



# EIP-AHA B3 Action Group on Integrated Care

## SUNFRAIL

Albert Borschette Conference Centre - European Commission

Emilia Romagna Region

Mirca Barbolini - M.L. Moro & SUNFRAIL TEAM

Bruxelles, 5 th. April 2017



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



The SUNFRAIL Project has  
received funding from the  
European Union's Health  
Programme 2014-2020

# SUNFRAIL Project

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

## 3<sup>rd</sup> EU Health Programme - WP 2014

- To share experiences, good practices and tools to identify and manage **frailty** and **multimorbidity**
- **Italian Ministry of Health: Progetto Mattone Internazionale**



# The Partnership

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

## Collaborating:

- EIP-AHA Action Groups: A3, B3
- International Scientific Research Networks on frailty and disability (IAGG-GARN)



# SUNFRAIL

## 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**
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 (tools & good practices)** in different organizational contexts
4. To **promote the dissemination** of the results (decision makers, - regional, national, EU level)

# Definition of Frailty

## Biomedical vs. Bio-Psychosocial Model

### Biomedical

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

### Psyco-Social

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

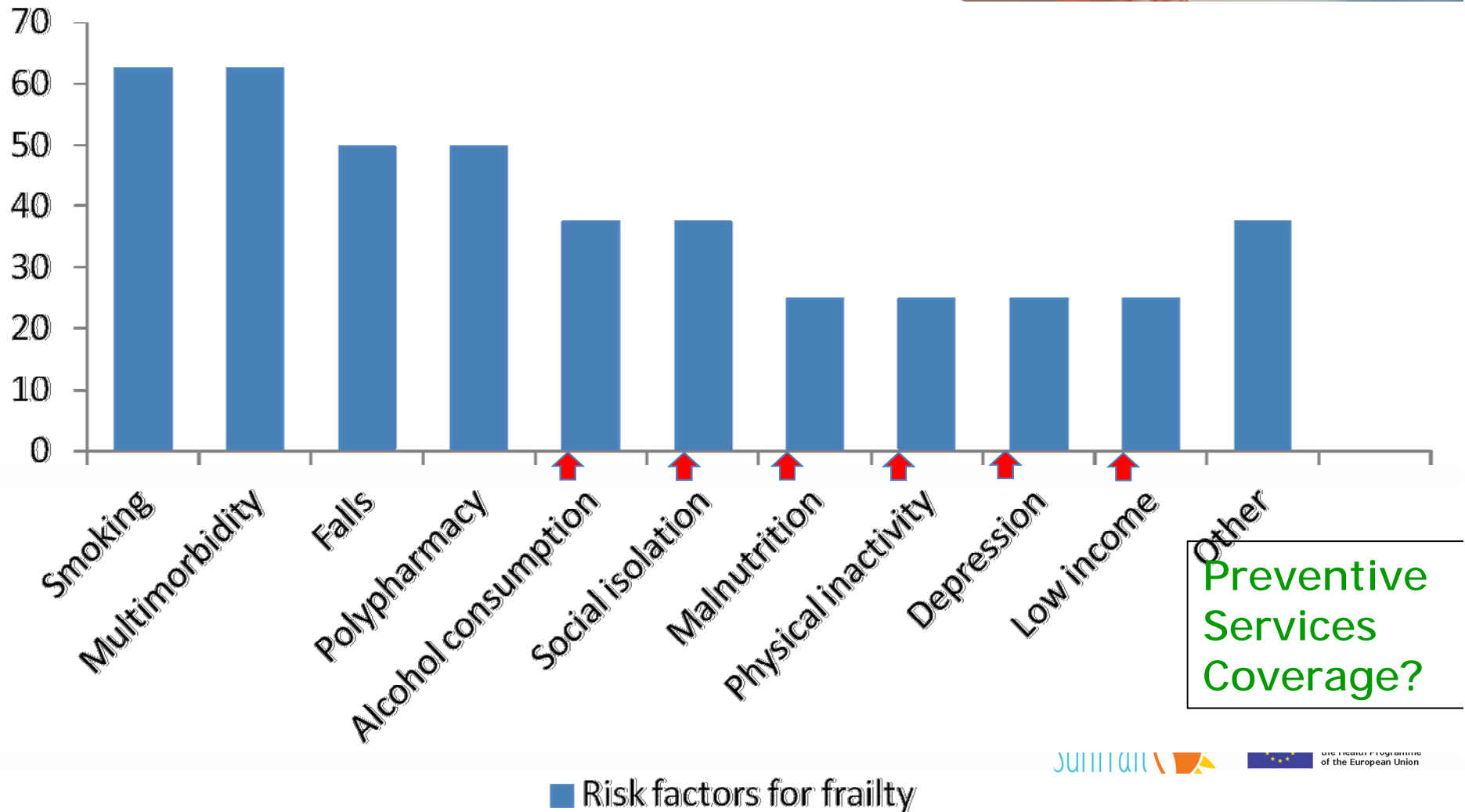
- **Early Identification**
- **Prevention of Disability**



