Interreg CENTRAL EUROPE
niCE-life
European Union
European Regional
Development Fund

TAKING **COOPERATION** FORWARD

OUTPUT FACT SHEET

Tools
Version 2

Project index number and acronym	CE1581 niCE-life
Output number and title	O.T2.5 "Monitoring Grid" for the management of "frailty"
Responsible partner (PP name and number)	Samaritan Burgenland Department of Home Care, PP 8
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	31.12.2020

Summary description of the key features of the tool (developed and/or implemented) and of its transnational added value

The Monitoring Grid aims to monitor the state of health of older people over a longer period of time and on a regular basis. A possible deterioration can thus be counteracted quickly and this should enable older people to live an independent life at home for as long as possible and thus relieve the health system. To achieve this goal, the Monitoring Grid was developed as a basis for weekly telephone calls and consists of the following contents:

In order to be able to observe the state of health, questions were worked out in various categories (functional, clinical and social) that are regularly asked to the elderly. This is to show whether the state of health is deteriorating and whether measures need to be initiated. The web application analyses the answers and shows the development of the health status in a line and spider diagram. In addition to this, nine possible combinations have been developed which should require closer observation.

Three types of user can log into the web application:

1. "Admin" can see all data and add an account for the interviewer.

2. The user "interviewer" can only see the persons assigned to him.

3. The user "interviewee" can only see his own data.

The tool was developed together with PP2, Brno University of Technology. The content for this is based on the existing knowledge of Bologna, other good practices, the needs of the elderly as well as the knowledge of the residential area managers who will conduct the interviews during pilot action.

The transnational added value of the Monitoring Grid is to have a tool that enables older people to live at home for as long as possible and thus relieve the burden on the health system in the long term. Due to demographic change, not only are Austrian decision-makers facing new challenges, but also throughout the EU, demographic change is omnipresent and new solutions are being sought. The tool will be tested on 13 elderlies during pilot action in 2021.

NUTS region(s) where the tool has been developed and/or implemented (relevant NUTS level)

The tool was primarily developed in the following regions:

- Burgenland (Nordburgenland, AT111 NUTS level 3)
- Brno, (South-Moravian Region, CZ064 NUTS level 3)

Expected impact and benefits of the tool for the concerned territories and target groups

Regular monitoring of the health status of elderly by trained nursing staff can recognize any deterioration at an early stage and in the following prevent further diseases.

The following groups of people, among others, benefit from this:

- *Elderlies* can stay at home longer and have more information about their own health status.

- *Doctors and other professionals* can see fluctuations in the state of health, which are observed and documented over the long-term.

- *Future professional fields* like Community Health Nurses can use the information provided by the Monitoring Grid for a detailed anamnesis, which would be essential for the further care.

Regarding the uptake at policy or institutional level, the Monitoring Grid can convince, as the telephone contact takes care of a large number of elderlies and this in turn can relieve the health system. Especially in times of a pandemic such as Covid-19, a large number of the most endangered group of people can be reached with the help of the Monitoring Grid.

The Monitoring Grid will be used and tested in WP T3 throughout Burgenland (= AT11 NUTS level 2). The interviewers, who call the elderly weekly, are located in Großpetersdorf (AT113 NUTS level 3), Weppersdorf (AT111 NUTS level 3) and Draßburg (AT112 NUTS level 3). The elderly, whose state of health is being monitored by using the Monitoring Grid, come from all regions of Burgenland (AT111 + AT 112 + AT113 NUTS level 3). The entire Burgenland region thus benefits from the tool that has been developed in the niCE-life project.

Sustainability of the tool and its transferability to other territories and stakeholders

To ensure the sustainability of the developed tool even after the end of the project, the tool is presented to important political decision-makers as part of the project (WP4). The simple application and transferability to other regions/ countries also promotes sustainability. The Monitoring Grid is a web application, which after translation in the respective language, can be easily transferred to other territories, due to its ease of use. Especially stakeholders, where extensive knowledge of the person to be treated is important (e.g. Community Health Nurses), can use the Monitoring Grid. However, it can also be used in an adapted form after discharge from hospitalization where further observation is required. The most important lessons learned is to involve different groups of people who view the development of the solution from different perspectives. With regard to the Monitoring Grid, these are e.g. interviewers, experts who research and work in this area and interviewees. Target groups include 4 local authoroties, 1 regional authority, 2 sectoral, higher education and NGOs authorities.

References to relevant deliverables and web-links
If applicable, pictures or images to be provided as annex

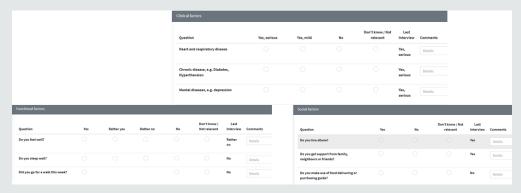The main relevant project deliverables, which contributed to the output, are:

- D.T1.1.4 Summarisation of interviews
- D.T2.5.1 Coordination meeting
- D.T2.5.2 Review of the "Monitoring Grid" and EU good practice
- D.T2.5.3 Preliminary model of "Monitoring Grid"
- D.T2.5.4 Final version of the "Monitoring Grid"

They can be downloaded from the following project website:

https://www.interreg-central.eu/Content.Node/niCE-life.html

The following pictures show important elements of the monitoring grid

1. Extract of the questions asked in the category "Functional factors"

2. Presentation of the evaluated data in the form of a line and spider diagram