

## **Project Summary for EPUAP website**

### **Project Title:**

PRE-NET: A network of researchers and service users to prevent and manage pressure ulcers in pre-frail older adults through early nutrition interventions

### **Project Team:**

Principal Investigator: Dr Duygu Sezgin, Lecturer/Assistant Professor, Programme Director for Wound Healing and Tissue Repair PGDip/Master's, School of Nursing and Midwifery, University of Galway, Ireland

Leading the collaboration in Belgium: Professor Dimitri Beeckman, Department of Public Health and Primary Care, Universiteit Gent, Belgium

### **Project Focus:**

Establishment of a network of researchers, clinicians and collaborating partners for prevention and management of pressure ulcers in pre-frail older adults through early nutrition interventions.

### **Introduction:**

This project is a starting point to bring together frailty and pressure ulcer researchers to work on larger grant applications and develop suitable screening initiatives and interventions that target the nutrition and frailty status of people with early-grade pressure ulcers and/or those at risk of developing pressure ulcers. To date, many studies have been conducted on the mechanisms to explain the connections between nutrition and ulcer healing, with some publications reporting on the relationship between frailty and wound healing. However, limited projects focus on pre-frailty, early screening and interventions to aim for improved nutrition and frailty prevention in people at risk of pressure ulcers or those with early-grade pressure ulcers. This project has the novel approach of specifically focusing on pre-frailty in this particular population.

**Project Aim:** To establish a network of researchers, clinicians and collaborating partners for prevention and management of pressure ulcers in pre-frail older adults through early nutrition interventions.

### **Key Milestones:**

- Patient-public consultation events in partner institutions.
- Setting up a network of frailty and pressure ulcer researchers, clinicians, and collaborators.
- Refining specific research activities following the discussions between the network members.
- Applying for large national and international grants focusing on developing suitable screening initiatives and interventions that target the nutrition and frailty status of people with early-grade pressure ulcers and/or those at risk of developing pressure ulcers.

## References:

1. Clegg A, Young J, Iliffe S, Rikkert MO, Rockwood K. Frailty in elderly people. *The Lancet*. 2013;381(9868):752-62.
2. Cruz-Jentoft AJ, Kiesswetter E, Drey M, Sieber CC. Nutrition, frailty, and sarcopenia. *Aging clinical and experimental research*. 2017;29:43-8.
3. Espauella-Ferrer M, Espauella-Panicot J, Noell-Boix R, Casals-Zorita M, Ferrer-Sola M, Puigoriol-Juventeny E, Cullell-Dalmau M, Otero-Viñas M. Assessment of frailty in elderly patients attending a multidisciplinary wound care centre: a cohort study. *BMC geriatrics*. 2021;21(1):1-9.
4. European Pressure Ulcer Advisory Panel (EPUAP). Clinical Practice Guideline (Quick Reference Guideline). 2019 <https://www.epuap.org/pu-guidelines/> Accessed 20.03.2023
5. Fried LP, Tangen CM, Walston J, Newman AB, Hirsch C, Gottdiener J, ... McBurnie MA. Frailty in older adults: evidence for a phenotype. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. 2001;56(3):M146-57.
6. Manley S, Mitchell A. The impact of nutrition on pressure ulcer healing. *British Journal of Nursing*. 2022;31(12):26-30.
7. Neloska L, Damevska K, Nikolchev A, Pavleska L, Petreska-Zovic B, Kostov M. The association between malnutrition and pressure ulcers in elderly in long-term care facility. *Open access Macedonian journal of medical sciences*. 2016;4(3):423.
8. NutriFrail. University of Oslo. Institute of Basic Medical Sciences. <https://www.med.uio.no/imb/english/research/projects/nutrifrail/> Accessed 20.03.2023
9. O’Caoimh R, Sezgin D, O’Donovan MR, Molloy DW, Clegg A, Rockwood K, Liew A. Prevalence of frailty in 62 countries across the world: a systematic review and meta-analysis of population-level studies. *Age and Ageing*. 2021;50(1):96-104.
10. Roberts S, Collins P, Rattray M. Identifying and managing malnutrition, frailty and sarcopenia in the community: a narrative review. *Nutrients*. 2021;13(7):2316.
11. Sezgin D, O’Donovan M, Cornally N, Liew A, O’Caoimh R. Defining frailty for healthcare practice and research: A qualitative systematic review with thematic analysis. *International Journal of Nursing Studies*. 2019;92:16-26.
12. Sezgin D, Liew A, O’Donovan MR, O’Caoimh R. Pre-frailty as a multi-dimensional construct: A systematic review of definitions in the scientific literature. *Geriatric Nursing*. 2020;41(2):139-46.
13. Sezgin D, O’Donovan M, Woo J, Bandeen-Roche K, Liotta G, Fairhall N, Rodríguez-Laso A, Apóstolo J, Clarnette R, Holland C, Roller-Wirnsberger R. ... O’Caoimh R. Early identification of frailty: Developing an international delphi consensus on pre-frailty. *Archives of Gerontology and Geriatrics*. 2022 1;99:104586.
14. Walston J, Buta B, Xue QL. Frailty screening and interventions: considerations for clinical practice. *Clinics in geriatric medicine*. 2018;34(1):25-38.