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# Systematic Assessment of Risk factors for Frailty

## Sunfrail Reference Sites





# Perception of Frailty and Barriers to Care

## Bridging the Gap



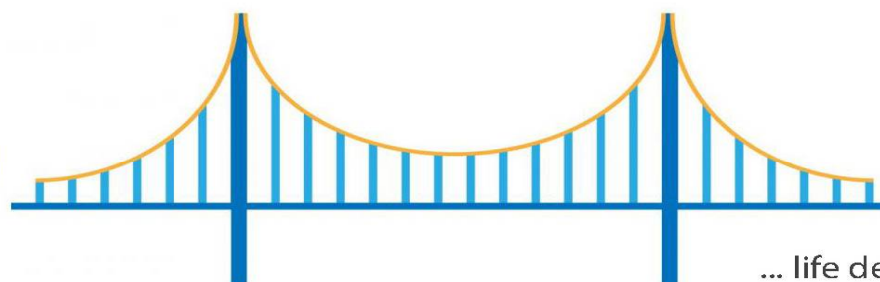
Need for independence

FRAILITY?

State of...



\* playing with grandsons  
\* driving \* dancing \* walking



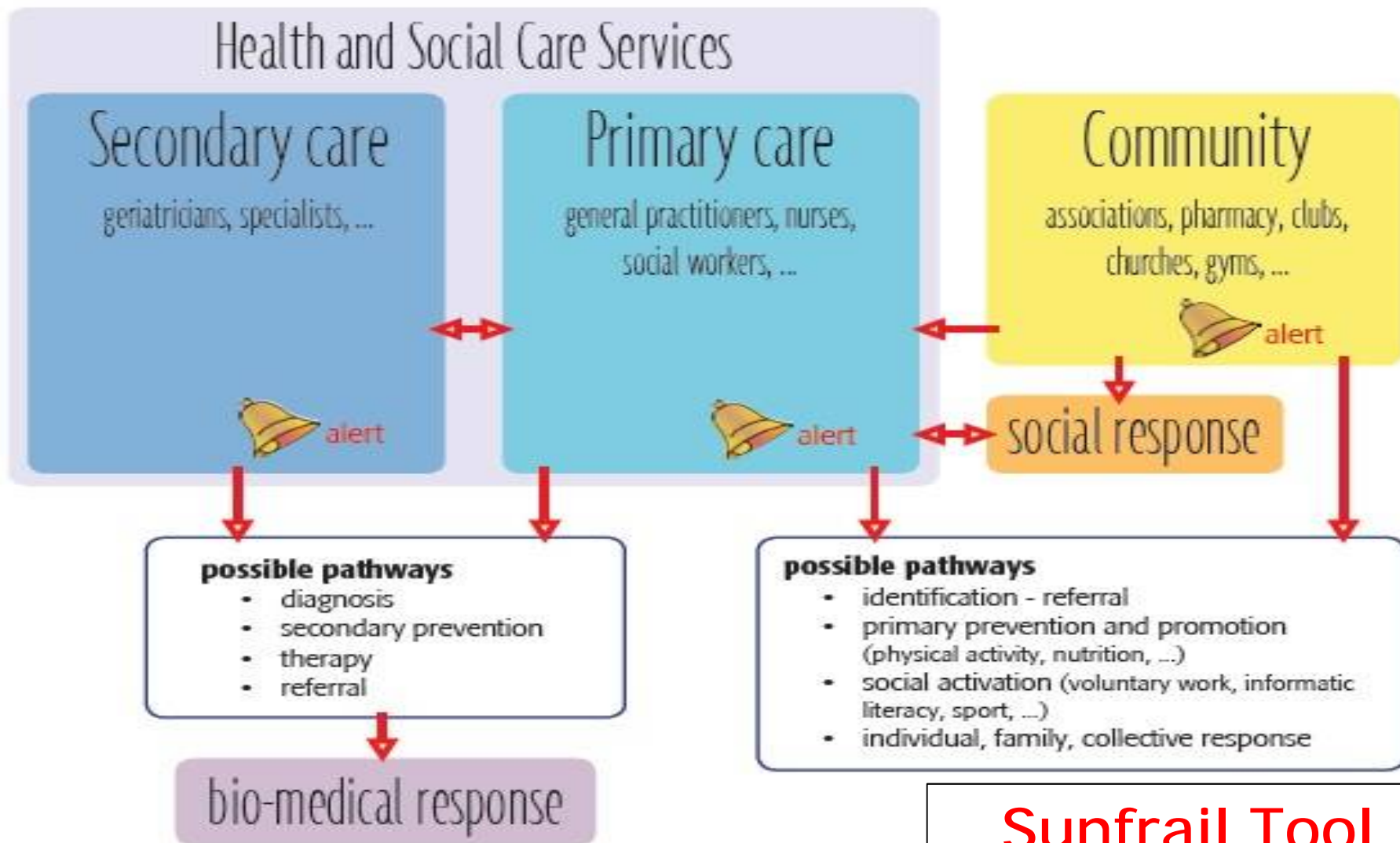
... life decline and extreme vulnerability characterized by weakness and decreased physiologic reserve contributing to increased risk for falls, institutionalization, disability, death.

