



Prevenzione e contrasto della fragilità nell'anziano

Incontro Nazionale degli Stakeholder

SUNFRAIL un Modello per la prevenzione della Fragilità

Mirca
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ISTITUTO SUPERIORE DI SANITÀ
Centro Nazionale per la Prevenzione delle malattie
e la Promozione della salute

Roma, 4 febbraio 2020



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



Co-funded by
the Health Programme
of the European Union

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

Il progetto



Promosso dalla Rete dei **Reference Sites Italiani (EIP-AHA)**

Terzo Programma UE Salute (2014)

Migliorare l'**identificazione, prevenzione e gestione** della **fragilità** e cura della **multimorbilità** nella popolazione anziana (**over 65**), dei Paesi Europei

Collaboratori:

Ministero della Salute, Progetto Mattone Internazionale-Promis



ADVANTAGE JA e Sunfrail

ADVANTAGE

WP4 – knowing frailty at the individual level:
definition

WP6 – managing frailty:
prevention and clinical management

WP7 – models of care

WP8 – extending and expanding the knowledge on frailty

WP2 – dissemination

Marche Region – Leader – Pro.M.I.S
Sunfrail IT EIP on AHA Reference Sites

Sunfrail

WP4 – design a model

- assessment of RS health and social systems
- definition of frailty and multimorbidity
- sunfrail pre-model of care on frailty and multimorbidity (D)

WP5 – validate the Model

- beneficiaries perception and barriers to care (D)
- RS service delivery and tools (D)
- RS good practices
- Sunfrail Tool on frailty and multimorbidity (D)
- a Model on frailty and multimorbidity (D))

WP7 – design a Model and Tool for human resources development (D)

WP6 – experiment the Models and the Tools, potential adoption and sustainability (D)



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Definizione di Fragilità

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, leisure

Early identification (Risk factors)

Prevention of disability

REVERSIBILITY



Definizione di Fragilità – Linee Guida OMS sulle Cure Integrate per le Persone Anziane (ICOPE, 2017)

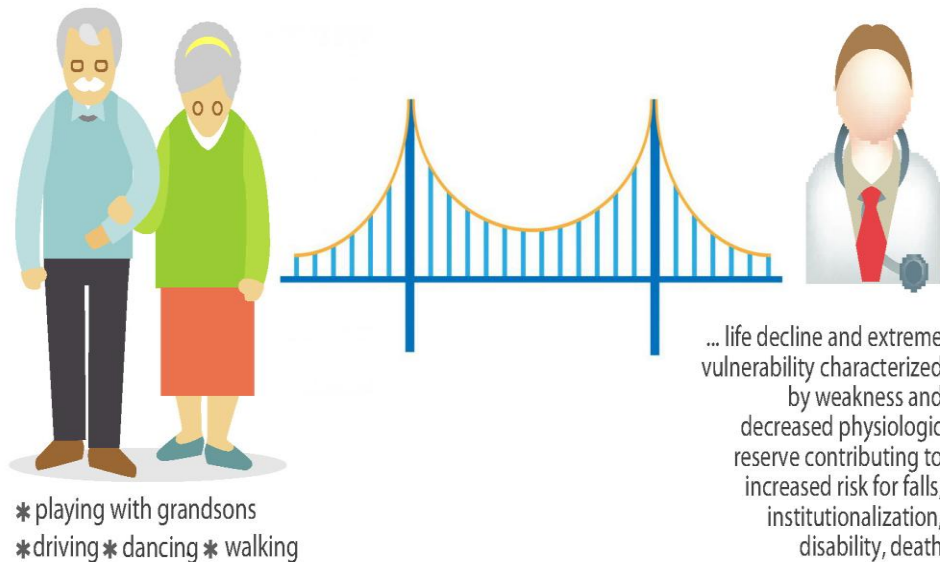
Fragilità: riduzione della “**capacità intrinseca**”, ovvero alterata capacità dell’individuo di fare fronte ad eventi avversi sulla base delle risorse **fisiche e mentali** a disposizione (Cesari 2018)

Concetto innovativo che permette di valutare i **bisogni** e le **risorse** dei soggetti anziani non solo in funzione della presenza del numero di patologie, ma anche del livello di **autonomia** e del **contesto sociale**

Colmare il divario tra Richiesta e Offerta di Servizi



Need for independence ——— FRAILITY? ——— State of...



