



EIP-AHA B3 Action Group on Integrated Care

SUNFRAIL

Albert Borschette Conference Centre - European Commission

Emilia Romagna Region

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Bruxelles, 5 th. April 2017



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



SUNFRAIL Project

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



The Partnership

PARTNER	ORGANISATION	ACRONYM
RS LP1	Regione Emilia-Romagna - Agenzia Sanitaria E Sociale Regionale, Italy	(RER-ASSR)
	Aster - Societa Consortile Per Azioni, Italy	(ASTER)
RS PP2	Regione Piemonte, Italy	(RHAP)
RS PP3	Regione Liguria, Italy	(LIGURIA)
RS PP4	Azienda Ospedaliera Universitaria Federico II Campania, Italy	
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)

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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**
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

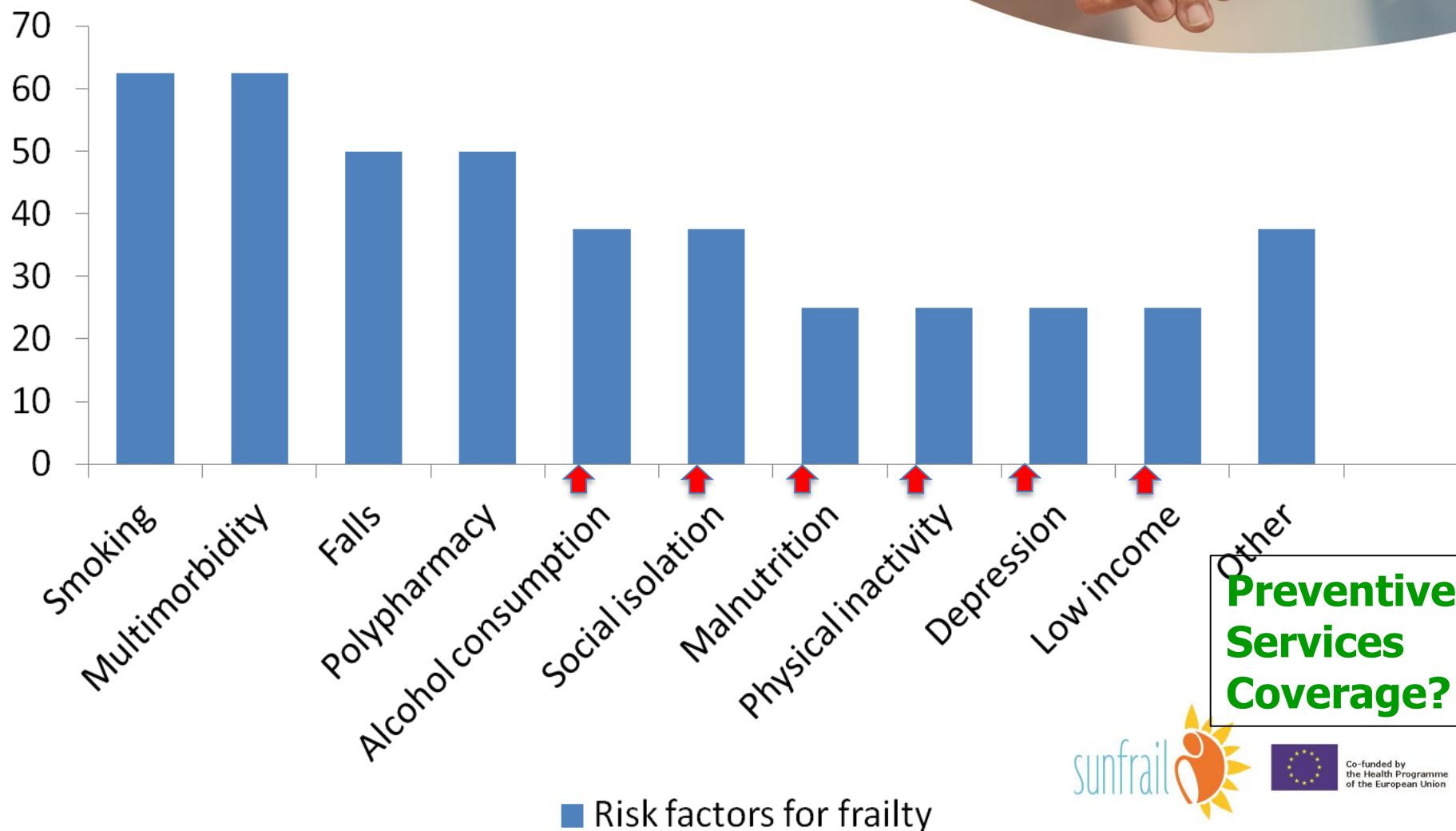
- **Well being** (physical, psychological)
- **Independent living**
- **Socialization**
- **Resources:** health care, social interaction, sport, leisures