- Risk Factors
- Prevention
- Cultural, organizational barriers to services
- Multidisciplinary approach



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# Sunfrail Pre-Model of Care on Frailty and Multimorbidity



**Sunfrail Tool**



# Sunfrail Tool

| QUESTIONNAIRE NUMBER   |  | ID  |
|--|--|---|
| Date and place   |  |   |
| <b>PROFESSIONALS</b>   |  |   |
| <ul style="list-style-type: none"> <li>• Nurse • GPs • Other Professionals</li> <li>• Social Worker • Community Actor • Caregiver</li> </ul> |  |   |
| <b>BENEFICIARIES</b>   |  |   |
| <b>Gender</b>  | <b>Age</b>   | <b>Level of education</b>   |
| <ul style="list-style-type: none"> <li>• M</li> <li>• F</li> </ul>   | <ul style="list-style-type: none"> <li>• 65-74</li> <li>• 75-85</li> </ul> | <ul style="list-style-type: none"> <li>• Low (Without studies, Primary School)</li> <li>• Medium (Secondary school, or vocational degree)</li> <li>• High (University, Master or PhD degree)</li> </ul> |
| <b>Questions</b>   |  |   |
| 1. Do you regularly take 5 or more medications per day?  |  | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>   |
| 2. Have you recently lost weight such that your clothing has become looser?  |  | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>   |
| 3. Your physical state made you walking less during the last year?   |  | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>   |
| 4. Have you been evaluated by your GP during the last year?  |  | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>   |
| 5. Have you fallen 1 or more times during the last year?   |  | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>   |
| 6. Have you experienced memory decline during the last year?   |  | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>   |
| 7. Do you feel lonely most of the time?  |  | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>   |
| 8. In case of need, can you count on someone close to you?   |  | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>   |
| 9. Have you had any financial difficulties in facing dental care and health care costs during the last year?                                 |  | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>   |



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# Sunfrail Tool - Preliminary Results

|                                  | N. Interviews | %    |
|----------------------------------|---------------|------|
| <b>Study population</b>          | 156           |      |
| <b>Site</b>                      |               |      |
| Northern Ireland                 | 18            | 11,5 |
| Poland – •ód•                    | 84            | 53,8 |
| University of Naples Federico II | 54            | 34,6 |
| <b>Gender</b>                    |               |      |
| Male                             | 43            | 27,6 |
| Female                           | 113           | 72,4 |
| <b>Age class</b>                 |               |      |
| 65-74                            | 72            | 46,2 |
| 75-85                            | 84            | 53,8 |
| <b>Interviewer</b>               |               |      |
| Nurse                            | 9             | 5,8  |
| GP                               | 0             | 0,0  |
| Social worker                    | 0             | 0,0  |
| Caregiver                        | 0             | 0,0  |
| Community actor                  | 52            | 33,3 |
| Other professionals              | 94            | 60,3 |
| Missing                          | 1             | 0,6  |