- Sviluppare attività **promozionali** e di auto-aiuto, per aumentare la consapevolezza, l'adozione di **stili di vita sani**, ridurre il **rischio** e mantenere l'**autonomia**

- Implementare attività di **prevenzione**: attività fisica, alimentazione, consumo di tabacco e alcol, stimolazione cognitiva, co-housing, supporto sociale

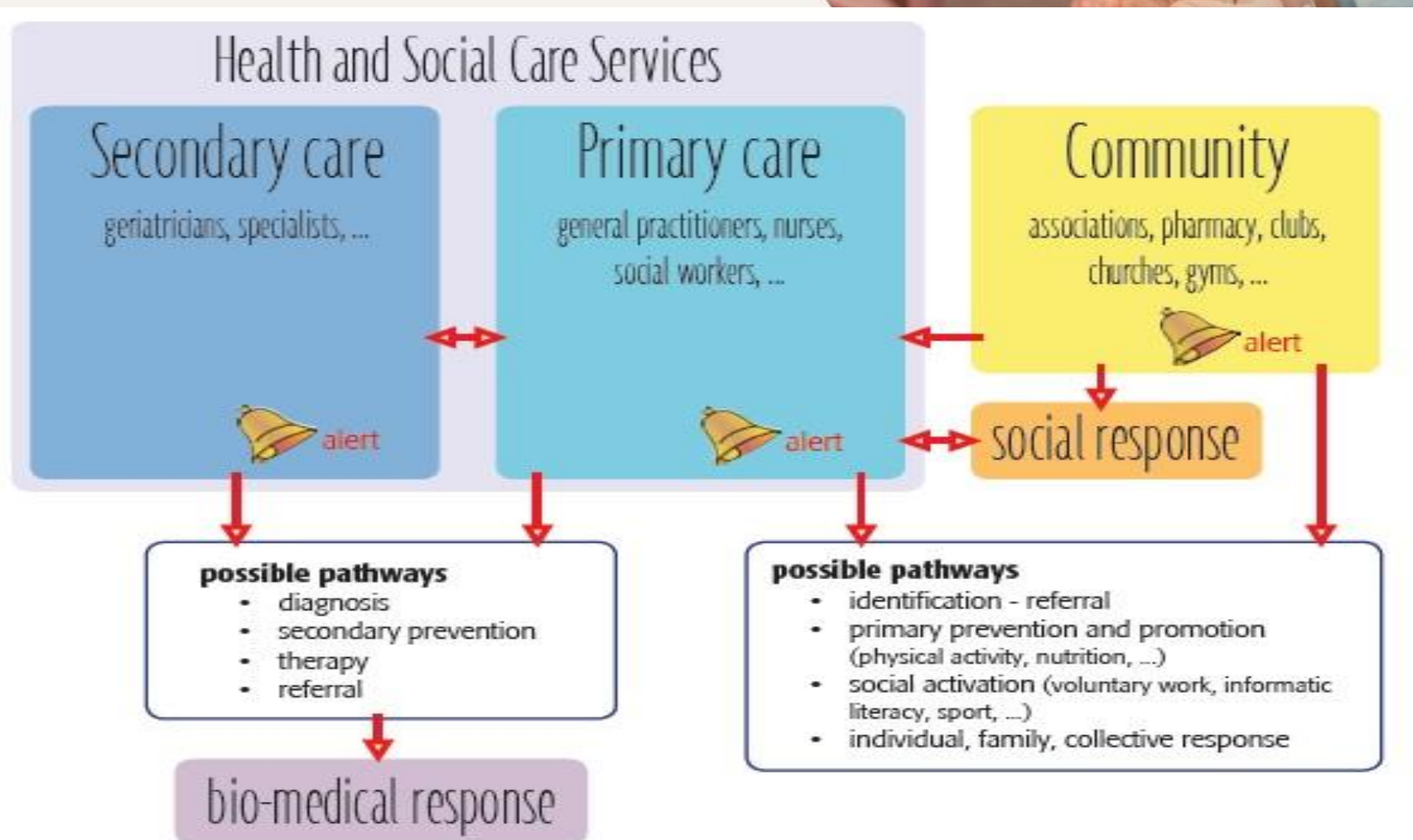
Conoscenze e Collaborazione: il Modello Educativo Sunfrail



Approccio Multidisciplinare e Multisetoriale



Il Modello Sunfrail



Strumento Sunfrail



LO STRUMENTO SUNFRAIL

QUESTIONNAIRE NUMBER		ID
Date and place		
PROFESSIONALS		
		☐ Nurse ☐ GPs ☐ Other Professionals
Professional	☐ Social Worker ☐ Community Actor ☐ Caregiver	
BENEFICIARIES		
Gender ☐ M ☐ F	Age ☐ 65-74 ☐ 75-85	Level of education ☐ Low (Without studies, Primary School) ☐ Medium (Secondary school, or vocational degree) ☐ High (University, Master or PhD degree)
Questions		
1. Do you regularly take 5 or more medications per day?		☐ Yes ☐ No
2. Have you recently lost weight such that your clothing has become looser?		☐ Yes ☐ No
3. Your physical state made you walking less during the last year?		☐ Yes ☐ No
4. Have you been evaluated by your GP during the last year?		☐ Yes ☐ No
5. Have you fallen 1 or more times during the last year?		☐ Yes ☐ No
6. Have you experienced memory decline during the last year?		☐ Yes ☐ No
7. Do you feel lonely most of the time?		☐ Yes ☐ No
8. In case of need, can you count on someone close to you?		☐ Yes ☐ No
9. Have you had any financial difficulties in facing dental care and health care costs during the last year?		☐ Yes ☐ No