• **Early Identification**

• **Prevention of Disability**

Systematic Assessment of Risk factors for Frailty

Sunfrail Reference Sites



**Preventive
Services
Coverage?**



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Perception of Frailty and Barriers to Care

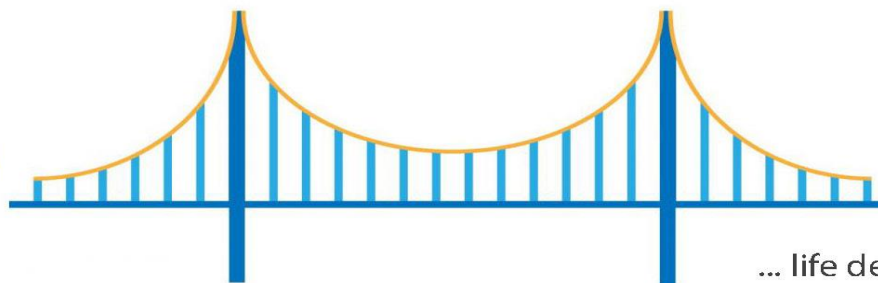
Bridging the Gap



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



* playing with grandsons
* driving * dancing * walking

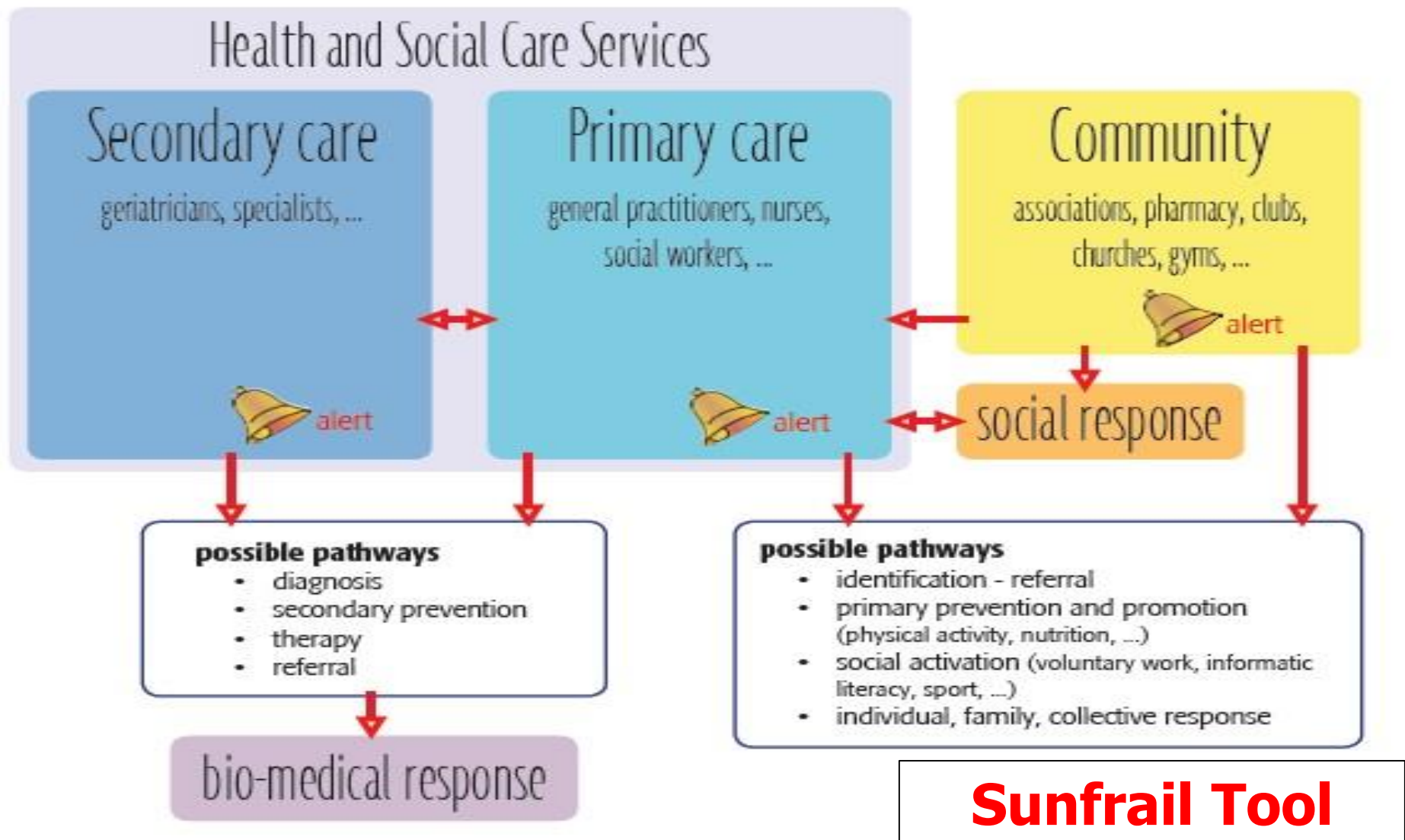


... life decline and extreme vulnerability characterized by weakness and decreased physiologic reserve contributing to increased risk for falls, institutionalization, disability, death.

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



Sunfrail Pre-Model of Care on Frailty and Multimorbidity



Sunfrail Tool

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

Sunfrail Tool - Preliminary Results

	N. Interviews	%
Study population	156	
Site		
Northern Ireland	18	11,5
Poland – Łódź	84	53,8
University of Naples Federico II	54	34,6
Gender		
Male	43	27,6
Female	113	72,4
Age class		
65-74	72	46,2
75-85	84	53,8
Interviewer		
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

