



# Envejecimiento saludable o « Healthy ageing » : Mantener la capacidad intrínseca

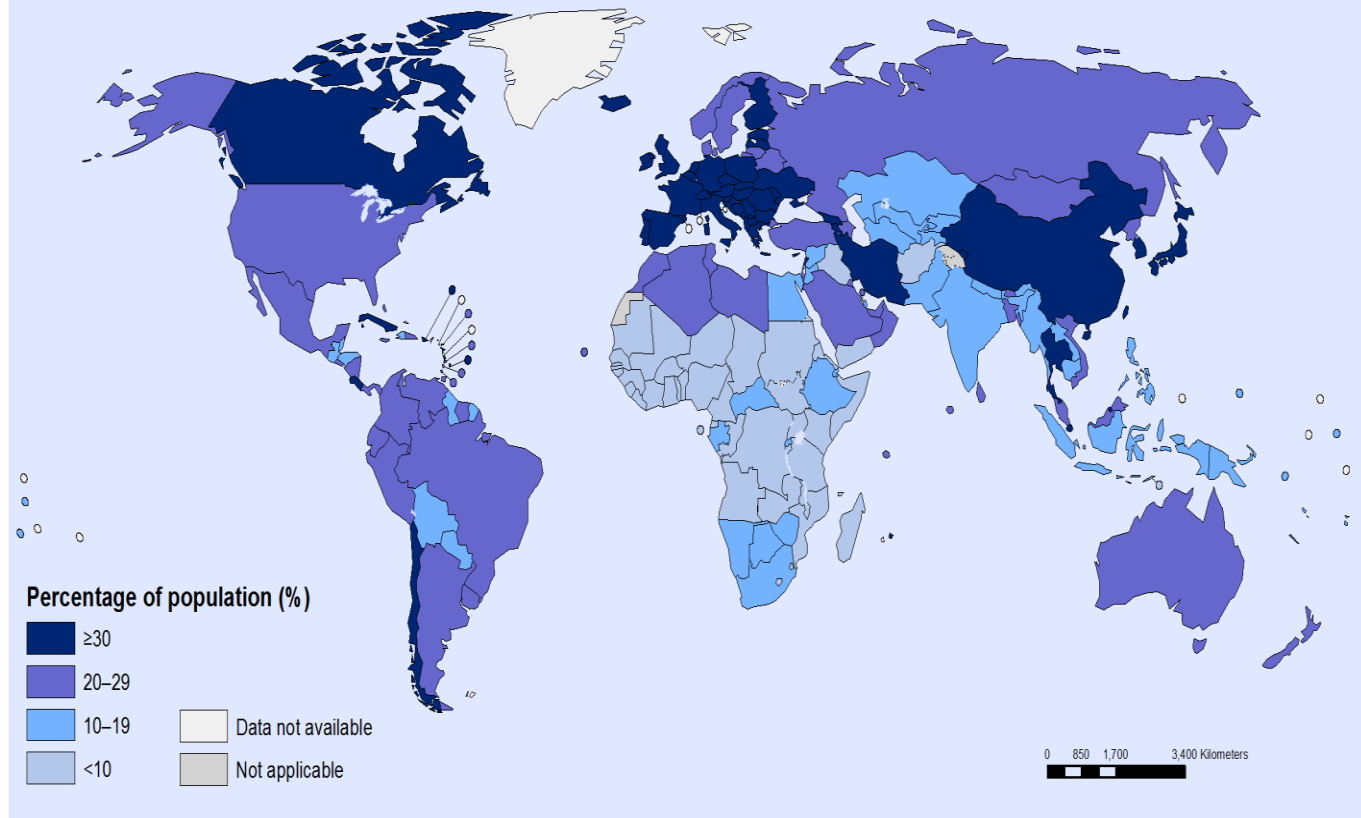
Recomendaciones de la Organización Mundial de la Salud (OMS)

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## Envejecimiento demográfico: Estimación de la población de 60 años et + (2050)



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Health Organization  
Map Production: Information Evidence and Research (IER)  
World Health Organization

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**En 2050, 2 mil millones de personas de 60 años y + (contra 900 millones en 2015)**

# 2 modelos de cuidados sanitarios

- **Modelo actual (basado en la enfermedad)**
  - Prevención: vacunación,...
  - Anticipación: detección (cribado) de signos o de biomarcadores de enfermedades
  - Tratamiento: cuando la enfermedad se manifiesta
- **Modelo « Healthy ageing » (basado en el individuo)**
  - Observación longitudinal de trayectorias de salud individuales afín de aportar un apoyo proactivo e intervenciones personalizadas para mejorar las capacidades y aptitudes de la persona
  - Modelo con connotación positiva: centrado sobre las medidas de las capacidades existentes de la persona en lugar de sus discapacidades o enfermedades.

