FEASABILITY OF INTRINSIC CAPACITY SCREENING TEST IN NAVARRE

STEP 1

Why should we meassure Intrinsic Capacity?

WHO: Healthy ageing the process of developing and maintaining the functional ability that enables wellbeing in older age.

Classical approaches to ageing: focus on diseases.

Absence of approaches directed to the transitions between diseases (high stable capacity) to care dependence (severe loss of capacity)

We need new approaches: focus on function.

Traditional way to address functional decline in older age
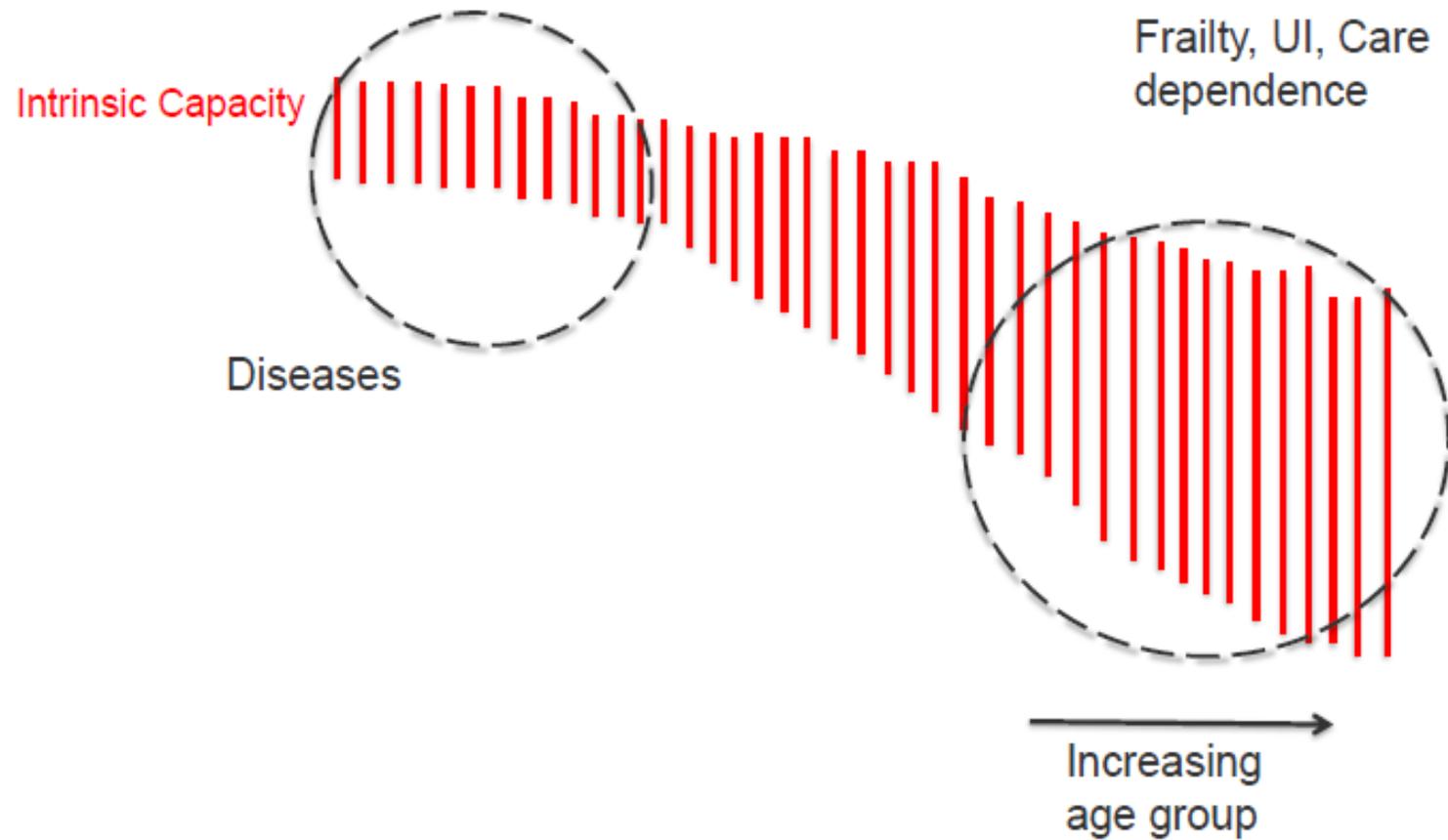
InCHIANTI Study:
annual rates of change of walking
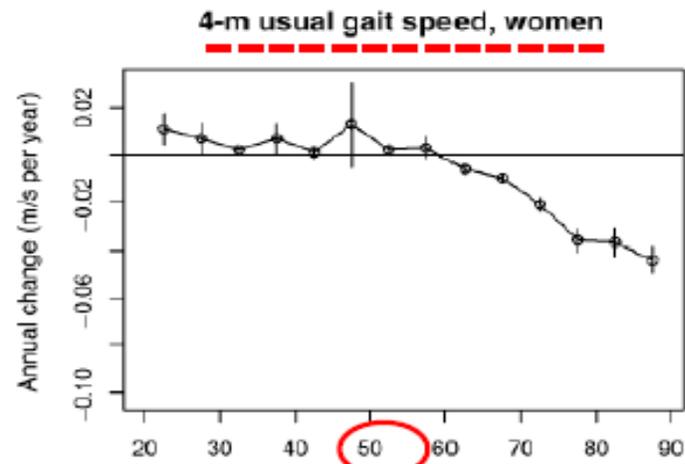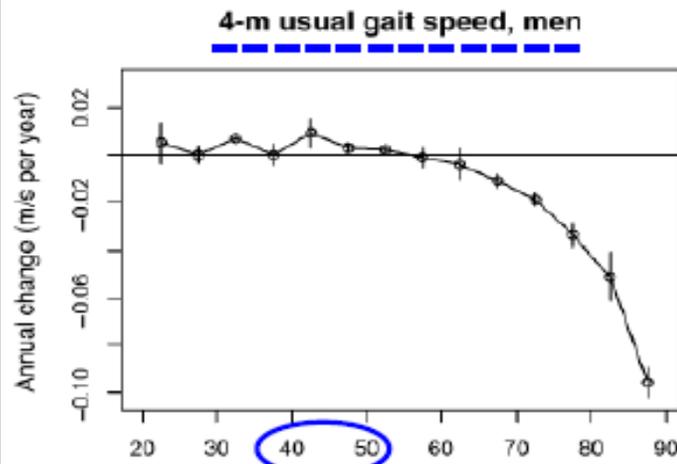
Whether should start monitoring earlier?

