



Intrinsic Capacity: clinical application (construct, measurement, interventions)



**World Health
Organization**

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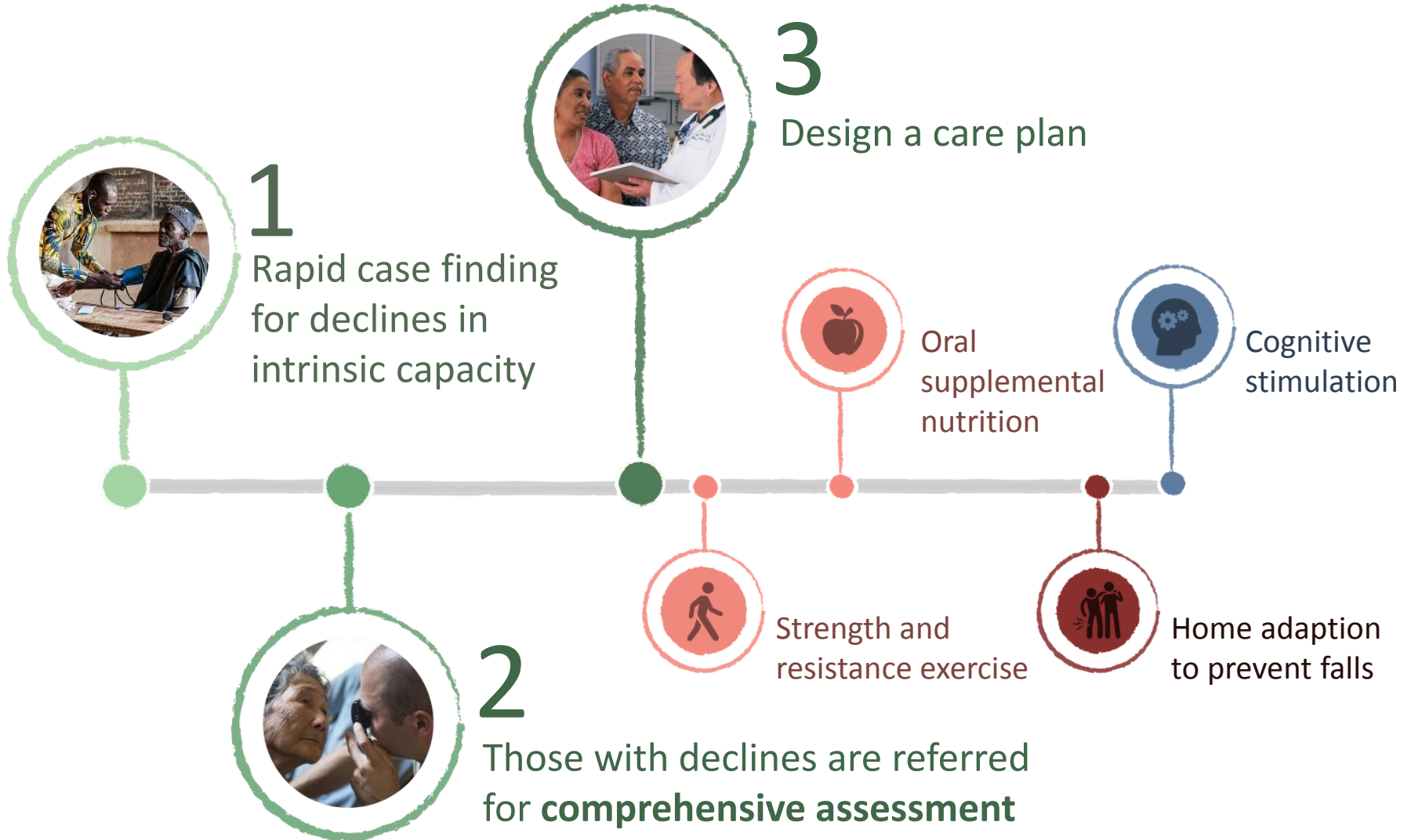


