



Austin Annas and Catherine Healy

2013-2014 North Carolina Albert Schweitzer Fellows

Schweitzer Fellows Austin Annas and Catherine Sawyer provided assessments for adults ages 50 and older observing for deficits in lower extremity strength/grip strength, decreased gait speed, altered balance, fatigue/decreased activity with ambulation, and nutritional intake in underserved communities of eastern Winston-Salem using the WSSU Mobile Clinic and community sites. We choose to address frailty in this younger than studied population in order to decrease risk for hospital admissions through screenings and exercise programs. Exercise programs for older adults enhance mobility, flexibility and balance Drs. Migliarese and Smith served as the academic mentors for the Schweitzer project.



Objectives:

- ❖ Screen adults ages 50 and older for Frailty using data from recent journals.
- ❖ Determine if there is a deficit in 2 of the 5 criteria for a pre-frail condition and 3 of the 5 for frail status.
- ❖ Offer referrals to an exercise class that was held twice a week for 40 minute sessions led by the Fellows or provide information for at home exercises and education to improve one or more deficits.

Results:

- ❖ Data was collected from 76 adults this year with 62 individuals meeting the criteria for pre-frail or frail and 3 individuals over 3 criteria.
- ❖ Of the 62 individuals screened, 34 received nutritional information and attended the exercise classes led by the Fellows. The remaining 28 received nutritional information and home exercises to address deficits.
- ❖ 27 of the 34 who attended the exercise program progressed in 2 to 3 of the 5 criteria including balance, gait speed, LE strength and grip strength.

Sustainability:

- ❖ Two leaders in the Mount Zion Baptist Church Senior Life Center assisted with the Fellow led exercise sessions and will be sustaining the classes. The Fellows provided these leaders with supplies and written instructions for exercises, as well as training on how to identify individuals with deficits.