Risposte Positive agli items dello Strumento Sunfrail in diversi settings



Questions	Total n=651	Secondary Care (Outpatient) (n=161)	Primary Care n=363	Community n=127
	%	%	%	%
1- Do you regularly take 5 or more medications per day?	50,54	65,22	42,7	54,33
2- Have you recently lost weight such that your clothing has become looser?	24,58	36,02	21,76	18,11
3- Your physical state made you walking less during the last year?	53,3	64,6	46,83	57,48
4- Have you been evaluated by your GP during the last year? (NO)	12,29	10,56	11,85	15,75
5- Have you fallen 1 or more times during the last year?	30,57	42,86	29,48	18,11
6- Have you experienced memory decline during the last year?	49,62	60,87	55,37	18,9
7- Do you feel lonely most of the time?	26,57	31,06	26,72	20,47
8- In case of need, can you count on someone close to you? (NO)	7,83	8,7	9,37	2,36
9- Have you had any financial difficulties in facing dental care and health care costs during the last year?	14,75	22,98	14,88	3,94

Strumento Sunfrail - Risultati Principali

651 persone anziane identificate in diversi setting (cure primarie, secondarie e comunità):

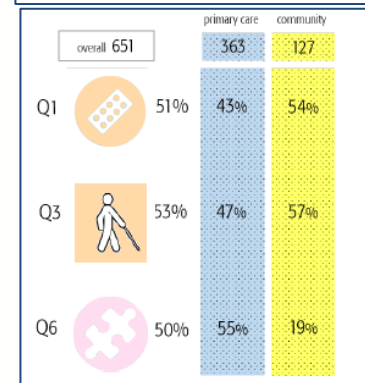
Maggiori “allerta” riscontrati per **polifarmacoterapia, declino funzionale, declino cognitivo**

Nelle **Cure Primarie** e nella **Comunità**, lo strumento ha permesso di rilevare fattori di rischio in persone **senza segni di disabilità** o **sconosciute ai servizi***

Persone con **basso livello di educazione** e maggiori **difficoltà economiche** hanno mostrato maggiori fattori di rischio di fragilità (**Equità**)

* La percentuale di persone identificate come **pre-fragili** e **fragili** può essere più elevata in **setting di comunità** piuttosto che in contesti sanitari specifici [Roe,2016].

Risposte al Questionario Sunfrail



Elementi di successo



Strumento Sunfrail

Comprensibile da parte di professionisti e beneficiari

Facile/veloce utilizzo

Migliora la **percezione** e l'**accesso** di beneficiari

Promuove **collaborazione intersectoriale** ed **efficienza** (sociale-sanitario)

Supporta l'approccio **Multidisciplinare**

Applicabilità e Replicabilità

Applicato in altre Regioni UE (Austria, Francia, Slovenia, Portogallo)

Richieste di **adozione**: Regioni Europee e Italiane, Aziende, MMG, Infermieri di Comunità (Liguria, Piemonte)



Validazione dello Strumento Sunfrail



Maggio, M., Barbolini M. *A novel tool for the early identification of frailty in elderly people: the application in Primary Care Settings*. The Journal of Frailty & Aging (on press)

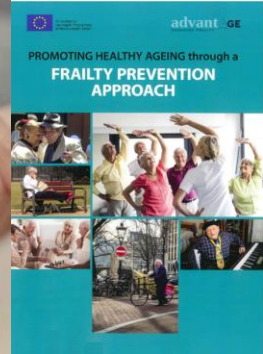
Conclusioni: lo strumento **Sunfrail** permette di escludere i soggetti non fragili dalla valutazione multidimensionale **nel contesto delle cure primarie e di comunità**, effettuando uno **screening** volto ad **orientare successive indagini** di approfondimento per interventi proattivi di prevenzione e presa in carico.

Gobbens R. et Al. *The validity of the SUNFRAIL tool: A cross-sectional study among Dutch community-dwelling elderly*. The Journal of Frailty & Aging (on press)

Conclusions: The SUNFRAIL tool is a valid instrument for **assessing frailty in community-dwelling elderly**. It is an attractive instrument for use in practice because it **takes little time** for health care professionals to complete the questionnaire, and it expresses the **integral functioning of human beings**.



La Roadmap Italiana sulla Fragilità – Joint Action Advantage: Elementi Cardine



- 1-. Sensibilizzare e Coinvolgere: stakeholders e persone anziane
- 2-. Allineare le Politiche
- 3-. Promuovere l'invecchiamento sano e la prevenzione
- 4-. Monitoraggio epidemiologico, sorveglianza delle popolazioni, screening e diagnosi precoce
- 5-. Valutazione e Interventi
- 6-. Stabilire e rafforzare un Modello Integrato sulla Fragilità
- 7-. Garantire una Forza Lavoro sostenibile e adeguatamente formata
- 8-. Rafforzare la capacità di ricerca
- 9-. ...