👉 **Un modelo innovador que puede considerablemente  
modificar nuestra práctica clínica**

# Informe mundial de la OMS

“Envejecer con buena salud” :

- ✓ Conservar las funciones a medida que avanza la edad
- ✓ Continuar a ser lo que somos, y a hacer lo que es importante para cada uno de nosotros.





# Capacidad Funcional

Determinada por las interacciones de dos factores:

1. **La capacidad intrínseca:** el conjunto de capacidades físicas y mentales de una persona
2. **El entorno:** todos los factores del mundo exterior que forman el contexto de la vida de una persona

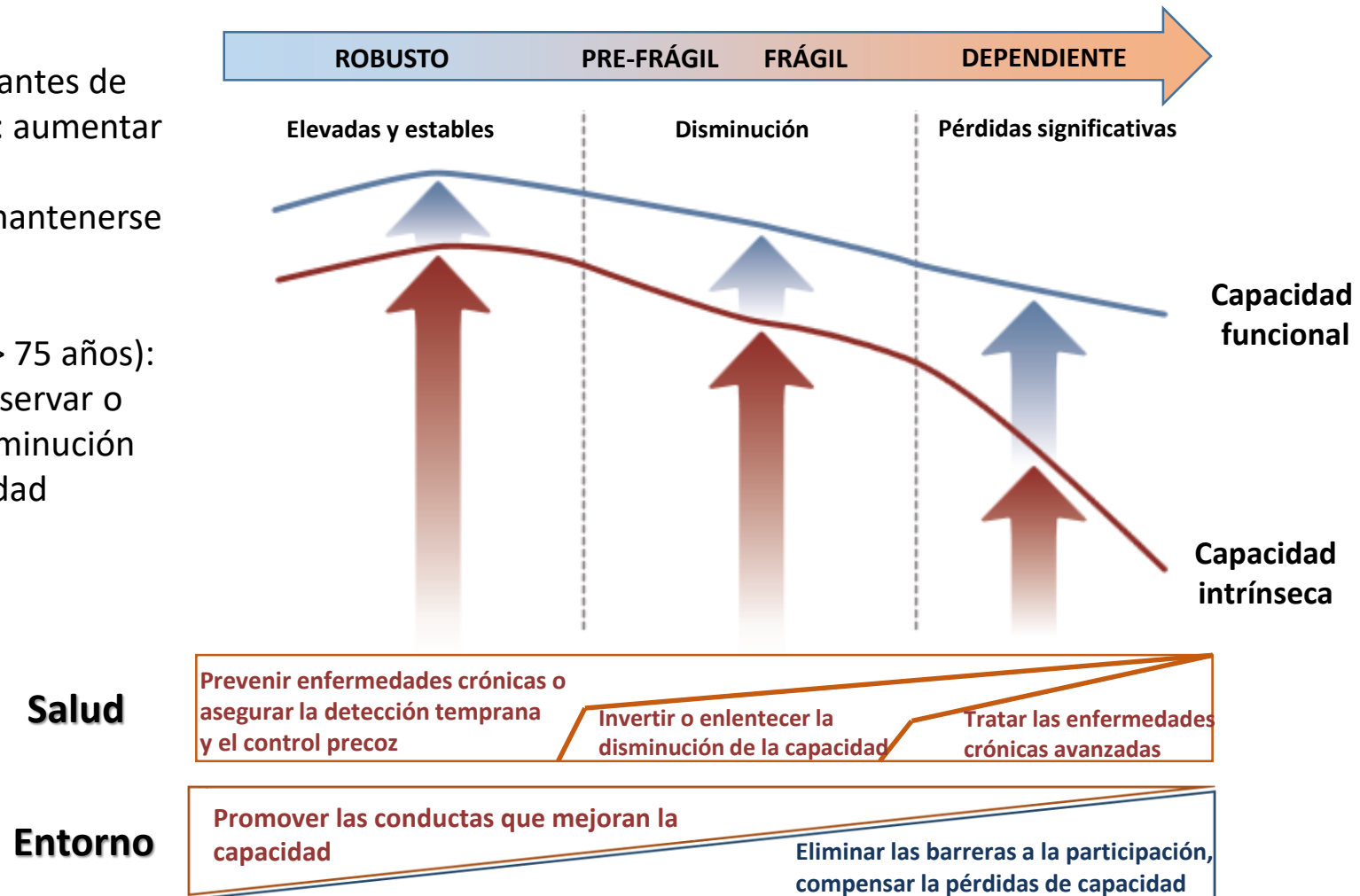
# Identificación de los componentes de la capacidad intrínseca