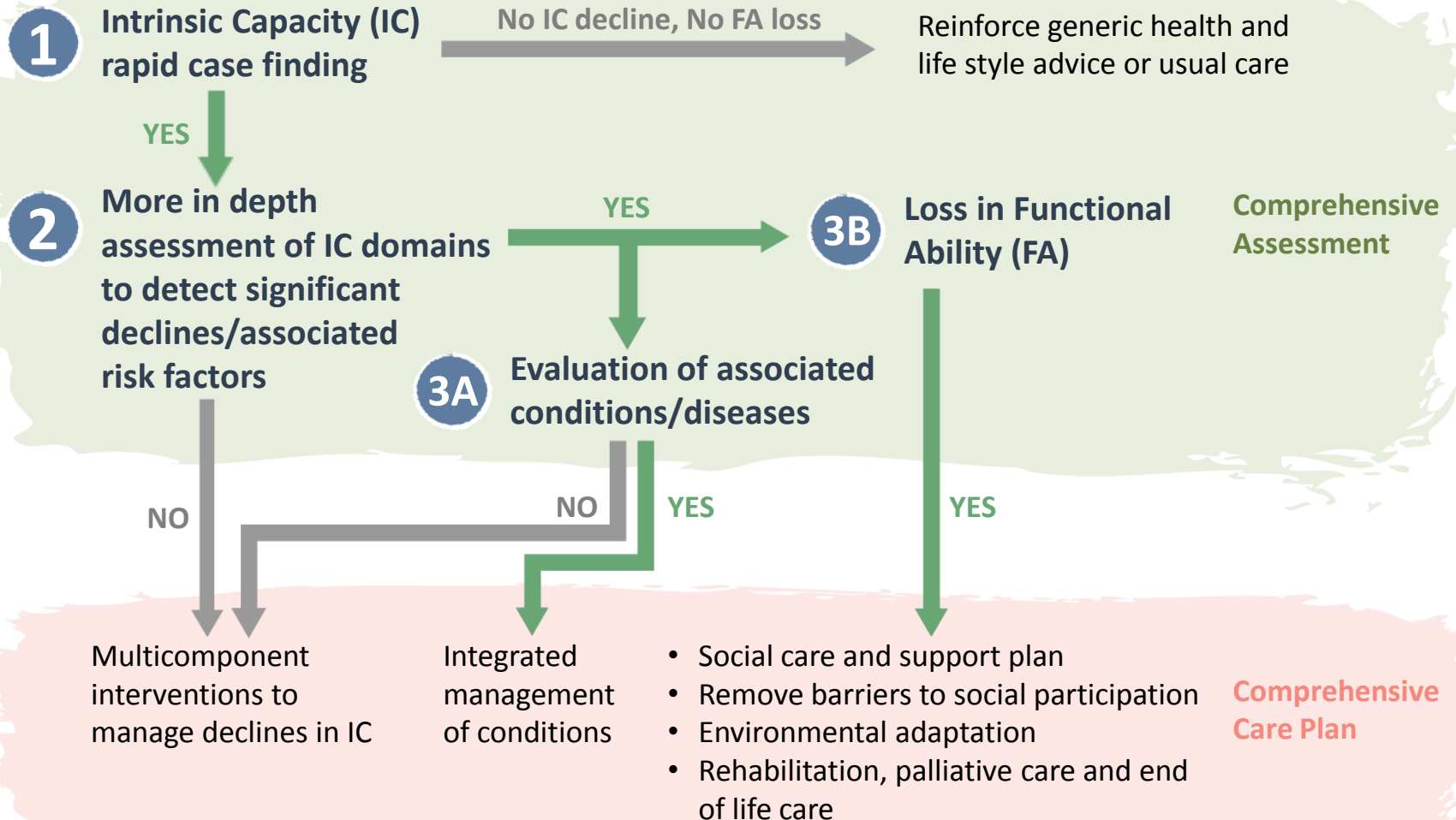
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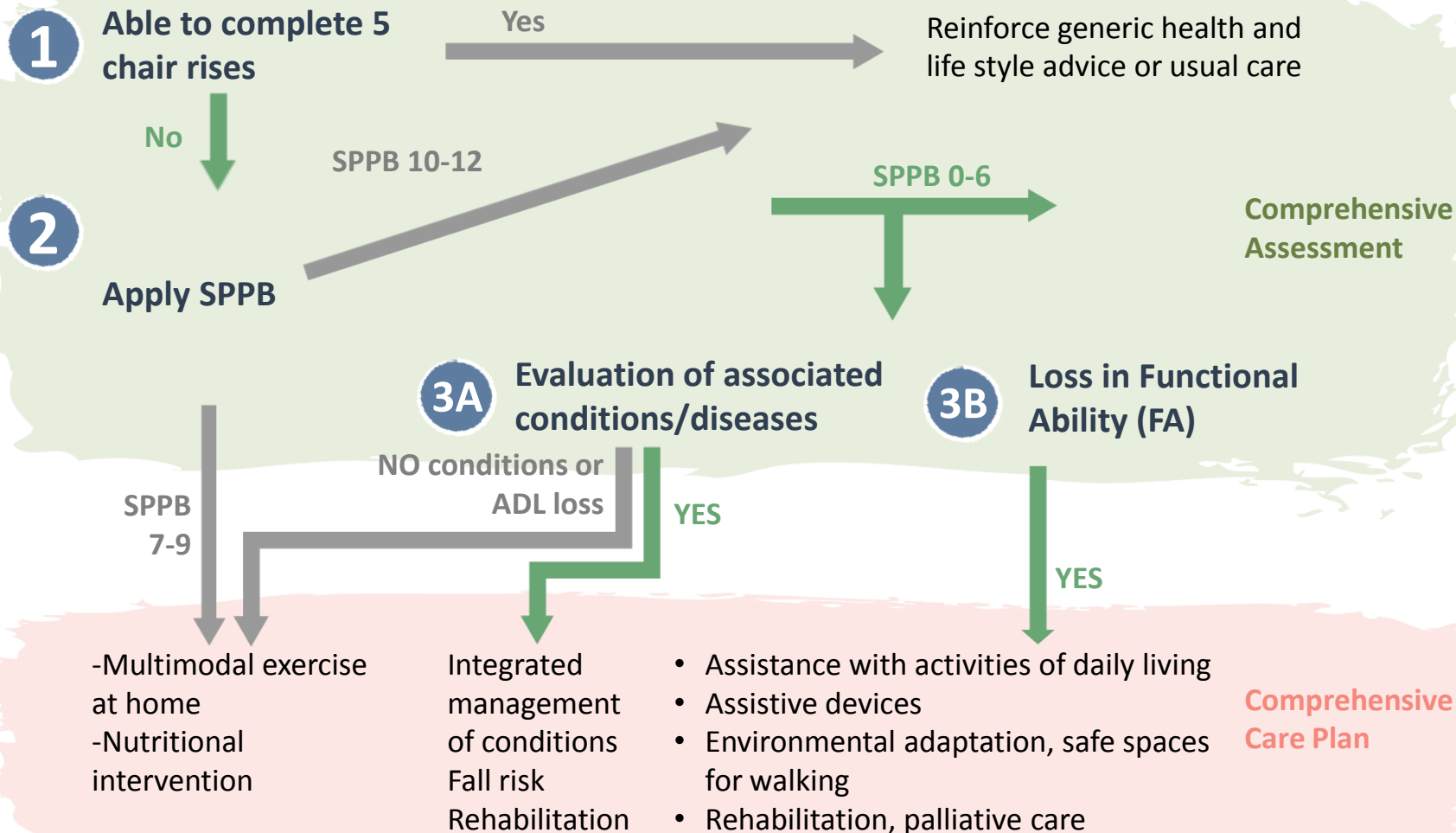
Proposed tests for Step 1 (case finding) and examples for Step 2:

Domain	Tests Step 1 –identify patients in need of a more in-depth assessment	Note	Tests Step 2- categorize patients and define the care pathways												
Locomotor	Chair stand test	Strength of lower limbs (as such strongly predictive of mobility impairment, i.e. first step of the disabling cascade) We could use a simple “able to complete 5 chair rises without using arms” yes/no question	SPPB												
Cognition	Three-word recall and orientation of time and space	Making 3-4 mistakes referral to step 2	MOCA												
Psychological	GDS-1	Are you basically satisfied with your life?	GDS 15 short form or PHQ-2												
Sensory	Function specific screening questions	Whisper test Referral to step 2 if fail to repeat correctly repeat 2 syllable word Simple WHO-Snellen test for far and near (recto-verso A5) Fail far vision → Step 2 Fail near vision → refer for glasses	Audiometry Eye examination												
Vitality	MDS Question	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;">Please think about the last 30 days, taking both good and bad days into account. For each question, please tell me how much of a problem it is for you on a scale from 1 to 5. 1 means no problem and 5 means extreme problem.</td> <td style="width: 10%; text-align: center;">1 None</td> <td style="width: 10%; text-align: center;">2</td> <td style="width: 10%; text-align: center;">3</td> <td style="width: 10%; text-align: center;">4</td> <td style="width: 10%; text-align: center;">5 Extreme</td> </tr> <tr> <td style="padding: 5px;">How much of a problem is feeling tired and not having enough energy?</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </table> <p>Out of five indicates referral for the step two</p>	Please think about the last 30 days, taking both good and bad days into account. For each question, please tell me how much of a problem it is for you on a scale from 1 to 5. 1 means no problem and 5 means extreme problem.	1 None	2	3	4	5 Extreme	How much of a problem is feeling tired and not having enough energy?	1	2	3	4	5	Mini Nutritional Assessment- Short Form (MNA-SF) Or subjective Global Assessment (for nutrition) – to be decided Grip strength
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How much of a problem is feeling tired and not having enough energy?	1	2	3	4	5										
Weight loss	Have you recently lost more than 3 kgs over the last 3 months? Have you experienced loss of appetite ?														