Istituto Superiore di Sanità, Univ. Cattolica, Agenas, INRCA, Regione Marche (Emilia-Romagna, Campania, Piemonte, Liguria), Rete delle Regioni Italiane-Promis



La Roadmap Italiana sulla Fragilità

6-. Stabilire e rafforzare un Modello Integrato sulla Fragilità

***Linee guida sulle cure integrate** delle persone anziane (ICOPE, 2017): prevenire, rallentare o invertire il declino delle capacità **fisiche e mentali** (**capacità intrinseca**), soprattutto nell'ambito delle **cure primarie**

- Elaborare raccomandazioni nazionali e regionali per l'adozione di un **Modello integrato** sulla fragilità e le condizioni complesse nelle persone anziane, sulla base di **programmi e piani** esistenti

- Implementare le iniziative che hanno raggiunto risultati positivi (es: Sunfrail, altri)

- Migliorare l'integrazione attraverso la **collaborazione intersettoriale** (settori sanitario e sociale) e la **pianificazione congiunta** delle **attività e delle risorse** a tutti i livelli



5-. Valutazione e Interventi

*Sviluppare linee guida per la diagnosi precoce, la prevenzione e la gestione della fragilità delle persone anziane in **tutti i setting** di cura, applicando un **approccio integrato** di assistenza **sanitaria e sociale***

7-. Garantire una Forza Lavoro sostenibile e adeguatamente formata

*Definire ulteriormente i bisogni formativi dei professionisti, per riconoscere, prevenire e gestire la fragilità e le condizioni croniche complesse negli anziani, adottando **approcci innovativi** basati su interventi **multidisciplinari e multisettoriali***

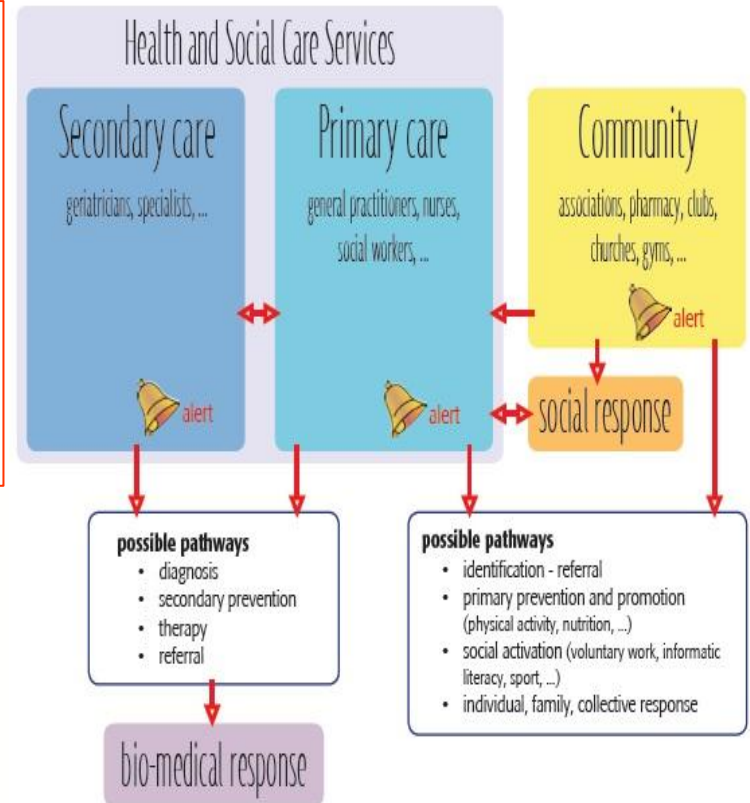


Proposte per un Approccio Integrato alla Fragilità



- Ospedale
- Territorio
- Comunità

- *Reversibilità*
- *Prevenzione*
- *Cura*
- *Intersectorialità*
- *Multidisciplinarietà*
- *Partecipazione*



Proposte per un Approccio Integrato alla Fragilità



- 1. Allerta - Identificazione precoce** della fragilità e fattori di rischio (over 65) (comunità, cure primarie, cure secondarie)
- 2. Promozione, prevenzione primaria, partecipazione**
- 3. Scelte Diagnostiche, Terapeutico-Assistenziali** (programmi e servizi di assistenza territoriale **esistenti**)
 - Valutazioni diagnostiche
 - Presa in carico di persone fragili e/o con condizioni complesse
- 4. Multidisciplinarietà, Integrazione e Valutazione**
- 5. Digitalizzazione di Strumenti e dei Percorsi**





Grazie!

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Further on Sunfrail Tool & Results



Il Processo di Sviluppo e Applicazione dello Strumento Sunfrail

1. **Design by a multiprofessional team (Geriatricians, Public Health, Sociologist)**
2. **Selection** of items already present in **other questionnaires**
3. **Translation and back translation** - 5 languages:
Italian, English, French, Polish, Spanish
4. **Verification of the understandability/comprehensibility of the Tool** by professionals/beneficiaries
5. **Verification of the applicability into the current practice**
 - Administration **by professionals** (health, social), **community** actors
 - Medical Geriatric assessment/evaluation
 - Identification of **available - missing** pathways

Settings: community, primary care, secondary care (outpatients depts.)