# Evolución de la capacidad intrínseca y de la capacidad funcional

## OBJECTIVOS

- ✓ Early aging (antes de los 70 años): aumentar la capacidad intrínseca, mantenerse “robusto”
- ✓ Late aging (> 75 años): mejorar, preservar o frenar la disminución de la capacidad intrínseca





## WHO INTRINSIC CAPACITY SCREENING TOOL

# Identificación de las capacidades intrínsecas

Domain of intrinsic capacity	Tests	If <u>any</u> checked assess fully	If none checked, full assessment <u>not</u> needed
Locomotion (chapter 4)	Chair rise test: Rise from chair 5 times without using arms. Did the person complete 5 chair rises within 14 seconds?	No <input type="checkbox"/>	Yes <input type="checkbox"/>
Vitality (chapter 5)	1 Weight loss: Have you unintentionally lost more than 3 kg over the last 3 months?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	2 Appetite loss: Have you experienced loss of appetite?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Sensory: Vision (chapter 6)	WHO simple eye chart for distance vision: Pass the distance vision test (one eye at a time, then together)	Fail <input type="checkbox"/>	Pass <input type="checkbox"/>
Sensory: Hearing (chapter 7)	Whisper test or screening audiometry or Automated app-based digits-in-noise test: Hears whispers OR Screening audiometry result is 35 dB or less OR Passes automated app-based digits-in-noise test	No <input type="checkbox"/>	Yes <input type="checkbox"/>

Domain of intrinsic capacity	Tests	If <u>any</u> checked assess fully	If none checked, full assessment <u>not</u> needed
Cognition (chapter 8)	1 Remember 3 words: flower, door, rice (for example)	(not scored)	
	2 Orientation in time and space: What is the full date today? Where are you now?	Wrong or does not know <input type="checkbox"/>	Answers correctly <input type="checkbox"/>
	3 Recalls the three-words? (flower, door, rice)	Cannot recall all 3 words <input type="checkbox"/>	Recalls all 3 words <input type="checkbox"/>
Psychological (chapter 9)	Core depression symptoms: Over the past two weeks, have you been bothered by — Feeling down, depressed or hopeless? — Little interest or pleasure in doing things?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

## Qué herramientas para el cribado?



# Identificación de los componentes de la capacidad intrínseca

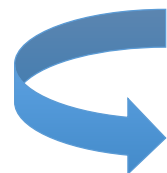


# Colaboración Aptitude-OMS

WHO INTRINSIC CAPACITY SCREENING TOOL

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Locomotion (chapter 4)	<b>Chair rise test:</b> Rise from chair 5 times without using arms. Did the person complete 5 chair rises within 14 seconds?	No <input type="checkbox"/>	Yes <input type="checkbox"/>
Vitality (chapter 5)	<b>1 Weight loss:</b> Have you unintentionally lost more than 3 kg over the last 3 months?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	<b>2 Appetite loss:</b> Have you experienced loss of appetite?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Sensory: Vision (chapter 6)	<b>WHO simple eye chart for distance vision:</b> Pass the distance vision test (one eye at a time, then together)	Fail <input type="checkbox"/>	Pass <input type="checkbox"/>
Sensory: Hearing (chapter 7)	<b>Whisper test or screening audiometry or Automated app-based digits-in-noise test:</b> Hears whispers OR Screening audiometry result is 35 dB or less OR Passes automated app-based digits-in-noise test	No <input type="checkbox"/>	Yes <input type="checkbox"/>

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**APTITUDE**  
Actuar para la **PrevenTion** Transpirenaica de la **DE**pendencia de los ancianos



# ICOPE

## Integrated care for older people

Guidance on comprehensive assessment  
and care pathways



This is a field test version of October 2018. It will be finalized following feedback from experts and field-based partners.