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# Preliminary Results

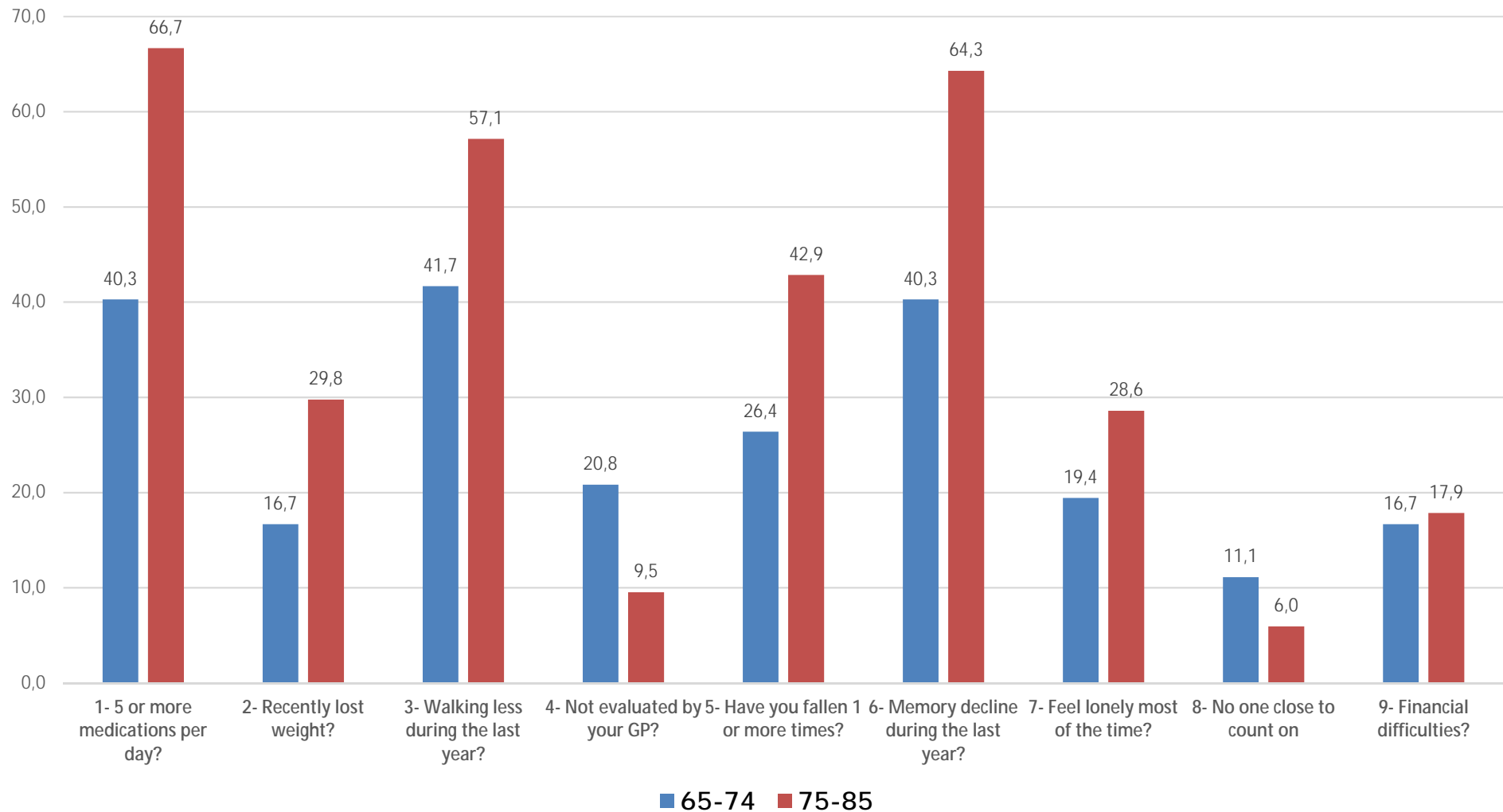


| Questions  | Total Answers | % Positive Answers<br>(n.156) |
|--|---------------|-------------------------------|
| 1- Do you regularly take 5 or more medications per day?  | 61            | 39,1                          |
| 2- Have you recently lost weight such that your clothing has become looser?                                  | 24            | 15,4                          |
| 3- Your physical state made you walking less during the last year?   | 53            | 34,0                          |
| 4- Have you been evaluated by your GP during the last year? (NO)   | 15            | 9,6                           |
| 5- Have you fallen 1 or more times during the last year?   | 42            | 26,9                          |
| 6- Have you experienced memory decline during the last year?   | 59            | 37,8                          |
| 7- Do you feel lonely most of the time?  | 28            | 17,9                          |
| 8- In case of need, can you count on someone close to you? (NO)  | 9             | 5,8                           |
| 9- Have you had any financial difficulties in facing dental care and health care costs during the last year? | 20            | 12,8                          |