Test di Comprensibilità dello Strumento Sunfrail (Gerontopole)



Professionals

Questions	Understandable		Ambiguous
	Yes	No	Yes
Indicate the total number of answers per question			
1. Do you regularly take 5 or more medications per day?	10	0	0
2. Have you unintentionally lost weight during the past year such that your clothing has become looser?	10	0	0
3. Your physical state made you walk less during the past year?	10	0	0
4. Have you been seen by your GP during the past year?	9	0	1
5. Have you fallen 1 or more times during the past year?	9	0	1
6. Have you experienced any memory decline during the past year?	9	0	1
7. Do you experience loneliness most of the time?	10	0	0
8. In case of need, can you count on someone close to you?	10	0	0
9. Have you had any economic difficulty in facing dental care and health care costs during the past year?	10	0	0
Total	87	0	3

Beneficiaries

Questions	Understandable		Ambiguous
	Yes	No	Yes
Indicate the total number of answers per question			
1. Do you regularly take 5 or more medications per day?	20	0	0
2. Have you unintentionally lost weight during the past year such that your clothing has become looser?	20	0	0
3. Your physical state made you walk less during the past year?	20	0	0
4. Have you been seen by your GP during the past year?	20	0	0
5. Have you fallen 1 or more times during the past year?	20	0	0
6. Have you experienced any memory decline during the past year?	20	0	0
7. Do you experience loneliness most of the time?	20	0	0
8. In case of need, can you count on someone close to you?	20	0	0
9. Have you had any economic difficulty in facing dental care and health care costs during the past year?	20	0	0
Total	180	0	0



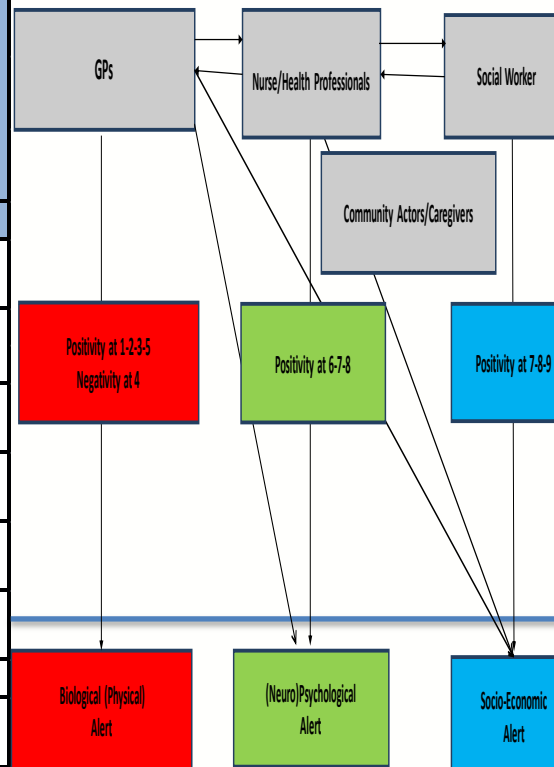
L'Applicazione dello Strumento Sunfrail



Algoritmo

Percorsi

QUESTIONNAIRE NUMBER		ID
Date and place		
PROFESSIONALS		
☐ Nurse ☐ GPs ☐ Other Professionals		
Professional ☐ Social Worker ☐ Community Actor ☐ Caregiver		
BENEFICIARIES		
Gender	Age	Level of education
☐ M	☐ 65-74	☐ Low (Without studies, Primary School)
☐ F	☐ 75-85	☐ Medium (Secondary school, or vocational degree)
		☐ High (University, Master or PhD degree)
Questions		
1. Do you regularly take 5 or more medications per day?		☐ Yes ☐ No
2. Have you recently lost weight such that your clothing has become looser?		☐ Yes ☐ No
3. Your physical state made you walking less during the last year?		☐ Yes ☐ No
4. Have you been evaluated by your GP during the last year?		☐ Yes ☐ No
5. Have you fallen 1 or more times during the last year?		☐ Yes ☐ No
6. Have you experienced memory decline during the last year?		☐ Yes ☐ No
7. Do you feel lonely most of the time?		☐ Yes ☐ No
8. In case of need, can you count on someone close to you?		☐ Yes ☐ No
9. Have you had any financial difficulties in facing dental care and health care costs during the last year?		☐ Yes ☐ No



Request GP visit		☐
Request Specialist-Geriatrician evaluation		☐
Diagnostic Evaluation		☐
	Social Support	
	transportation for social activity/services, Nutritional Support, economic support, leisure and community and social activities	
Proactive & Preventive Interventions		☐
	Physical Exercise	☐
	Psychological and/or Cognitive support	☐
Other Pathways		☐
Relevant but not available		☐
Non-relevant		☐



