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# Good Practice identified for the Sunfrail Project

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# **EUROPEAN INNOVATION PARTNERSHIP ON ACTIVE AND HEALTHY AGEING**

**Action Group A3 on Prevention and early diagnosis of  
frailty and functional decline, both physically and  
cognitive, in older people**

***A COMPILATION OF GOOD PRACTICES  
2013***



# *Influence of muscle power and nutritional status on functional activities and well-being in the elderly*

## **1. Location**

**Country:** Poland

**Region:** Lodz

**Total population:** 1 million

## **2. Description**

**Target population:** Older people in general population - Elderly subjects from Lodz region, especially at risk of cognitive and functional decline (pre-frail)

**Target population:** 200.000 persons



The project is relevant to the Polish elderly population. As in all European Union countries the process of demographic aging is very pronounced also in Poland and other Central-European countries. Though political and social transition in Central and Eastern Europe has been generally associated with an increased life expectancy, a significant East-West health gap is still visible. This difference is visible for example in present studies with higher rates of undernutrition and being at risk as compared to Western populations, especially for rural and institutional environments. A lot of available information comes from surveys taken in Western countries, and unfortunately, the environmental and medical care disadvantages in Central and Eastern European countries as compared to Western Europe are probably responsible for higher percentages of elderly with low HRQL. The prevalence of comorbid metabolic conditions and heart disease is higher in Central-Eastern European countries in comparison with Western Europe or the USA.

In łódzkie voivodeship project seems to be especially relevant due to the fact that it is characterized by the biggest number of people over 65 years old in comparison with other regions of Poland (15,5% of seniors in 2011, when in Poland generally 13,8%).



HARC FP7 Regpot (2013–2016)

Lodz Region EIP AHA Reference Site 2016

Managed Senior Care – new 3-year studies  
at the Medical University of Lodz from  
2017



## **Deliverables:**

1. Training programs/guidelines for the general practitioners, nurses, physical therapists.
2. Training programs for the elderly in the region in collaboration with local authorities (Third Age University)
3. HARC web platform with information and training for the elderly





# The Academy of Active and Healthy Ageing



- One activity of the Healthy Ageing Research Centre is the Healthy Ageing Academy addressed to older citizens of Lodz region.
- The aim of the Academy of Active Ageing is to develop the intellectual capacity, as well as improving quality of life of older people through their comprehensive activation.
- To meet the needs of seniors, the Academy organizes lectures, seminars and workshops, focusing mainly on issues involving medical topics and health prevention.
- The Academy enables the integration of listeners with the local community through meetings with representatives of the city, the region, but also people associated with the world of art and culture.



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the Health Programme  
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## **Outcomes:**

To contribute to the solution of the problems of age-related frailty in the Lodz region (Central Poland) by problem-focused research, exchanging of knowledge with international experts and cooperating with regional authorities.

To influence health status and quality of life of local population

To impact on the sustainability and efficiency of the health and social care system of local population





## Screening for frailty in hospital setting

### **The Vulnerable Elders Survey (VES-13) as a screening tool for Comprehensive Geriatric Assessment:**

- in geriatric wards/outpatients departments**
- in other hospital wards for adults**

## VES-13

1. Age \_\_\_\_\_

**SCORE: 1 POINT FOR AGE 75-84**  
**3 POINTS FOR AGE  $\geq 85$**

2. In general, compared to other people your age, would you say that your health is:

- ☐ Poor,\* (1 POINT)  
☐ Fair,\* (1 POINT)  
☐ Good,  
☐ Very good, or  
☐ Excellent

**SCORE: 1 POINT FOR FAIR or POOR**

3. How difficulty, on average, do you have with the following physical activities:

	No Difficulty	A little Difficulty	Some Difficulty	A Lot of Difficulty	Unable to do
a. stooping, crouching or kneeling? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> *	<input type="checkbox"/> *
b. lifting, or carrying objects as heavy as 10 pounds? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> *	<input type="checkbox"/> *
c. reaching or extending arms above shoulder level?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> *	<input type="checkbox"/> *
d. writing, or handling and grasping small objects? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> *	<input type="checkbox"/> *
e. walking a quarter of a mile? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> *	<input type="checkbox"/> *
f. heavy housework such as scrubbing floors or washing windows? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> *	<input type="checkbox"/> *

