SUNFRAIL TRANSNATIONAL WORKSHOP

Understanding and Caring Frailty and Multimorbidity

Emilia Romagna Region
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Reference Sites Network for Prevention and Care of Frailty and Chronic Conditions in community dwelling persons of EU Countries

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Promoted by a **network of Italian Reference Sites** of the **European Innovation Partnership on Active and Healthy Ageing (EIP-AHA)**

3rd EU Health Programme - WP 2014

- To share experiences, good practices and tools to identify and manage **frailty** and **multimorbidity**

- **EIP-AHA Initiative (A1, A3, B3)**

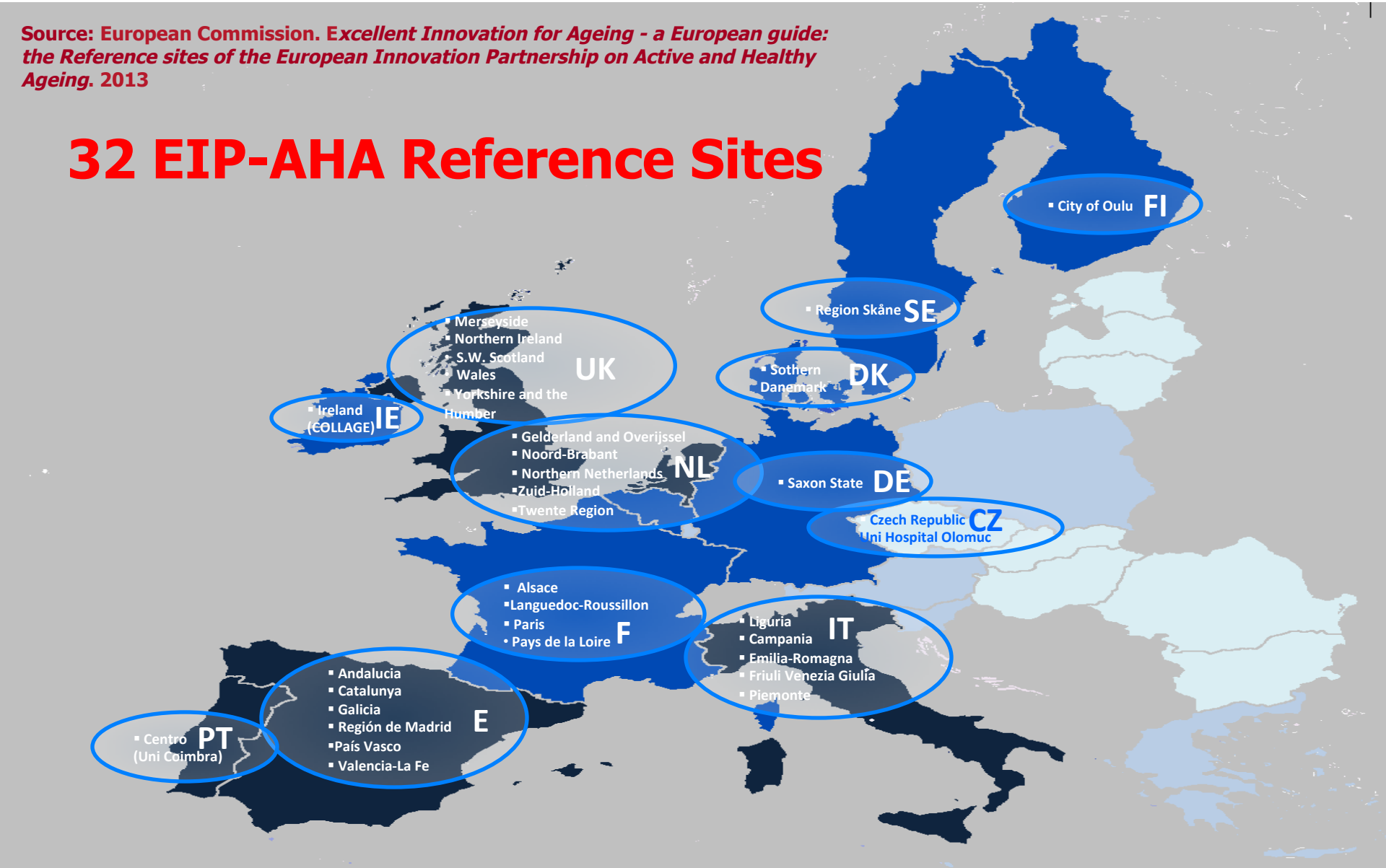
- **Italian Ministry of Health - Mattone Internazionale**