# Preliminary Results



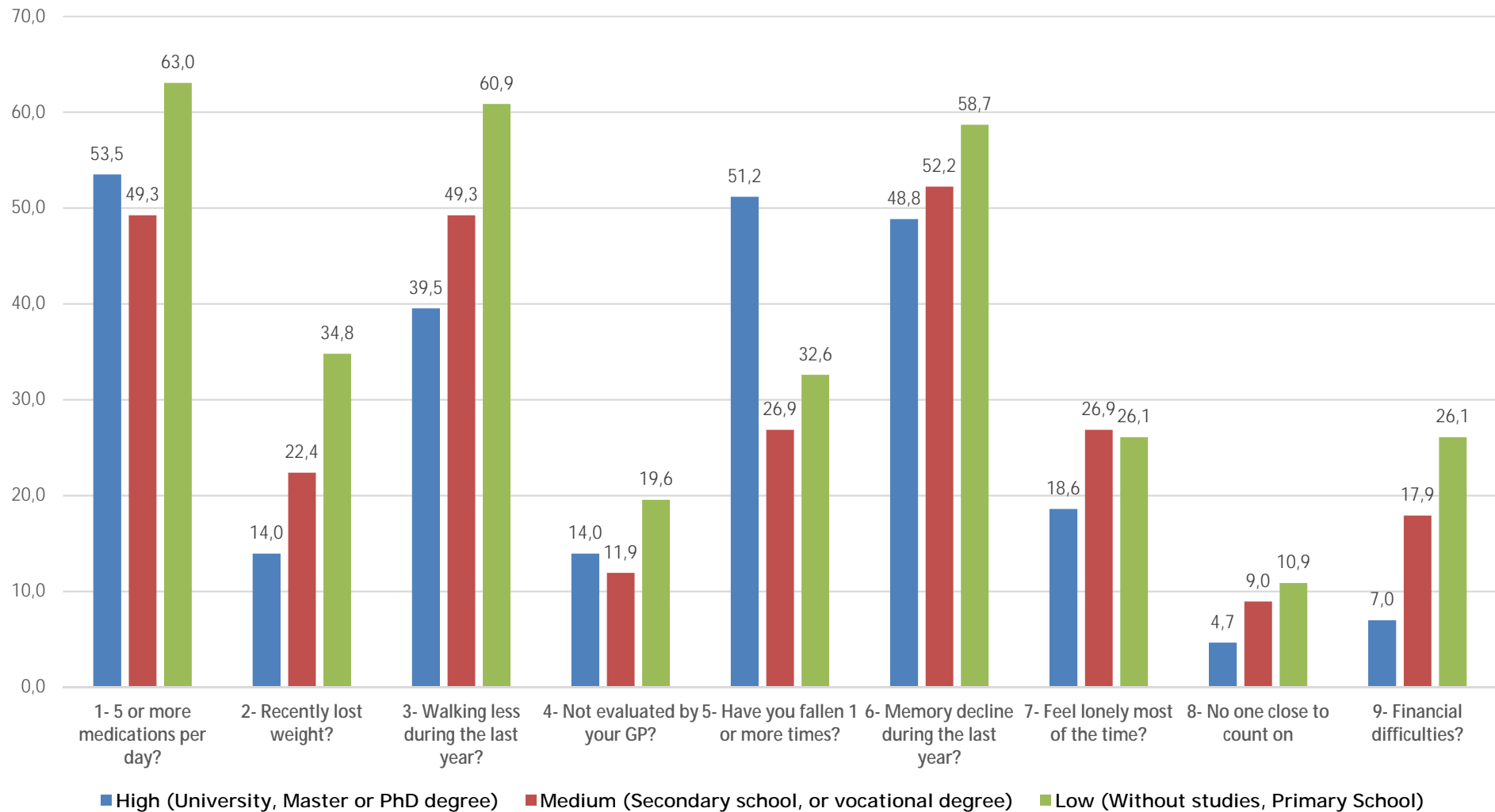
% Of positive Items by Age Group



# Preliminary Results



% Of Positive Items by Education Level





## Preliminary Results

(n.156 interviews)



| Domains            | N. Answers | %    | n. Persons | %    |
|--------------------|------------|------|------------|------|
| Biological         | 278        | 63.3 | 135        | 86.5 |
| Neuro-Psycological | 121        | 27.6 | 92         | 59.0 |
| Socio-Economic     | 40         | 9.1  | 34         | 21.8 |