**SCORE: 1 POINT FOR EACH \* RESPONSE  
 IN Q3a THROUGH f . MAXIMUM OF 2  
 POINTS.**

4. Because of your health or a physical condition, do you have any difficulty:

a. shopping for personal items (like toilet items or medicines)?

- ☐ YES → Do you get help with shopping? ☐ YES \* ☐ NO  
☐ NO  
☐ DON'T DO → Is that because of your health? ☐ YES \* ☐ NO

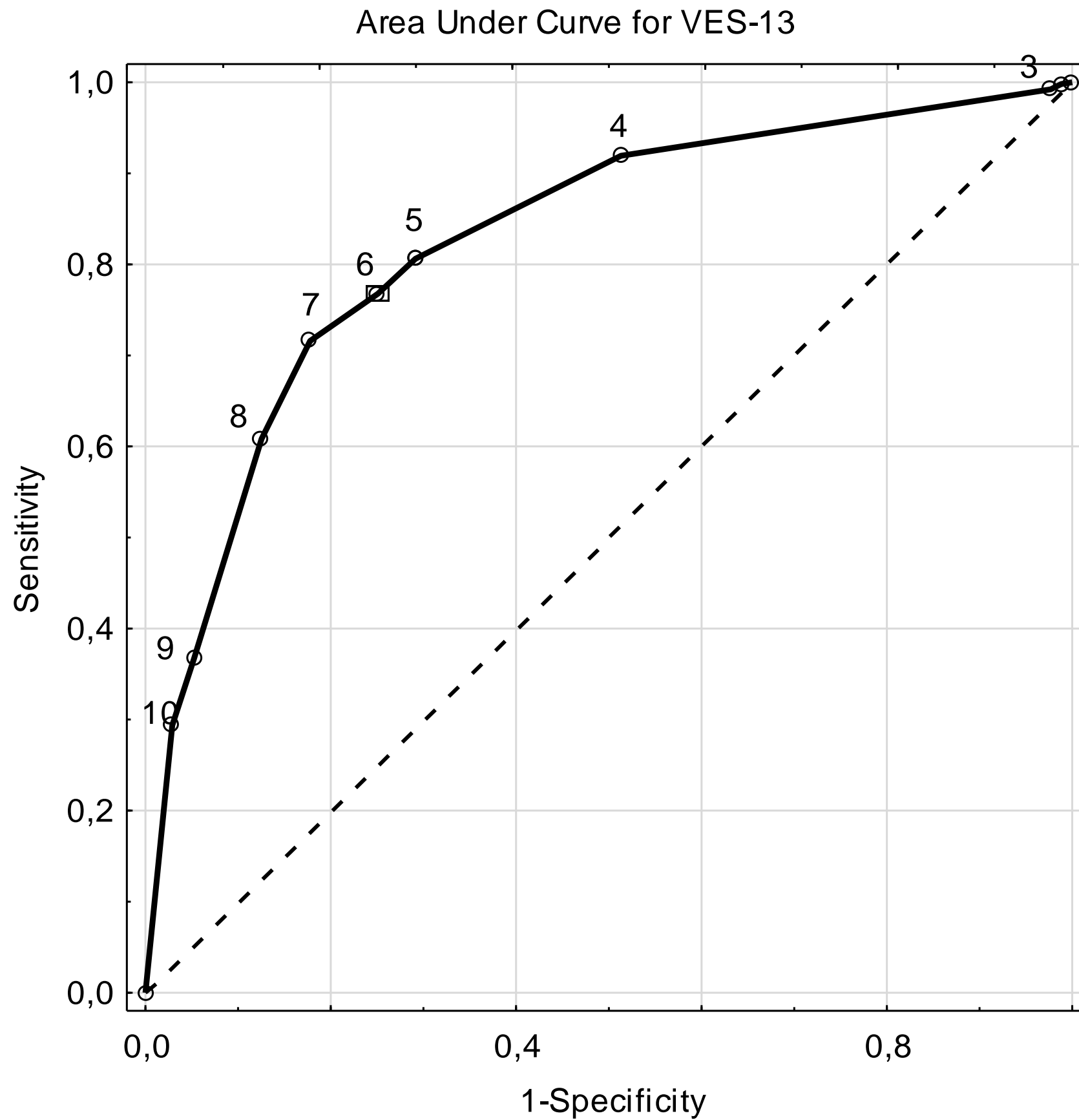
b. managing money (like keeping track of expenses or paying bills)?