The Partnership

PARTNER	ORGANISATION	ACRONYM
LP1	Regione Emilia-Romagna - Agenzia Sanitaria E Sociale Regionale, **Italy**	(RER-ASSR)
	Aster - Societa Consortile Per Azioni, **Italy**	(ASTER)
PP2	Regione Piemonte, **Italy**	(RHAP)
PP3	Regione Liguria, **Italy**	(LIGURIA)
PP4	Azienda Ospedaliera Universitaria Federico II Campania, **Italy**	
PP5	Centre Hospitalier Universitaire De Toulouse, **France**	(GERONTOPOLE)
PP6	Centre Hospitalier Universitaire Montpellier, **France**	(CHRU)
PP7	Universytet Medyczny W Lodzi, **Poland**	(LODZ)
PP8	Universidad De La Iglesia De Deusto, **Spain**	(DEUSTO)
PP9	Regional Health & Social Care Board Of Northern Ireland, **United Kingdom**	(HSCB)
PP10	European Regional And Local Health Authorities Asbl, **Belgium**	(EUREGHA)

Synergies with the Ongoing EIP-AHA Initiatives

Source: European Commission. E*xcellent Innovation for Ageing - a European guide: the Reference sites of the European Innovation Partnership on Active and Healthy Ageing*. 2013



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General Objectives

To improve the **identification**, **prevention** and **management** of **frailty** and care of **multimorbidity** in **community dwelling persons** (**over 65**) of EU countries.

Specific Objectives

1. To design an **innovative, integrated model** for the **prevention and management of frailty and care of multimorbidity** (**outcomes** of the **EIP-AHA**).

2. To **validate the model: assess** existing **systems and services** targeting frailty and multimorbidity – citizen's/**patient**'s needs.

3. To assess the **potential for the adoption/replication** and **sustainability of the model** (**good practices**) in different organizational contexts.

4. To **promote the dissemination** of the results (decision makers - regional, national, EU level).

Reference Sites Systems Reflecting Frailty

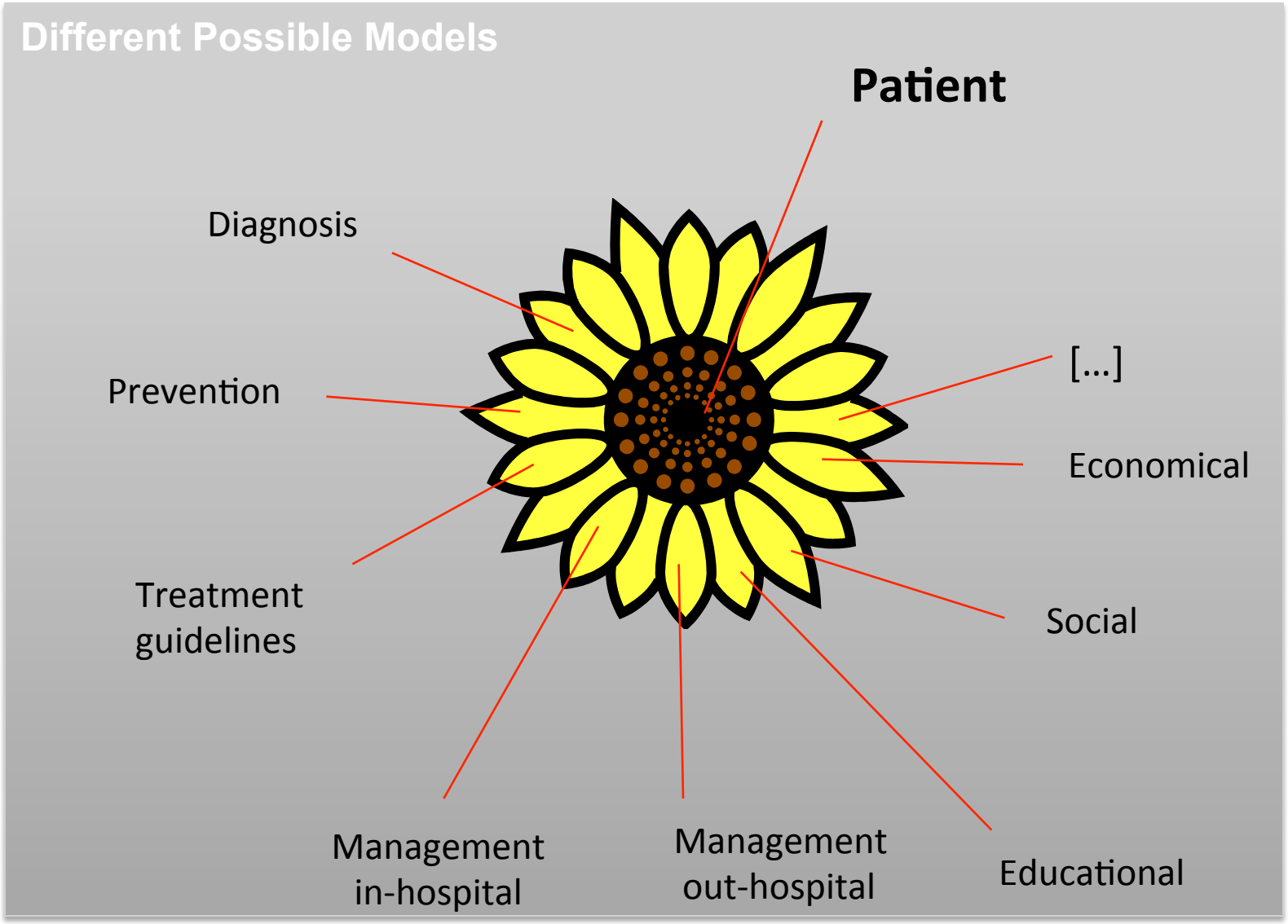
Region *Reference Site*	**Frailty Dimensions**					
	Chronic conditions	Multi morbidity	Adherence therapy	Falls Prevention	Social Economical	…
#1						
#2						
#3						
#4						
#..						