Table 3. Mean Differences in cognitive and motoric parameters, stratified on positivity to Sunfrail questionnaire

|   |             | MMSE     | (SD) | p*      |
|---|-------------|----------|------|---------|
| <b>Memory decline :</b>                             | YES (n=144) | 20.3     | 6.6  | <0.001  |
|   | NO (n=57)   | 23.9     | 4.6  |         |
|   |             | 4-m WS   | (SD) | p*      |
| <b>Falls during last year:</b>                      | YES (n= 96) | 0.41     | 0.35 | <0.0001 |
|   | NO (n=104)  | 0.73     | 0.37 |         |
|   |             | Handgrip | (SD) | p*      |
| <b>Falls during last year:</b>                      | YES (n= 94) | 17.41    | 8.59 | 0.004   |
|   | NO (n=105)  | 21.63    | 9.61 |         |
|   |             | 4-m WS   | (DS) | p*      |
| <b>Walking less because of your physical Staus:</b> | YES (n=151) | 0.48     | 0.37 | 0.0001  |
|   | NO (n=49)   | 0.89     | 0.26 |         |



0.0001  
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\*Adjusted for age and sex

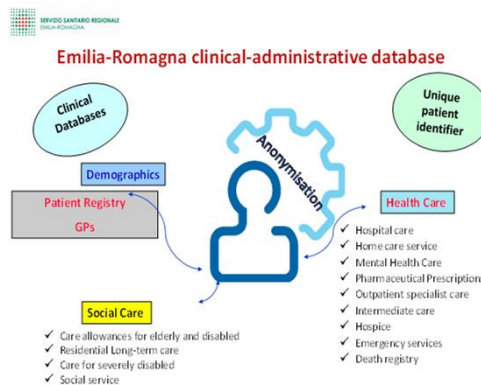
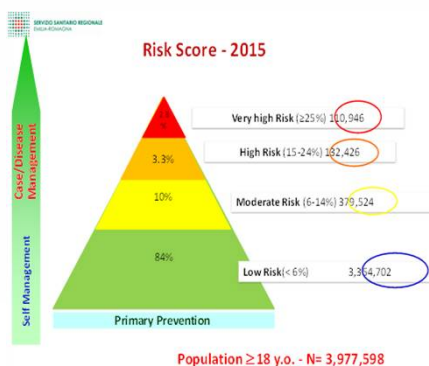
# SUNFRAIL Good Practices - Criteria

33 GPs Identified!!



A Regional predictive model to identify patients at high risk of hospitalization and Frailty

## Regional Health/Administrative data



| Categorie di Rischio di Ospedalizzazione e morte |  |
|--|--|
| Rischio Previsto                                 |  |
|  |  |
|  |  |
|  |  |
|  |  |



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# SUNFRAIL - Potential For Replication



n 74 EIP-AHA Reference Sites (22 Countries)

n 12 Italian RS

EIP-AHA

A3

B3



European  
Union  
Geriatric  
Medicine  
Society  
(EUGMS)

Italian  
Geriatric  
Society  
(SIGG)





## Potential For Replication: JOINT ACTION ON FRAILTY-ADAVANTAGE

### General Aim

To build a **common understanding on frailty** to be used in the **Member States** by policy makers and other stakeholders involved in the management, both at individual and population level, of older people who are frail or at risk for developing frailty along the European Union (EU)...

### Participation of Italian Regions – Pro.M.I.S (Mattone Internazionale) WP2 (Dissemination) (R. Marche-Leader)

- Disseminate the outcomes of the JA at local, national and EU level (EIP-AHA, Reference Site Collaborative Network - RSCN, others)
- Participate to specific WPs
- **Shared objectives with Sunfrail Project!!**



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Thank you for your attention!

[www.sunfrail.eu](http://www.sunfrail.eu)



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