FERRUCCI L et al   J Gerontol A Biol Sci Med Sci   2016; 71: 1184–94
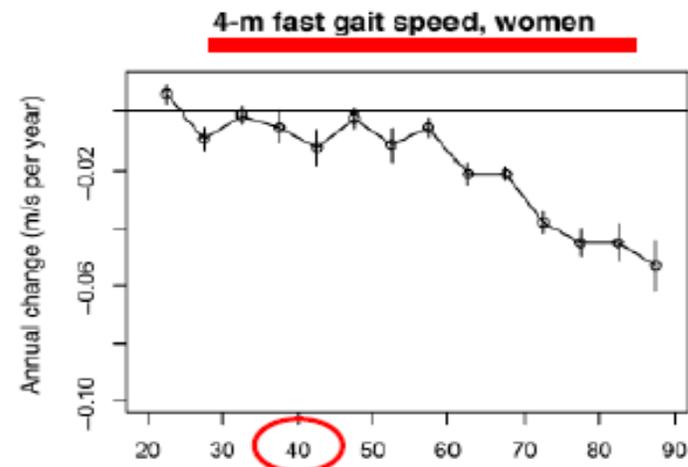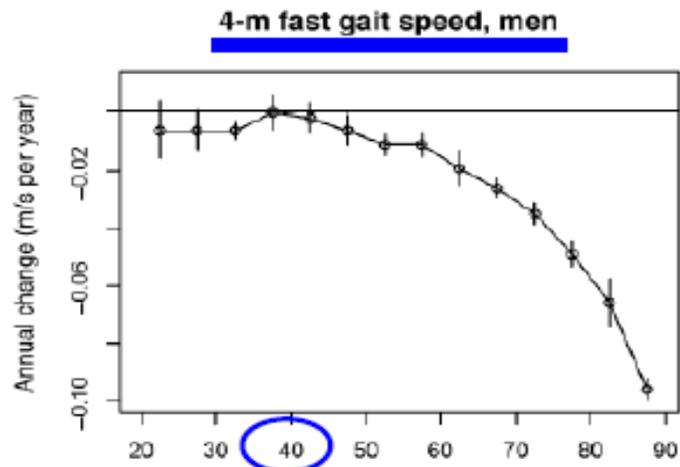
WHO Step 1 Questionnaire for Intrinsic Capacity (IC) Measurement

