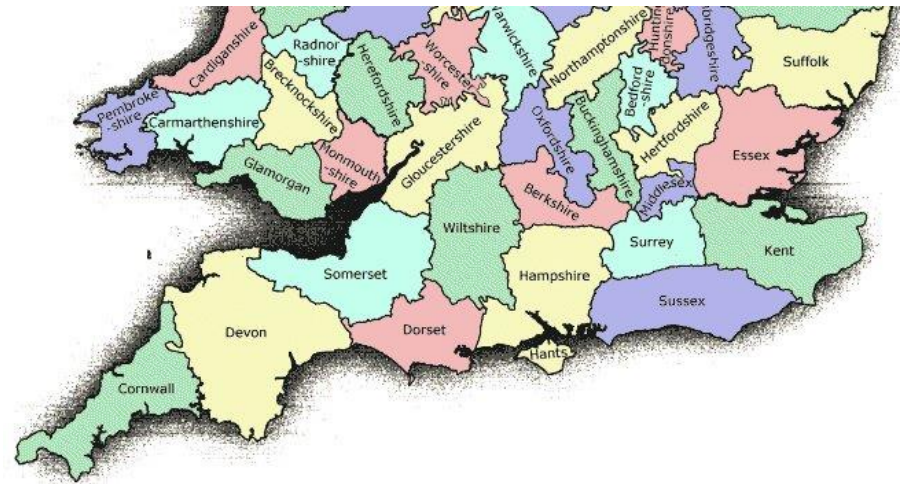


# The Consultant Practitioner Trainee (CPT) Programme Specialising in Frailty



**Claire Barker Consultant Practitioner Trainee**

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# Session Overview

- Background to the Consultant Practitioner role
- Introduction to CPTs Specialising in Frailty
- Overview of the CPT Programme specialising in Frailty
  - The structure & evaluation Process
- My experience
  - Current Quality Improvement Project
  - Impact of the role
- Further Discussion & Questions

# The Background

**1999** Tony Blair announced the introduction of the Nurse Consultant role.

**2004** Consultant Nurse Development Programme for Emergency Care.

Extended to “practitioners” in Midwifery, Neurology, Stroke, Mental Health and Learning Disability.

**2014** Political drive to increase clinical leadership within the “Older Persons” agenda initiated the introduction of the CPT programme specialising in Frailty.

**2015** First cohort of CPTs specialising in Frailty

# The First Cohort

## Specialising in Frailty




Health Education England



**Ms. Claire Barker** RN, ANP, MSc [claire.barker1@nhs.net](mailto:claire.barker1@nhs.net)


DipHe Nursing (adult), MSc (Clinical Healthcare Practice), Non-Medical Prescriber  
Areas of special interest - Management of frailty, Clinical practice, Integrated community care models, Healthcare leadership, Development of the ANP role  
Currently reading for a DClInP at the University of Southampton; Thesis title/ research area 'Exploring resilience in the context of frail older age'

 @ClaireB2016



**Mrs. Esther Clift** MCSP, BSc(Hons), MSc [esther.Clift@nhs.net](mailto:esther.Clift@nhs.net)


BSc (hons) Physiotherapy, MSc (Gerontology),  
Areas of special interest - Emergency Care for Older People, Integrated Community Care, Older People's Spirituality (Cross Cultural), Quality Improvement Science, Comprehensive Geriatric Assessment  
Currently Reading for a DClInP at the University of Southampton; Thesis title/ research area 'A critical ethnographic study of exercise interventions in later life.'