- ☐ YES → Do you get help with managing money? ☐ YES \* ☐ NO

<b>ALL (n=864)</b>	<b>ADL</b>	<b>IADL</b>	<b>MMSE</b>	<b>GDS</b>
<b>VES-13</b>	<b>-0.53*</b>	<b>-0.66*</b>	<b>-0.47*</b>	<b>0.37*</b>
<b>ADL</b>		<b>0.83*</b>	<b>0.53*</b>	<b>-0.26*</b>
<b>IADL</b>			<b>0.61*</b>	<b>-0.33*</b>
<b>MMSE</b>				<b>-0.23*</b>

<b>VES-13</b>	<b>Vulnerable</b>	<b>Non-vulnerable</b>	<b>True positives</b>	<b>False positives</b>	<b>False negatives</b>	<b>True negatives</b>
<b>10</b>	<b>153</b>	<b>10</b>	<b>153</b>	<b>10</b>	<b>368</b>	<b>333</b>
<b>9</b>	<b>38</b>	<b>8</b>	<b>191</b>	<b>18</b>	<b>330</b>	<b>325</b>
<b>8</b>	<b>126</b>	<b>25</b>	<b>317</b>	<b>43</b>	<b>204</b>	<b>300</b>
<b>7</b>	<b>56</b>	<b>18</b>	<b>373</b>	<b>61</b>	<b>148</b>	<b>282</b>
<b>6</b>	<b>27</b>	<b>25</b>	<b>400</b>	<b>86</b>	<b>121</b>	<b>257</b>
<b>5</b>	<b>20</b>	<b>14</b>	<b>420</b>	<b>100</b>	<b>101</b>	<b>243</b>
<b>4</b>	<b>59</b>	<b>76</b>	<b>479</b>	<b>176</b>	<b>42</b>	<b>167</b>
<b>3</b>	<b>38</b>	<b>159</b>	<b>517</b>	<b>335</b>	<b>4</b>	<b>8</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>520</b>	<b>339</b>	<b>1</b>	<b>4</b>
<b>1</b>	<b>1</b>	<b>4</b>	<b>521</b>	<b>343</b>	<b>0</b>	<b>0</b>

<b>VES-13</b>	<b>Sensitivity[%]</b>	<b>Specificity[%]</b>
<b>VES- 13 <math>\geq 9</math></b>	<b>36.7</b>	<b>94.8</b>
<b>VES- 13 <math>\geq 8</math></b>	<b>60.8</b>	<b>87.5</b>
<b>VES- 13 <math>\geq 7</math></b>	<b>71.6</b>	<b>82.2</b>
<b>VES- 13 <math>\geq 6</math></b>	<b>76.8</b>	<b>74.9</b>
<b>VES- 13 <math>\geq 5</math></b>	<b>80.6</b>	<b>70.8</b>
<b>VES- 13 <math>\geq 4</math></b>	<b>91.9</b>	<b>48.7</b>
<b>VES- 13 <math>\geq 3</math></b>	<b>99.2</b>	<b>2.3</b>
<b>VES- 13 <math>\geq 2</math></b>	<b>99.8</b>	<b>1.2</b>







Thank you for  
your attention

