Morning Session - Discussion:

1. Definition of Pre-Frailty and Frailty

Q1: Which items within the <u>BioPsychological</u> and the Individual and Socio-Economic domains should be considered when identifying Frailty?

Moderator: C. Sieber

Panel: R. Gobbens, M. Maggio, A. Perra, S. Poli
E. Palummeri, M. Cesari

Time: 11.25-11.45

2. An Operational Response to Frailty and Multimorbidity - Good Practices

Q2:

• In which way can a **multidisciplinary response** to frailty and multimorbidity be developed considering all its dimensions (<u>BioPsychological</u> 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

Moderator: G. Liotta

Panel: R. Gobbens, A. Perra, A. Cano, M. Maggio, A. Mc. Sorley

Time: 12.55-13.20

3. The Good Practices

Q3: How do you think that methods and criteria developed to identify **good practices** (on frailty and multimorbidity), can be applied within our professional contexts?

Moderator: G. Liotta

Panel: R. Gobbens, A. Perra, A. Cano, M. Maggio, A. Mc. Sorley

Time: 13.20-13.30

Afternoon Session: Group Discussion

Method:

Divide participants in groups of 10-15 persons: Representatives of: Reference Sites, local health and social authorities, professionals of the health and social sector, patients/beneficiaries, others.

Working language: Italian or English

1. Definition of Frailty:

Q1: Which items within the <u>BioPsychological</u>, Physical and the Individual and Socio-Economic domains should be considered when identifying Frailty?

2. Instruments to detect Frailty and Multimorbidity

Method:

-Provide a "**Common Data Set of Items**", measuring **frailty** and **multimorbidity** within the Primary Health Care and Social Services.

Q2. Potential Items to measure Frailty within the Primary Health Care and Social Services

-In case of need, can you count on someone close to you?
-Which is your highest education degree? [below secondary level]
-Do you feel lonely most of the time?
-Which is your past or current working activity?
-Have you experienced [specific] difficulties due to financial restrains?
-Which is your marital status?
-How many persons constitute your household (including yourself)?
-Do you live alone?
-Have you been evaluated by a healthcare professional during the past 12 months?
-Have you been evaluated by a social worker during the past 12 months?
-Have you experienced a memory decline during the past 12 months?
-Have you memory complaints?
-Do you take 5 or more medications per day?
-Have you recently lost weight such that your clothing has become looser?
-Have you recently experienced any worsening of your mobility due to physical state?
-Have you experienced one or more fall events during the past 12 months?
-Have you diagnosed with 5 diseases or more?
-Have you any sensory impairment (vision or hearing problem) affecting your daily life?

Q3. Potential Items to measure Multimorbidity within the Primary Health Care and Social Services

-Presence of **2 or more chronic diseases**

-Presence of **3 or more chronic diseases**

-Number of Medications (5 or more on regular basis)

-Recurrent hospitalizations in the last year

2. Instruments to detect Frailty and Multimorbidity

Q2:

•Do you think that the provided instrument/items can be considered as easily and widely acceptable 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?

Q3: How can **multimorbidity** be detected in terms of intensity, severity and complexity?

3. An Operational Response to Frailty and Multimorbidity

Q4:

• In which way can a **multidisciplinary response** to frailty and multimorbidity be developed considering all its dimensions (<u>BioPsychological</u> 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

4. The Good Practices Method:

Provide the "Frame of Criteria" developed to identify good practices.

Methods and Criteria to Identify Good Practices

*Stakeholders involved	Stakeholders involved (e.g. University-Research Institutes, Institutions responsible for planning and implementing services, …); "experimental GPs" or "ongoing GPs" (already adopted within the currents services practice), when relevant
Objective	General aims, end-points (clearly defined and measurable), timeline and strategy to evaluate the effectiveness
Innovation	Novelty of the GP, and (when relevant) their technological dimensions (ICT)
Evaluation of the GP outcome	Methods and data used to evaluate the effectiveness of the GP, in terms of health outcomes, process/ structure indicators
*Duration and State of Art	Date of beginning; ongoing GP or not; new practice or practice aimed at continuing and improving a previous action

Methods and Criteria to Identify Good Practices

Professional Figures Involved	Type of professional figures involved; multidisciplinary approach.
"Empowerment" of the target population	Active participation of the target population, and eventually of their relatives/caregivers.
***Estimated costs**	When possible, direct costs of the good practice, both for the health and social sector
*** Law/regulation scenario**	Existing regional and/or national laws coherent with the local GP
Experience of replication	Replication of the practice in territorial entities (regions, districts, other) different from the original one.

4. The Good Practices

Q5: How do you think that the **methods and criteria** developed to **identify good practices** (on frailty and multimorbidity), can be applied within your professional context?

Q6: Do you believe that **your practices** could be identified as **good and replicable** according to these methods and criteria?

Plenary discussion:

Q1. Definition of Frailty
Q4. Operational Response to Frailty and Multimorbidity

Moderator: C. Sieber

Panel: M. Maggio, R. Gobbens, A. Perra, M. Illario, A. Mc. Sorley

Time: 15.45-16.20

Plenary discussion:

Q2-Q3. Tools for the Identification of Frailty and Multimorbidity

Q5-Q6. Good Practices

Moderator: M. Maggio

Panel: M. Cesari, E. Palummeri, M. Illario, S. Poli, A. Mc. Sorley

Time: 16.20-16.50

Thank you for your collaboration!

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The SUNFRAIL Team