



Medical University of Lodz

Experience on frailty and multimorbidity within health and social care services.



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

POLSENIOR

Medical, psychological, sociological and economic aspects of aging in Poland

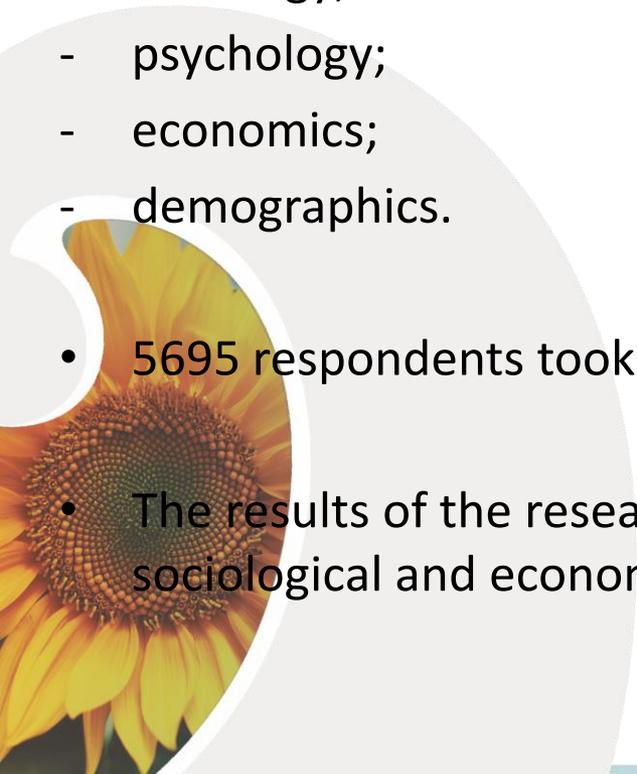


- Comprehensive Research Programme providing data on the health and socio-economic situation of the oldest group of society.
- Coordination: Ministry of Science and Higher Education, Poland
- Publicly-funded, national project no. PBZ-MEIN-9/2/2006 (PLN 12 million)
- POLSENIOR is an interdisciplinary programme whose objective is to provide data to more than 40 research institutes: each of the six main partners that carry out research projects under the programme, co-operates with several other institutions.



POLSENIOR

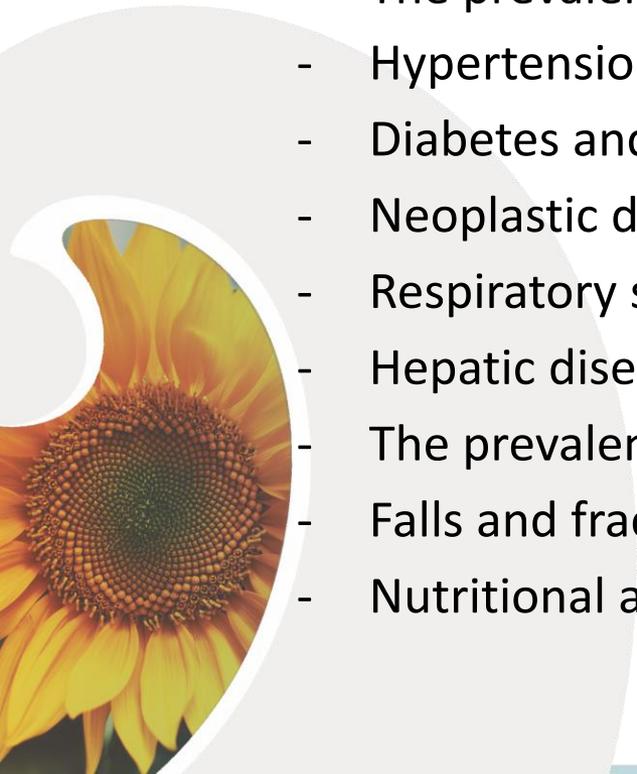
- The project implemented by an interdisciplinary team comprising experts in various fields, such as:
 - medicine (including a whole range of specialists, for example, geriatricians, internists, cardiologists, neurologists, nephrologists, psychiatrists, endocrinologists, epidemiologists, rheumatologists, and others);
 - molecular biology;
 - sociology;
 - psychology;
 - economics;
 - demographics.
- 5695 respondents took part in the Project.
- The results of the research published in a book: „Medical, psychological, sociological and economic aspects of aging in Poland”, 2012.