Comprehensive assessment and care plan in Primary Health Care Clinic



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GLOBAL TARGET: Reduce the number of older adults who are care dependent by 15 million by 2025

6 actions



Improve musculoskeletal
function, mobility and vitality



Maintain older adults' capacity
to see and hear



Prevent severe cognitive impairment
and promote psychological well-being



Manage age-related conditions
such as urinary incontinence



Prevent falls



Support caregivers

Integrated care for older people

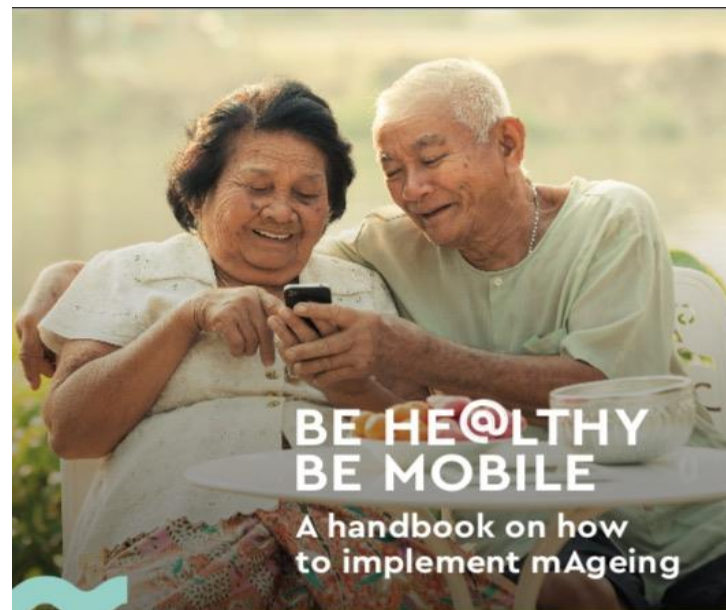
Guidelines on community-level interventions to manage declines in intrinsic capacity

WHO Guidelines on Community Level Interventions to Manage Declines in Intrinsic Capacity



Integrated care for older people

Guidelines on community-level interventions to manage declines in intrinsic capacity



BE HE@LTHY BE MOBILE

A handbook on how to implement mAgeing



Improve musculoskeletal function, mobility and vitality



- 1. Multimodal exercise, including progressive strength resistance training and other exercise components (balance, flexibility and aerobic training) should be recommended for older people with declining physical capacity, measured by low gait speed, grip strength and other physical performance measures**
- 2. Oral supplemental nutrition with dietary advice should be recommended for older people affected by undernutrition**

Prevent severe cognitive impairment and promote psychological well-being



5. **Cognitive stimulation** can be offered to older people with cognitive impairment, with or without a formal diagnosis of dementia
6. Older adults who are experiencing depressive symptoms can be offered **brief, structured psychological interventions**, in accordance with WHO mhGAP intervention guidelines delivered by health care professionals with a good understanding of mental health care for older adults



Maintain sensory capacity



3. Older people should receive **routine screening for visual impairment** in the primary care setting, and timely provision of comprehensive eye care
4. **Screening followed by provision of hearing aids** should be offered to older people for timely identification and management of hearing loss



Manage age-associated conditions such as urinary incontinence



- 7. Prompted voiding** for the management of urinary incontinence can be offered for older people with cognitive impairment
- 8. Pelvic floor muscle training**, alone or combined with bladder control strategies and self-monitoring, should be recommended for older women with urinary incontinence (urge, stress or mixed)