Activities/Best practices

Frailty: Areas Challenging Health Care Services

Primary prevention/Early Detection	a) Screening the population for frailty using both quantitative or qualitative approaches
Diagnosis	a) Identification and evaluation of frail and pre-frail patients
Secondary prevention/Care	a) Management of frailty progression
Emergency/Hospitalization	a) Management of hospitalized frail patients
Building Capacity/ professionals/social network	a) Improving "Patient Centered Care"

Frailty Ecosystem for each Reference Site



Main Outcomes

- A **shared model-good practices** on frailty and multimorbidity
- **A tool kit** for the **prediction** of **frailty** and **multimorbidity**:

Primary care

-to assess the risks of frailty: **physical, cognitive, nutritional and psycosocial conditions**

-to support the adoption of **care pathways** (early detection, management).

Integrated care

-methods and instruments to predict **multimorbidity**

Other tools: instruments for professional's **capacity building** and **analysis** of **costs**

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Opportunities & Challenges

Definition of Frailty and Pre-Frailty

Biomedical vs. Bio-Psychosocial Model

Biomedical

- **Biological**: Age, sex
- **Health-diseases**
- **Life Styles**: physical activity, nutrition...
- **Risk Factors**: smoke, alchool..

Psycosocial

- **Well being** (physical, psychological)
- **Independent living**
- **Education Level**
- **Socialization**
- **Resources**: health care, social interaction, sport, leisures

Perceived/ Expressed Needs?

