**2018 Irish Healthcare Awards -** **Innovative Project of the Year**

**CGA Toolkit Plus** - <https://www.cgakit.com/>

**1. Name**

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**2. Introduction**

Created and maintained in Ireland, the globally unique CGA Toolkit Plus offers GPs a full range of ready to use tools needed in a Comprehensive Geriatric Assessment based proactive, personalised care plan for the assessment, management and monitoring of the elderly.

**3. Objectives**

The 2016 Census reported a 19,1% increase in the Irish population aged over 65 years (1)

It is recognised that care of the elderly and frail by GPs is crucial to achieve better health, with consequent decreased burden on Urgent and Out of Hours services, decreased Hospital admissions, and decreased demand for Residential Care (2).

In order to identify and treat conditions before they escalate , it is imperative that such healthcare be proactive,. It is also essential that interventions are personalised to meet the individual's unique multifaceted physical, mental, and social needs in a culturally appropriate and sensitive fashion (3).

The Comprehensive Geriatric Assessment offers a framework for care which spans the eight areas of healthcare to be addressed by GPs : Medical, Functional, Psychological, Social, Environmental, Advance Care Planning, Spirituality, and Sexuality/Intimacy (4).

GPs in Ireland, UK, and indeed worldwide, are burdened by time and resources limitations which hamper their ability to deliver the volume and quality of care required (5).

CGA Toolkit Plus was created to provide GPs with a one-stop source of information and tools they require for the delivery of the Comprehensive Geriatric Assessment based proactive, personalised care of the elderly, from initial assessment to management, appropriate referral, and ongoing monitoring.

All information provided is evidence-based and extensively referenced.

All tools are ready-to-use, and come with information as to the origin and purpose of the tool, content, time and ease of administration, and details of application and interpretation.

CGA Toolkit Plus also includes information and tools for assessment and management/monitoring of geriatric syndromes : Falls, Urinary Incontinence, Pressure Ulcers, Sleep Disorders, Delirium and Dementia (6).

Resources are provided for dealing with a number of difficult situations, such as When To Stop Driving, Considering Residential Care, and other such Thorny Issues (7).

Related Perspectives are explored on a number of related and thought provoking Geriatric and Primary Care issues (8).

CGA Toolkit Plus is free to access and use, requiring no registration or subscription fee.

GPs can utilise CGA Toolkit Plus to devise protocols for the quality care of the elderly, and to optimise the co-ordinated distribution of the workload in a manner which is suited to each GPs unique location and access to in-house and regional support structures and resources, in both solo practices and partnerships, and in both urban and rural settings. In so doing, CGA Toolkit Plus minimises the time required for research and provides GPs with validated, evidence-based tools which are fit for purpose.

**4. Implementation, Tactics, and Strategy**

A beta version of the Toolkit was created and submitted as the course main project in the ICGP Certificate in Geriatric Medicine, undertaken by Dr Grazioli in 2014.

The feedback from ICGP tutors and fellow students was processed and the Toolkit was upgraded.

Input was sought from the British Geriatric Society . During 2015 a 12 member panel consisting of UK geriatricians and GPs discussed and revised the Toolkit over a period of 10 months. The BGS published their own generic Toolkit and in November 2015 the GP targeted and independent CGA Toolkit Plus was made available to public and search engines in a mobile device friendly and easily upgradeable format.

During 2016-17 the feedback from users was utilised to further upgrade and improve the Toolkit.

In 2018 CGA Toolkit Plus was showcased at medical conferences in Glasgow, Belfast and Manchester (9) where it was critically evaluated and universally welcomed by a wide array of General Practitioners engaged in Primary Care in urban and rural settings, both in office-based and in nursing home settings.

**5. Outcomes**

CGA Toolkit Plus originated and is maintained in the Republic of Ireland.

It remains a unique resource worldwide.

While other toolkits offer a limited number of tools and supportive literature, none provides a similar wide range of tools, detail, and CGA based structured framework.

*The CGA Toolkit Plus website is an incredibly valuable resource. I recommend starting here. Everything you need for a primary care Comprehensive Geriatric Assessment (including all the background information) is here* (10).

The CGA Toolkit Plus website currently attracts an average of 3000 visitors per month from countries in 5 continents. Four hundred of these monthly visitors access the site directly, having personally bookmarked it, rather than from a web-search.

CGA Toolkit Plus is currently the foundation for the work of an NGO in the USA and the subject of a doctoral thesis in Asia.

**6. References** (all websites accessed June 2018)

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10. The Diagnosis Of Frailty And Its Implications. Medical Diagnosis and Medical Treatment.

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