IC Domain	Tests	Score	Orientation Step 2
Locomotion	**Chair stand test:** Able to complete 5 chair rises without using arms Did the subject perform the test in less than 14 s ? ☐1 Yes ☐0 No	Score : ……/1	If score = 0 → Step 2
Cognition	**1-Three-words learning:** Cigar, Flower, Door	1-Score : ……/3	If the sum of the 3 cognition scores < 8 → Step 2
	2-Orientation of time and space: What is the full date of today?	2-Score : ……/4	
	3-Three-words recall: Cigar, Flower, Door	3-Score : ……/3	
Psychosocial status	**Life satisfaction:** Are you basically satisfied with your life? ☐1 Yes ☐0 No	Score : ……/1	If score = 0 → Step 2
Sensory functions	**1-Whisper test:** Did the subject answer correctly for the right ear? ☐1 Yes ☐0 No Did the subject answer correctly for the left ear? ☐1 Yes ☐0 No	1-Score : ……/2	If score < 2 → Step 2
	2-WHO simple eye chart test for far and near vision: Does the subject have difficulty in far vision? ☐0 Yes ☐1 No Does the subject have difficulty in near vision? ☐0 Yes ☐1 No	2-Score : ……/2	If score < 2 → Step 2
Vitality	**1-Tiredness :** How much of a problem is feeling tired and not having enough energy on a scale of 1 to 5? (1 = no problem and 5 = extreme problem) Has the subject given a number ≥ 3? ☐1 Yes ☐0 No	1-Score : ……/1	If the sum of the 2 vitality scores < 3 → Step 2
	2-Weight loss: Have you experienced loss of appetite recently ? ☐0 Yes ☐1 No Have you recently lost more than 3 kg over the last 3 months? ☐0 Yes ☐1 No	2-Score : ……/2	

Feasability Step 1 in Navarra

25 tests were applied to patients in External Consultations and Hospitalization.

Average performance time: 5 min

6 geriatricians, 2 nurses and 1 trained nutritionist.

Interviewers usually didn't know how to score the orientation in time-space question:
Is it 3 points for the date (day/month/year) and 1 point for the place, or 4 points for the whole date (day of the week, day of the month, month and year)?

Cognition	1-Three-words learning: Cigar, Flower, Door	1-Score : ....../3	If the sum of the 3 cognition scores < 8 → Step 2
	2-Orientation of time and space: What is the full date of today?	2-Score : ....../4	
	3-Three-words recall: Cigar, Flower, Door	3-Score : ....../3	