Risultati

Study Population	N=651	%
Reference Sites		
Deusto University, Spain	105	16,13
Galliera Hospital, Liguria	194	29,8
HSCB, Northern Ireland	127	19,51
Medical University of Lodz, Poland	114	17,51
University of Naples Federico II	111	17,05
<u>Beneficiaries</u>		
Gender		
F	372	57,14
M	279	42,86
Age Class		
65-74	222	34,1
75-85	429	65,9
Education Level		
High (University, Master or PhD degree)	123	18,89
Medium (Secondary school, or vocational degree)	315	48,39
Low (Without studies, Primary School)	213	32,72

Risposte positive allo Strumento Sunfrail in diversi setting

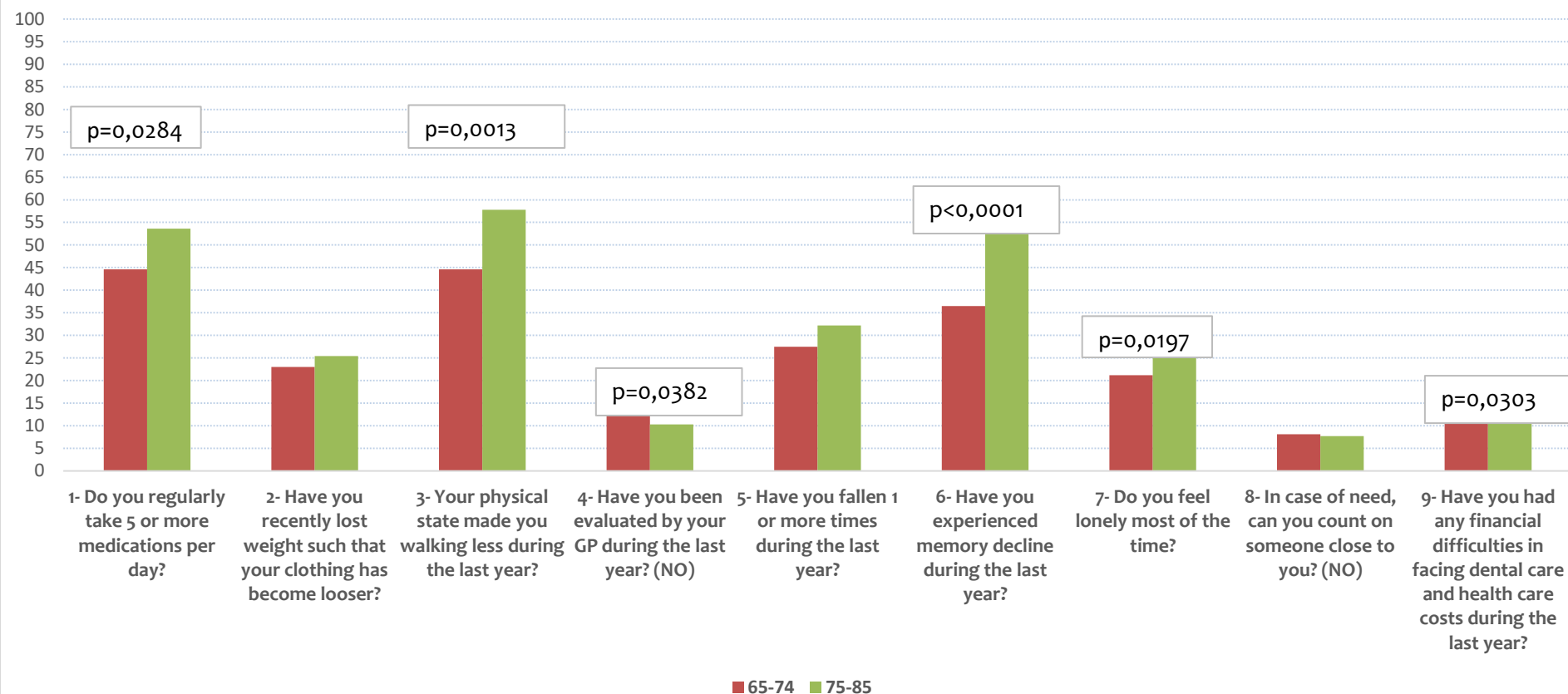


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% risposte positive per fasce di età