Preliminary Results



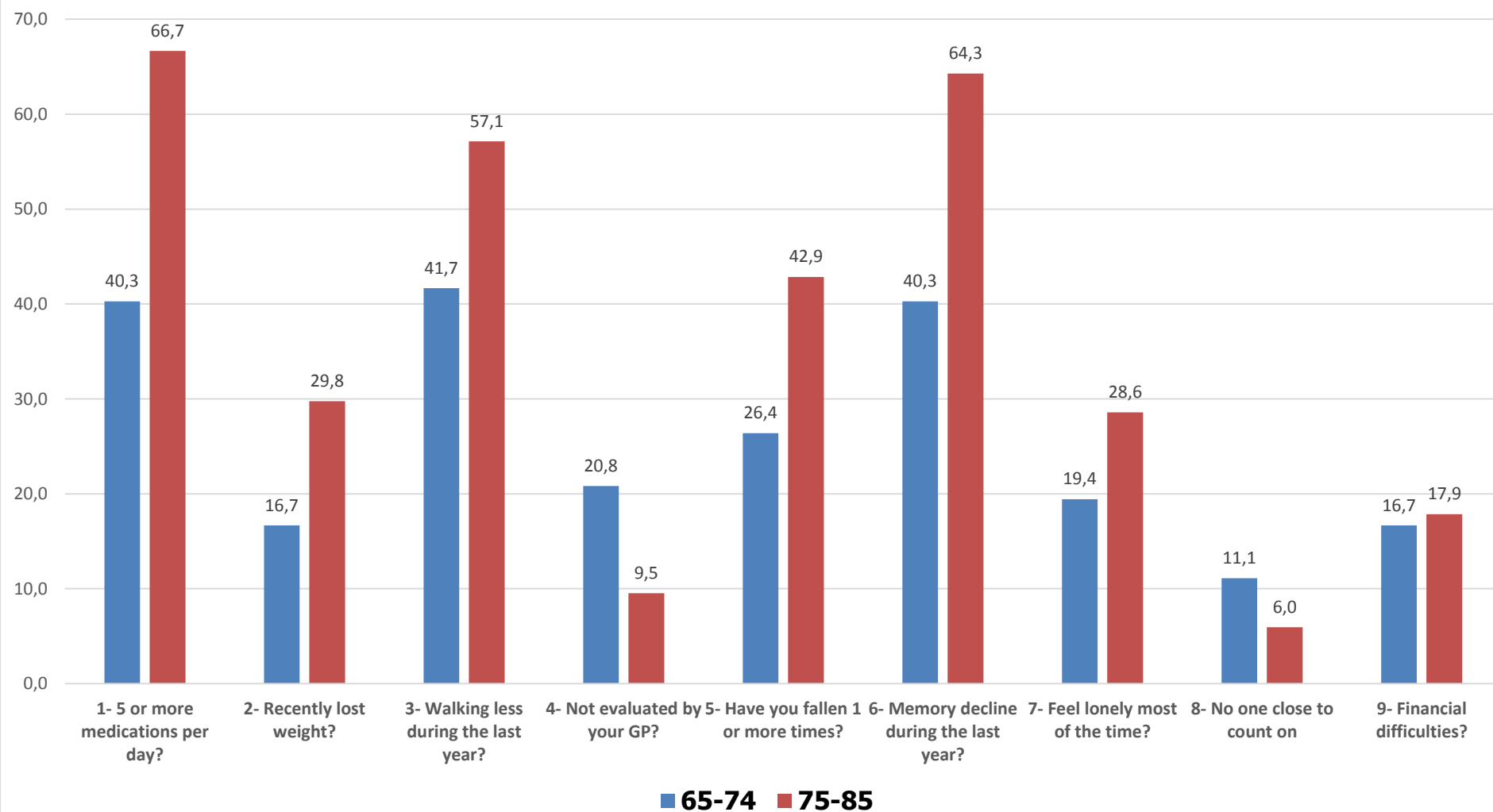
Questions	Total Answers	% Positive Answers (n.156)
1- Do you regularly take 5 or more medications per day?	61	39,1
2- Have you recently lost weight such that your clothing has become looser?	24	15,4
3- Your physical state made you walking less during the last year?	53	34,0
4- Have you been evaluated 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