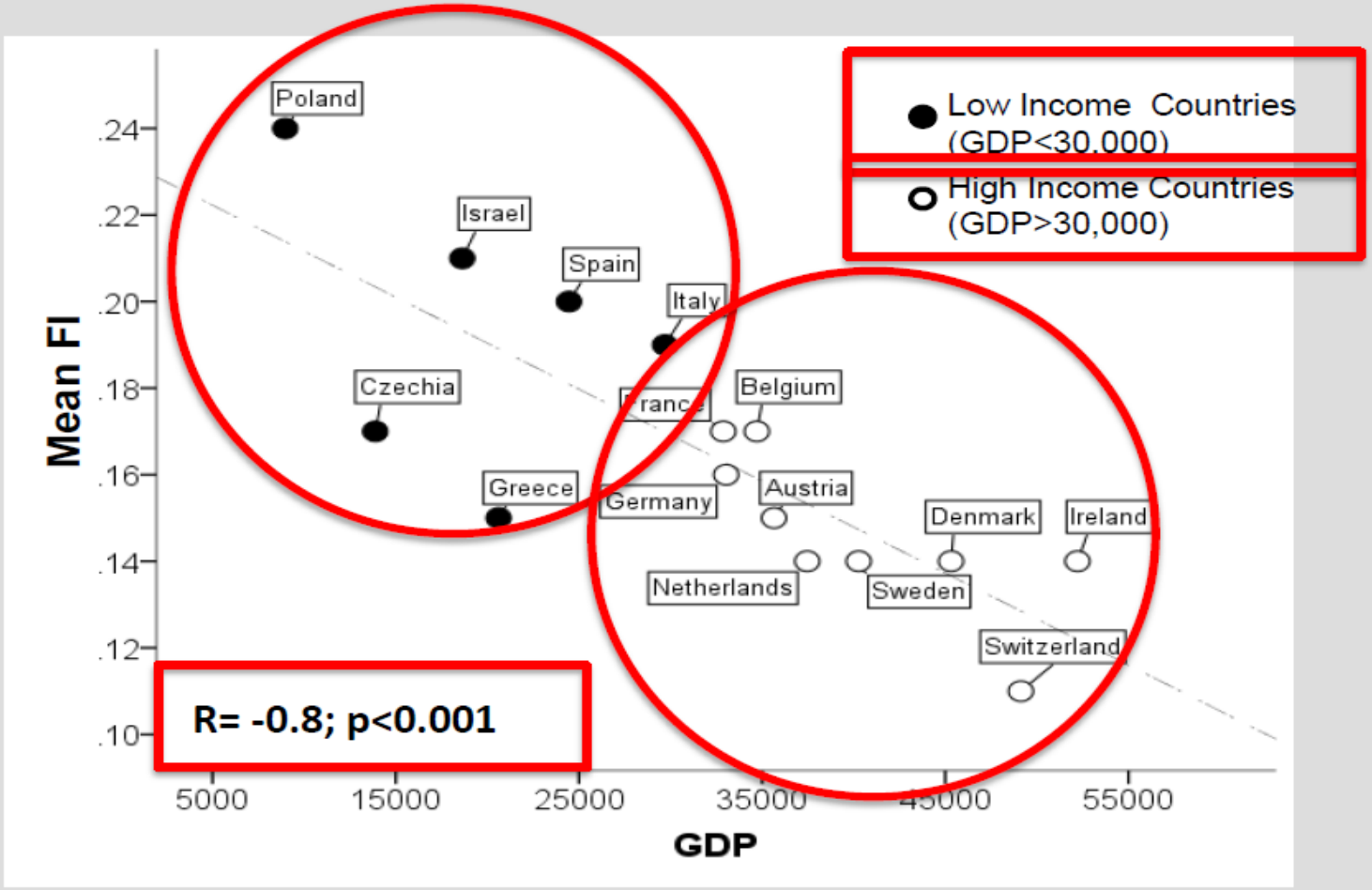
Loss = Pre-Frailty??

Criteria of Inclusion?

Frailty or Pre-Frailty??