Prevent falls



9. **Medication review and withdrawal** (of unnecessary or harmful medication) can be recommended for older people at risk of falls
10. **Multimodal exercise** (balance, strength, flexibility and functional training) should be recommended for older people at risk of falls
11. **Action on hazards** – following a specialist's assessment, home modifications to remove environmental hazards that could cause falls should be recommended for older people at risk of falls
12. **Multifactorial interventions** integrating assessment with individually tailored interventions can be recommended to reduce the risk and incidence of falls among older people

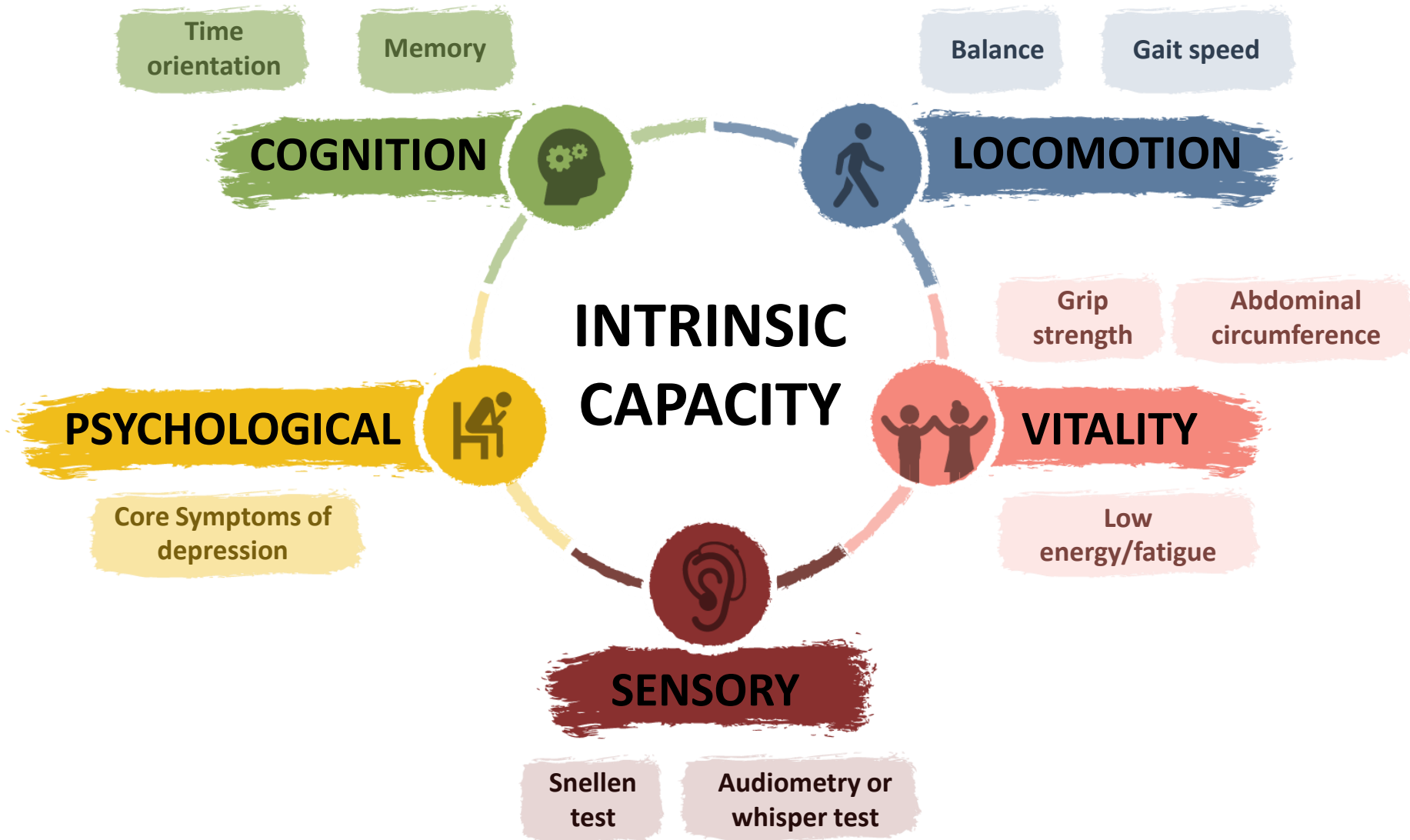


Support caregivers



- 13. Psychological intervention, training and support** should be offered to family members and other informal caregivers of care-dependent older people, particularly but not exclusively when the need for care is complex and extensive and/or there is significant caregiver strain

DOMAINS OF INTRINSIC CAPACITY





**Thank
you!!!**