

An Operational Response to Frailty and Multimorbidity

Health and Social Care Services

II° Level: Specialist

- **Possible Pathways:**
- Diagnosis
 - II° Prevention
 - Therapy
 - Referral

Bio Medical Response

I° Level:

Primary Health and Social Care
(GPs, Nurses, Social Workers, others)

Possible Pathways:

- Identification - Referral
- I° Prevention-Promotion (Lifestyles)
- Social Activation (voluntary work, informatic literacy, sport, etc.)
- Individual, family, collective response

•Community:

Alert, Promotion, Referral
(Pharmacy, Circles, Church, Gyms....)

Social Response

Sunfrail tool

Domain: B=Biological P=Psychological S= Social

1. Do you feel lonely most of the time? P-S
2. In case of need, can you count on someone close to you? S-P
3. Do you regularly take 5 or more medications per day? B
4. Have you recently lost weight such that your clothing has become looser? B
5. Have you walked less because of physical state? B
6. Have you been evaluated by your general practitioner during the past year? B
7. Have you fallen 1 or more times during the last year B-P?
8. Have you experienced memory decline during the last year? P
9. Have you any economic difficulty in facing the basic expenses and the health care costs? S

Morning Session - Discussion:

1. Instruments to detect Frailty and Multimorbidity

Q1: Do you think that the provided instrument/items can be considered as easily and widely acceptable (evidence-based), to understand and detect multidomain pre-frailty and frailty in your daily practice?

Please list the barriers and factors that can hinder/enable the implementation of this model

2. An Operational Response to Frailty and Multimorbidity

Q2: In which way a **multidisciplinary and multidomain** response to frailty and multimorbidity can be developed? Which **disciplines** do you think will be required in order to address all dimensions of frailty and an integrated approach of frailty and multimorbidity?

How can the different sectors, providers and actors described below better integrate their actions?

- health services
- societal network (family, leisure, sport, voluntary)
- living environment
- professionals (which ones?)
- policy makers

Q3: Can a **shared training of professionals** and **carers** involved in community, health and social services **improve a multidisciplinary team work?**

Afternoon Session: Group Discussion

1. Instruments to detect Frailty and Multimorbidity

Q1: Do you think that the provided instrument/items can be considered as easily and widely acceptable (evidence-based), to understand and detect pre-frailty and frailty within the BioPsychological and the Individual and Socio-Economical domains?

Would it be applicable within your current professional practice?

2. An Operational Response to Frailty and Multimorbidity:

Q2: In which way can a multidisciplinary response to frailty and multimorbidity be developed considering all its dimensions (BioPsychological Individual and Socio-Economic)?

How can the different sectors, providers and actors described below better integrate their actions?

- health services
- societal network (family, leisure, sport, voluntary)
- living environment
- professionals
- policy makers

Q3: Innovative business models to prevent frailty

An opportunity for social economy?

Q4: Life long learning needs:

An opportunity to share multidisciplinary contents in multiprofessional courses?

Afternoon Session:

Group Discussion

14.30-16.00

Presentation-Plenary discussion

16.00-16.50

Thank you for your collaboration!

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The SUNFRAIL Team