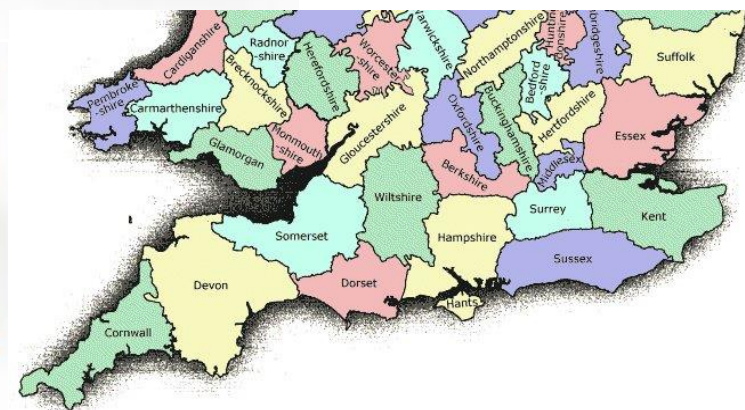
 @EstherClift



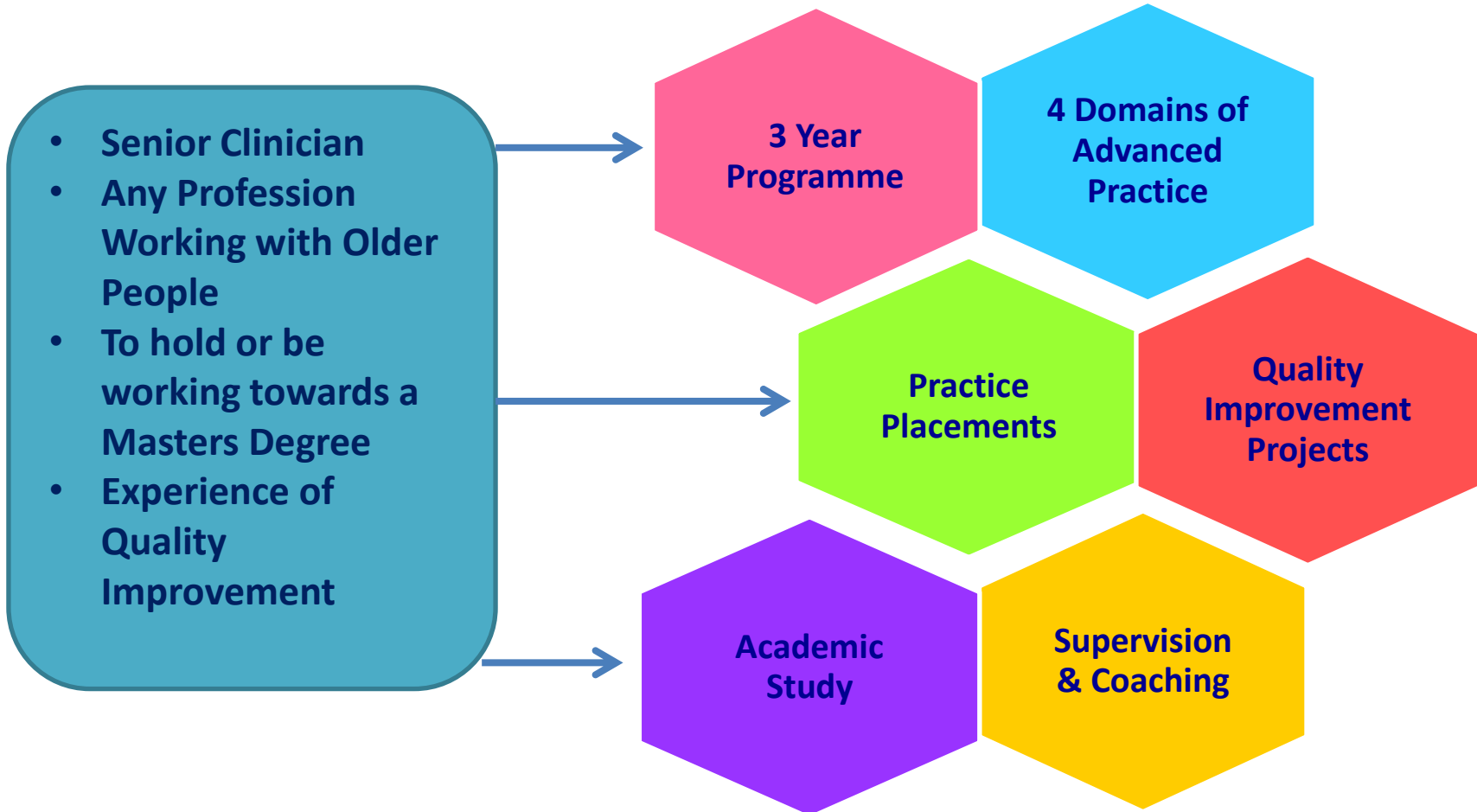
**Mr. Jules Cavalier** RGN, BSc, PGDip [julian.cavalier@wessex.hee.nhs.uk](mailto:julian.cavalier@wessex.hee.nhs.uk)

Advanced Nurse Practitioner, Independent prescriber,  
Doctoral Clinical Academic Training Fellow UoS  
Areas of Special interest -Emergency Care & Ambulance Service, Frailty in pre-hospital/emergency care and complex clinical cases, Palliative Care  
Currently reading for a PhD in Health Sciences at the University of Southampton;  
Thesis title/research area 'The Burden of Care'

 @Jules\_Cavalier



# The CPT Programme



# CPT Working Pattern



4 Domains of Advanced Practice

A typical week on placement is based on the working pattern for Consultant Practitioners:

- 50% within clinical practice

The remaining 50% being shared between:

- Education
- Service development through research and evaluation
- Increasing opportunities for professional leadership.