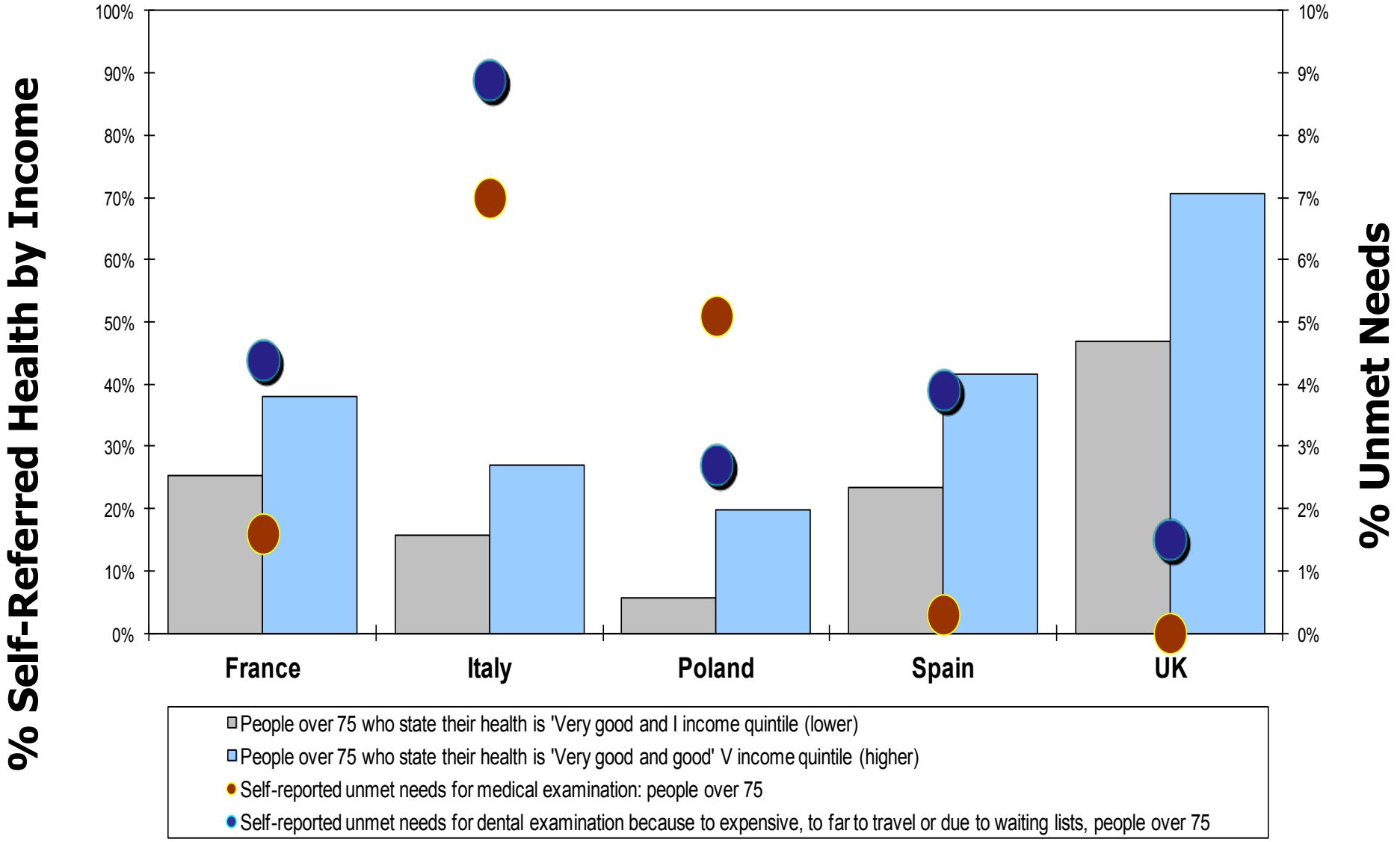
Frailty (FI) & GDP across EU

Mean FI and Gross Domestic Product (GDP)



Theou O, et al., *Age Ageing*. 2013 Sep;42(5):614-9.

Self-Referred Health & Unmet Medical Needs



OECD 2015

In which way can a Multidisciplinary Response to Frailty and Multimorbidity be developed?

An Operational Response to Frailty and Multimorbidity

Health and Social Care Services

II°Level: Specialist

I°Level:

Primary Health and Social Care

(GPs, Nurses, Social Workers, others)

•Living Environment:

Alert, Promotion, Referral

(Pharmacy, Circles, Church, Gyms….)

•Possible Pathways:
- Diagnosis
- II°Prevention
- Therapy
- Referral

Social Response

Bio Medical Response

Possible Pathways:
- Identification - Referral
- I° Prevention-Promotion (Lifestyles)
- Social Activation (voluntary work, informatic literacy, sport, etc.)
- Individual, family, collective response

How to Identify Frailty and Multimorbidity in Primary Health and Social Care?

- Scales - Items
- Professionals
- Settings & Contacts

A Common Set of Items (language)?

How to Identify Frailty and Multimorbidity in Primary Health and Social Care

A Common Set of Items?

- -Physical activity
- -Weight loss
- -Dental status
- -Mood disorders
- -Memory problems
- -History of falls
- -Presence of 2 or more Chronic Conditions
- -Recurrent Hospitalization
- -Educational Level
- -Social Isolation
- -Economic Constraints

} Socio-Economical Vulnerability

How to Identify Frailty and Multimorbidity in Primary Health and Social Care
A Common Set of Items?

- To Provide a Differentiated – Integrated Response by Levels and Settings of Care
- With a focus on Primary and Social Care
- Common Core: Domains of Frailty

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Opportunities & Challenges

- **Definition** of Frailty and Pre-Frailty
- An **Operational Response** to Frailty and Multimorbidity in Primary Health and Social Care
- **Instruments** and **Items** to Identify Frailty and Multimorbidity
- How to identify **Good Practices** on Frailty and Multimorbidity
- **Synergies** Between EU Projects & Initiatives

Agenzia sanitaria e sociale regionale

RegioneEmilia-Romagna

Thank you for your attention!

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