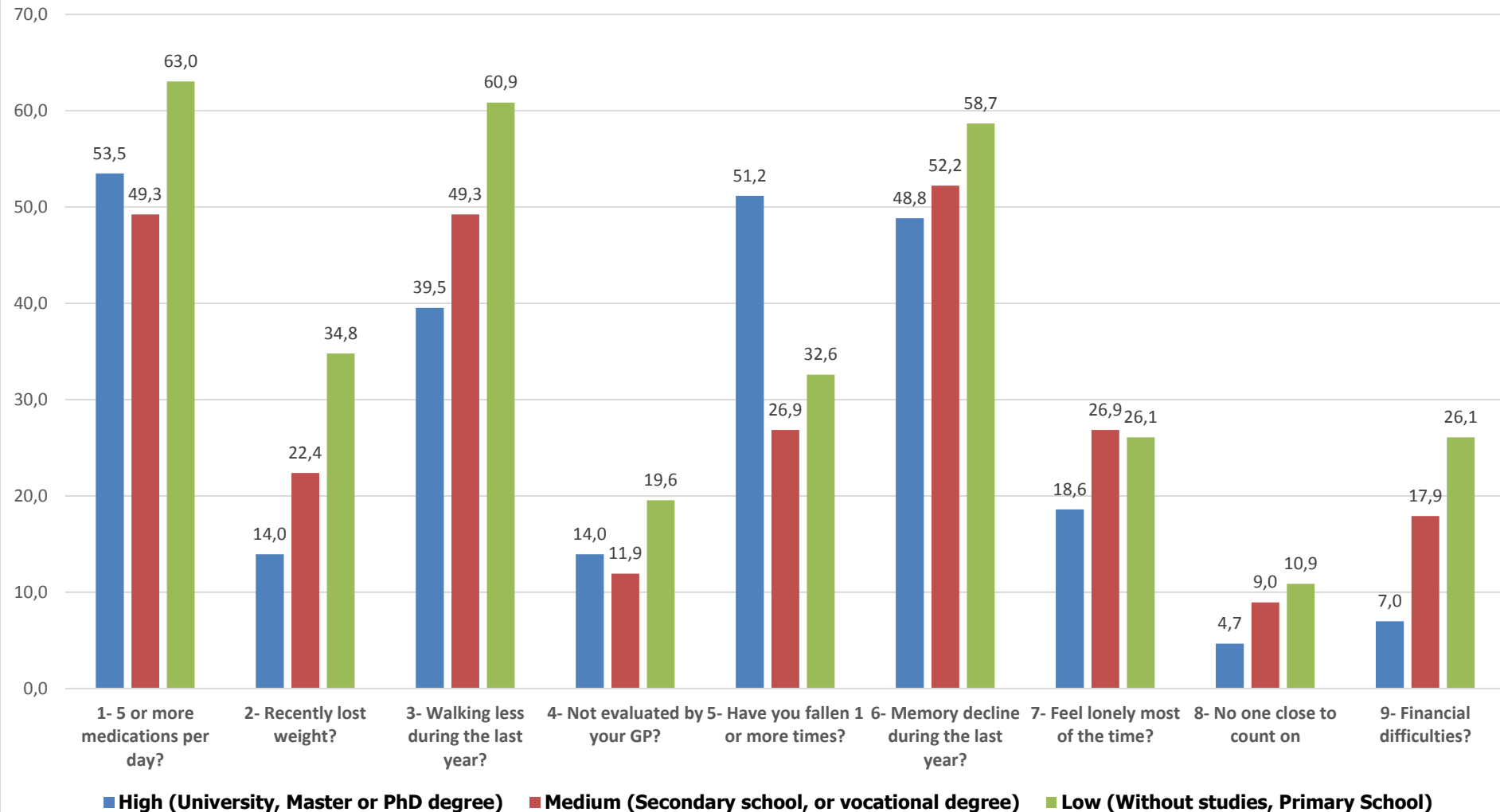
% Of positive Items by Age Group



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

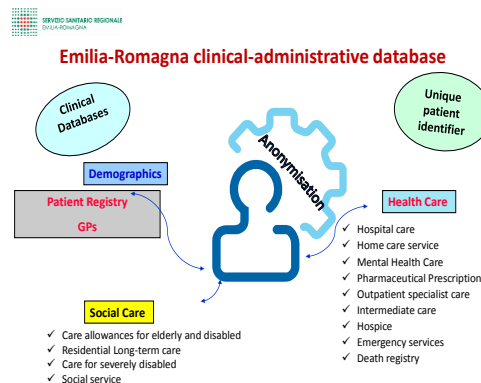
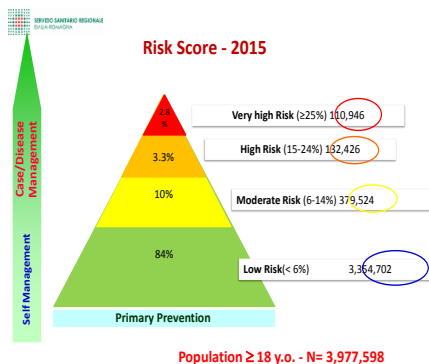
SUNFRAIL Good Practices - Criteria

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	
Ad rischio molto alto	$\geq 25\%$	Rappresenta circa il 4% della popolazione adulta
Ad alto rischio	fra il 15 e il 24%	Rappresenta circa il 6% della popolazione
A rischio moderato	fra il 6% e il 14%	
A basso rischio	$\leq 5\%$	Rappresenta circa il 75% della popolazione - il rischio è inferiore al livello medio di ospedalizzazione



SUNFRAIL - Potential For Replication



- 74 EIP-AHA Reference Sites (22 Countries)
- 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!!**



Thank you for your attention!

www.sunfrail.eu



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