POLSENIOR

The problems of older people analyzed in the Project were related to wide range of diseases including, inter alia:

- The assessment of functional status
- The condition of vision and hearing
- Cognitive disorders
- Depression
- The prevalence of neurological diseases
- Hypertension
- Diabetes and its complications
- Neoplastic diseases
- Respiratory system diseases
- Hepatic diseases
- The prevalence of chronic kidney disease
- Falls and fractures
- Nutritional and dental status



The Healthy Ageing Research Centre (HARC)



- European Union the 7th Framework Programme .
- 4 400 000 euro.
- 3 years (June 2013 – September 2016).
- Over 30 researchers with their research groups.
- Developing research focusing on major areas relevant to active and healthy ageing.
- International research and developing innovations in the area of age-related diseases.

HARC mission:

support and advance healthy ageing through biomedical research, education and collaborative partnership at European, national and local levels.



Co-funded by
the Health Programme
of the European Union

The Healthy Ageing Research Centre (HARC)

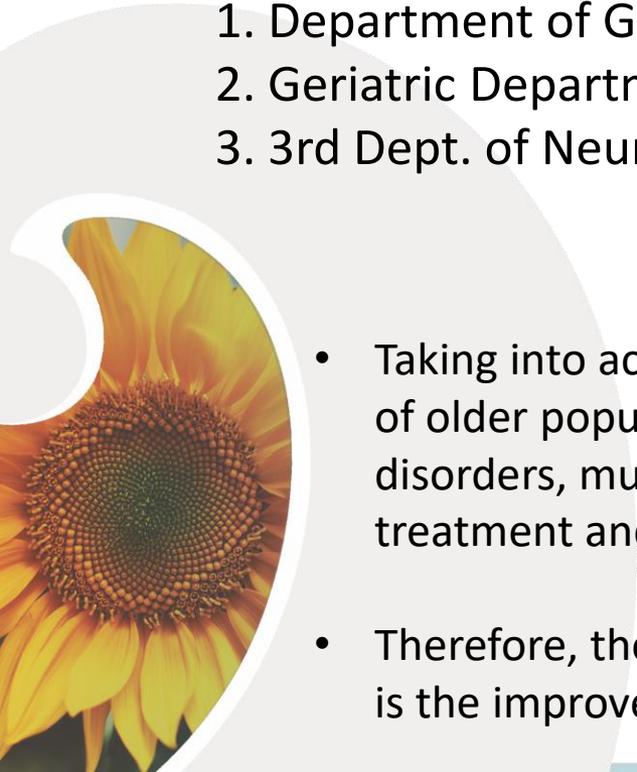
1st Research Area:

Novel approaches to improve well being among the elderly -

Coordinator: Prof. Tomasz Kostka

Foreign partners:

1. Department of Gerontology and Geriatrics, University of Perugia, Italy
2. Geriatric Department of the Centre Hospitalier Lyon-Sud, France
3. 3rd Dept. of Neurology, Aristotle University of Thessaloniki, Greece

- 
- Taking into account nutritional status and considering different subgroups of older population (e.g. patients with cardiovascular disorders, respiratory disorders, musculoskeletal disorders, dementia) would enable better treatment and rehabilitation planning.
 - Therefore, the final goal of enhanced nutritional state and functional status is the improvement of life and well-being in the elderly population.

The Academy of Active and Healthy Ageing



- One activity of the Healthy Ageing Research Centre is 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.



EIP on AHA Action Group A3

Prevention of functional decline and frailty



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

- Brings together around 100 organizations which have committed themselves to the objectives of understanding the underlying factors of frailty, exploring the association between frailty and adverse health outcomes in older people and better preventing and managing the frailty syndrome and its consequences.



EIP on AHA Action Group A3 Prevention of functional decline and frailty

The Book of Good Practices

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

Reference site

Commitment



Health literacy of Functional Decline and Frailty related to Ageing



Pilot Survey for Older Adult Patients (60+)

The survey for patients aims to assess the awareness, opinion and attitude of the population aged over 60 regarding healthy and active ageing.

Pilot Survey for Doctors

The survey for doctors aims to assess the awareness of doctors on functional performance (capacity) decline and frailty related to ageing and their possibilities to prevent/ delay the onset of these issues and/or mitigate their consequences.





Thank you for your attention.

Prof. Tomasz Kostka
Department of Geriatrics
Medical University of Łódź, Poland