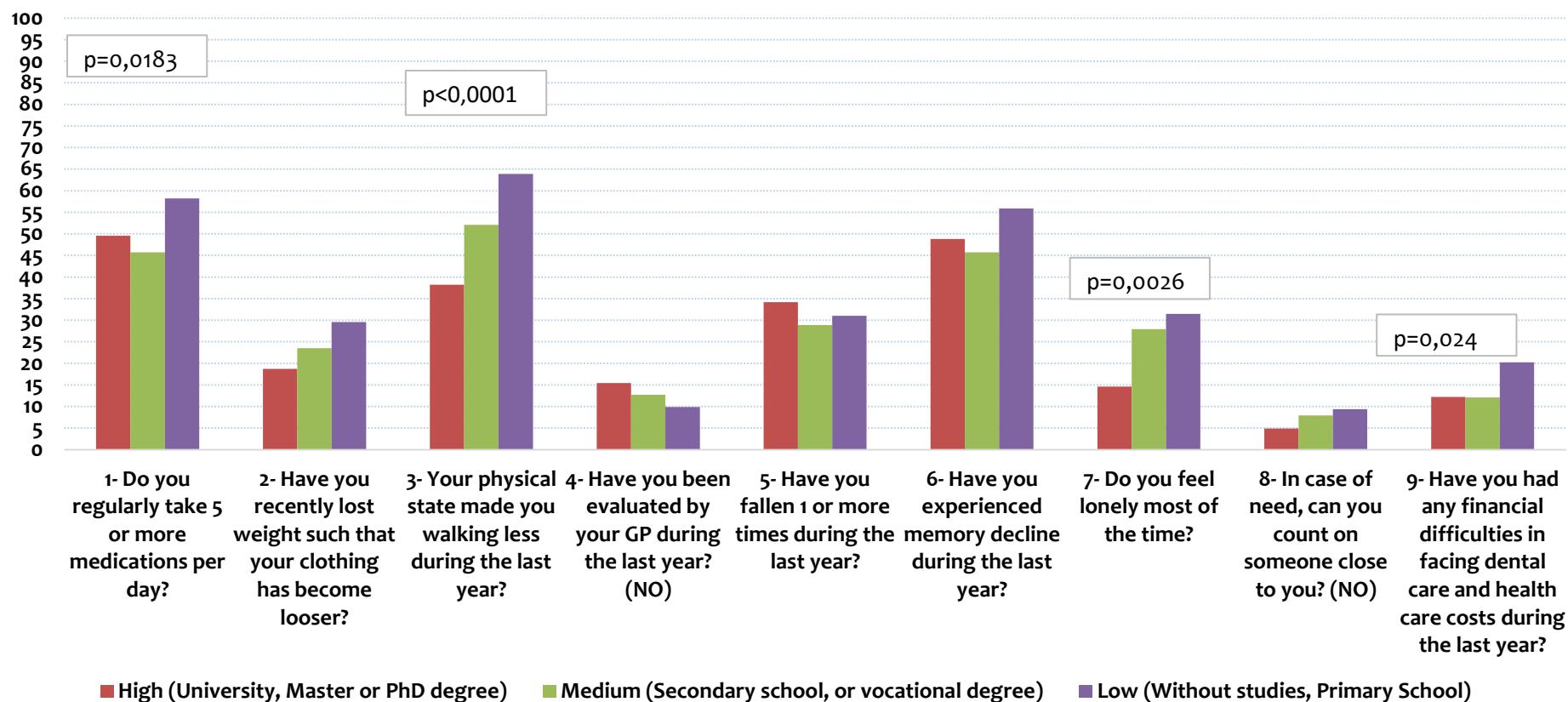
% of positive Items by Age Group



% risposte positive per livello di educazione



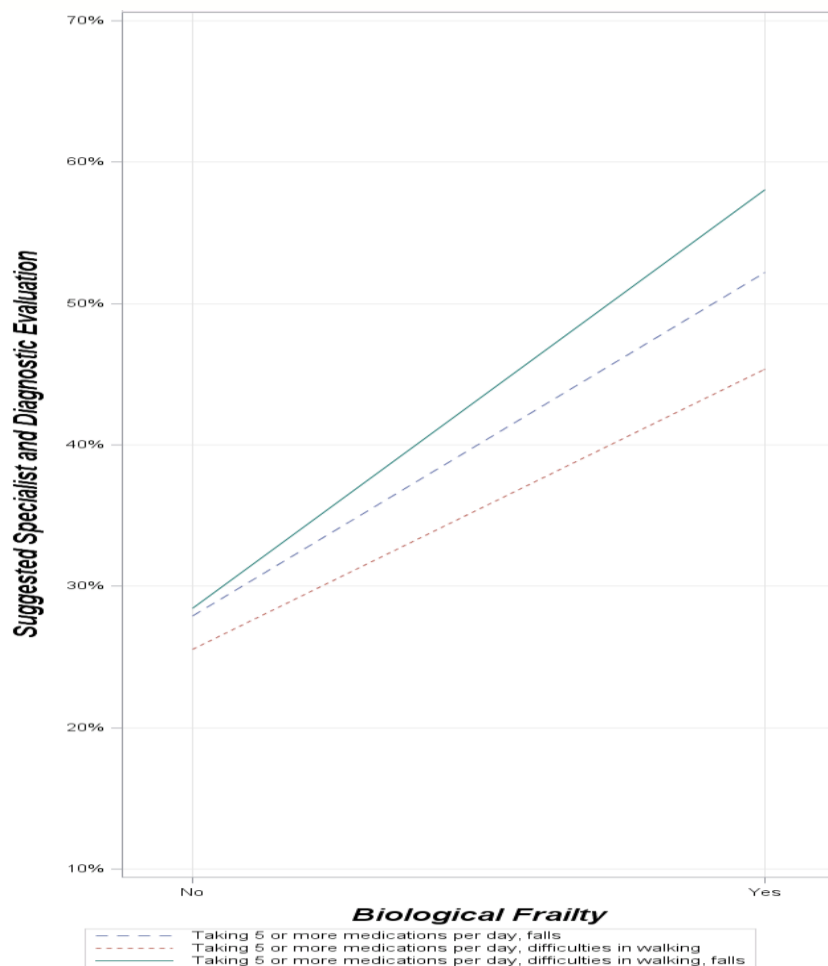
% of Positive Items by Education Level



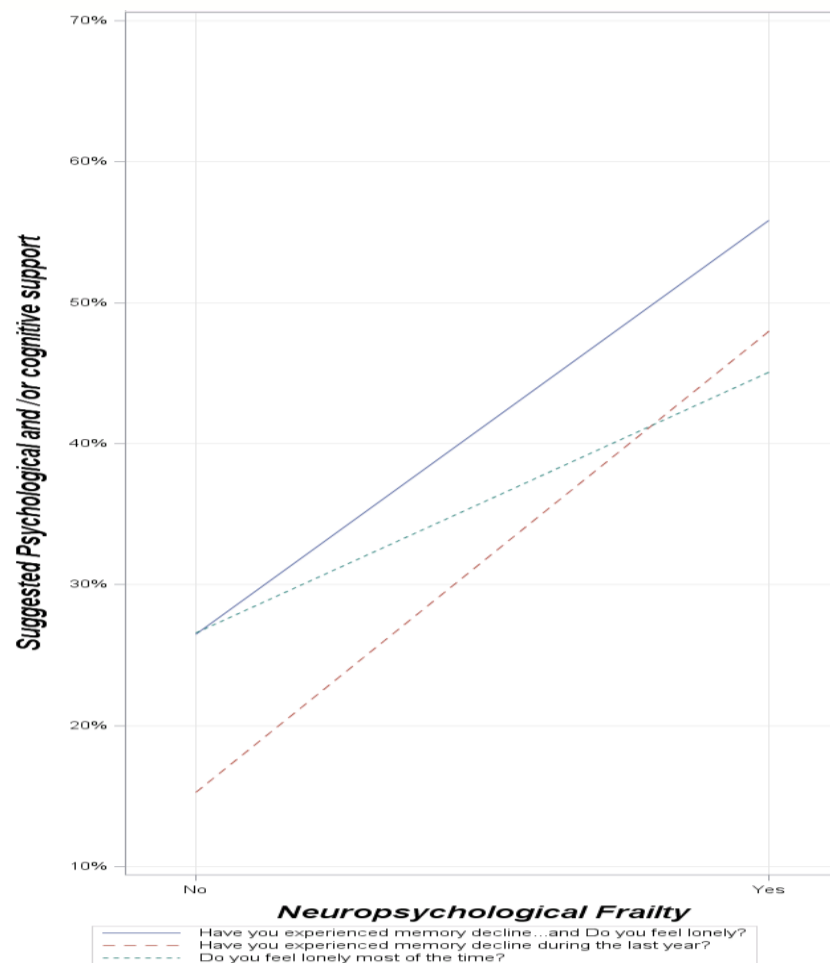
risposte positive e percorsi suggeriti



Biological Frailty (Q1, Q3, Q5) & Suggested Specialist/Diagnostic Evaluation



Neuropsychological Frailty (Q6-Q7) & Suggested Psychological/Cognitive Support



conferma delle risposte positive al Sunfrail Tool con Test Specialistici



			Naples n=101						Poland n=114						R. Liguria N=194					
Questions			n	media	ds	diff*	ic95%	p-value	n	media	ds	diff*	ic95%	p-value	n	media	ds	diff*	ic95%	p-value
1- Do you regularly take 5 or more medications per day?	n. medication per day	no	33	2,818	1,467				17	3,529	1,772				109	2,954	1,734			
		yes	68	7,529	2,216	4,711	3,886-5,536	<0,0001	35	7,229	2,591	3,699	2,274-5,124	<0,0001	85	7,082	2,117	4,119	3,575-4,664	<0,0001
3- Your physical state made you walking less during last year?	4-m WS (0,8 m./sec.)	no	31	0,821	0,06				28	1,243	0,2047*				98	1,249	0,291			
		yes	70	0,365	0,127	0,456	0,408-0,503	<0,0001	24	1,069	0,281	0,174	0,041-0,307	0,033	94	0,995	0,305	0,254	0,169-0,338	<0,0001
6- Have you experienced memory decline during the last year?	MMSE (<24)	no	34	25,621	4,123				23	29,348	1,071				76	27,79	2,271			
		yes	63	20,656	3,597	4,965	2,531-7,399	0,002	29	28,655	1,518	0,693	-0,069-1,455	0,082	117	26,684	3,458	1,091	0,198-1,984	0,017