# The Evaluation Process

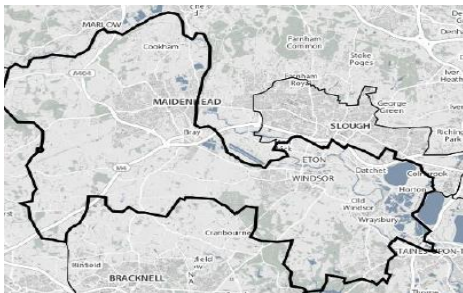
- Annual Learning Outcomes
- Portfolio of Evidence
- End of Year Review
- Academic achievement



# Quality Improvement Project

## Frailty Strategy

*Windsor, Ascot and Maidenhead  
Clinical Commissioning Group*

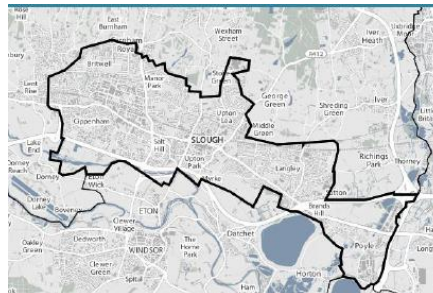


**Population 152,903**  
**17 General Practice Providers**



THE ROYAL BOROUGH OF  
WINDSOR AND  
MAIDENHEAD

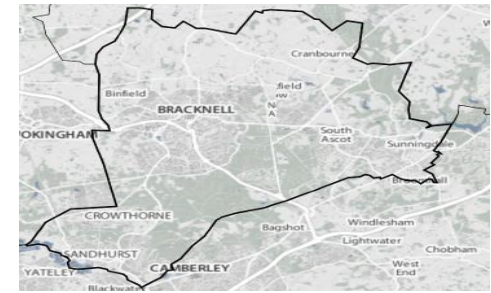
*Slough Clinical Commissioning Group*



**Population 153,053**  
**16 General Practice Providers**

[www.slough.gov.uk](http://www.slough.gov.uk)  
**Slough**  
Borough Council

*Bracknell and Ascot  
Clinical Commissioning Group*



**Population 140,102**  
**15 General Practice Providers**



# The Vision

**Aim:**

To provide anticipatory care for individuals living with Frailty in their community - enabling them to maintain their independence for as long as possible, while preventing unnecessary hospital admissions and premature entry into long-term care.

Shared understanding of the concept of Frailty

Consistent and effective approach to the early identification of Frailty within our population

A range of services that support the needs of our population to enable them to live well with Frailty

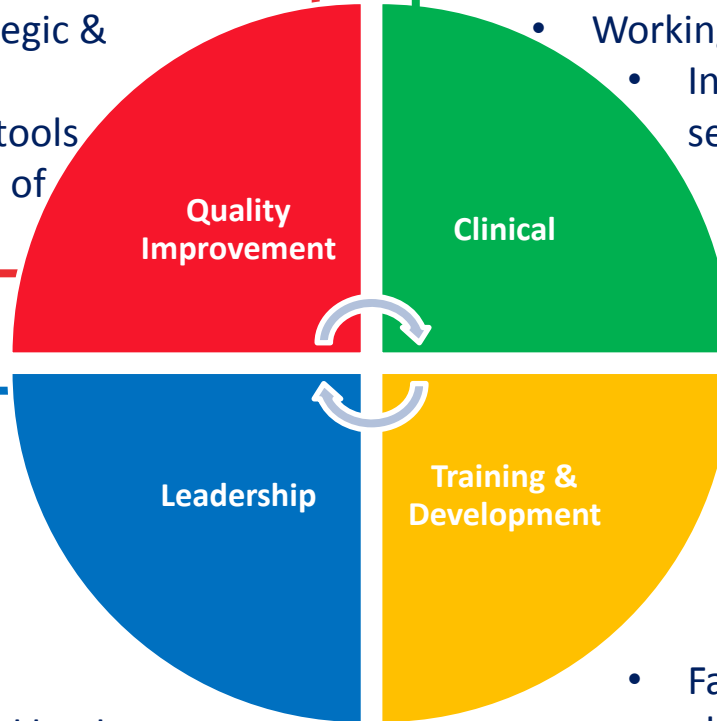
# Learning & Development

## Developing my Quality Improvement (QI) Skills

- Critically reviewed the available evidence
- Published a document to the CCGs with recommendations
- Obtained agreement at strategic & operational levels
- Application of QI diagnostic tools to carry out small-scale tests of change

## Developing my Clinical Skills

- Delivering & leading CGA\* in Primary Care
- Providing in-reach support to a local Nursing Home
  - Working within a social services team
  - Increasing knowledge of support services available locally
  - Implementing & evaluating Frailty identification tools



## Developing Leadership Skills

- Identified as the clinical lead
- Influencing & motivating without authority
- Contributed to the STP submission
- Networking with the National leads to share learning

## Developing Self & Others

- Delivering educational sessions
- Informing my Doctorate research study
- Facilitating learning through clinical supervision
  - 1:1 Clinical supervision & coaching

\* Comprehensive geriatric Assessment

# Thank You For Listening

**NHS**

*Health Education England*