Feasability Step 1 in Navarra: difficulties

Test chart for children
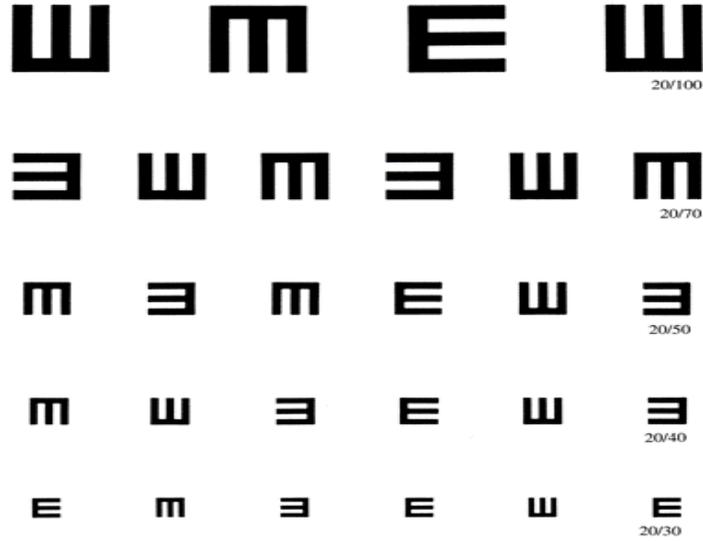
W M E W
20/100

3 W M 3 W M
20/70

M 3 M E W 3
20/50

M W 3 E W 3
20/40

E M 3 E W E
20/30

Cut here ✂

2-WHO simple eye chart test for far and near vision:

Does the subject have difficulty in far vision? ☐0 Yes ☐1 No

Does the subject have difficulty in near vision? ☐0 Yes ☐1 No

| 2-Score : ....../2 | If score < 2 → Step 2 |

# Feasability Step 1 in Navarra: difficulties

Feasability Step 1 in Navarra: difficulties

Interviewers found difficulties to understand how to perform the visual test.

Patients did not understand the instructions.

Interviewers also had doubts about how to score the test when distance vision had deficits at 3 meters.

Suggestion: maybe another type of visual test could be used.
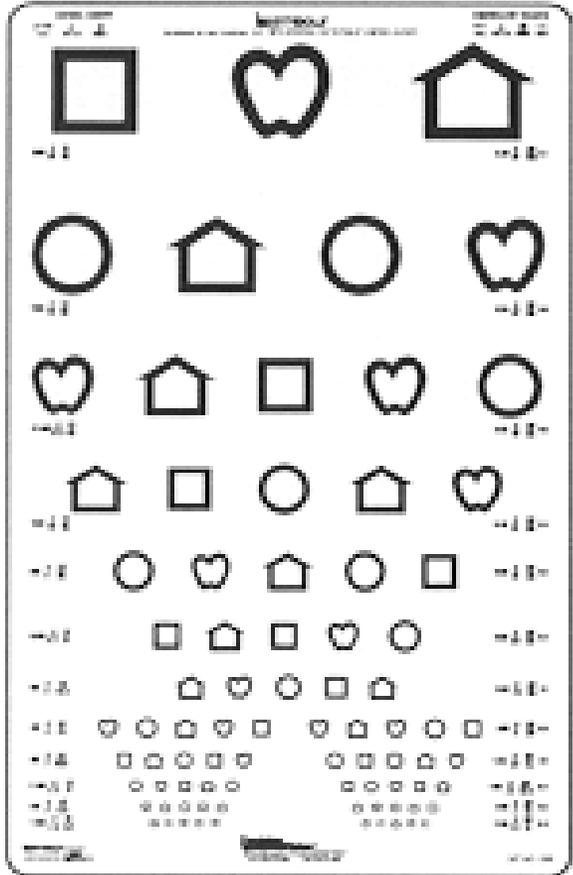
Feasability Step 1 in Navarra: difficulties

Feasability Step 1 in Navarra: difficulties

1-Tiredness : How much of a problem is feeling tired and not having enough energy on a scale of 1 to 5? (1 = no problem and 5 = extreme problem)

Has the subject given a number ≥ 3? ☐1 Yes ☐0 No

Patients found difficult to understand the question.

Interviewers also found difficulties sometimes making this question understandable to the patients.

Feasability Step 1 in Navarra: difficulties

- The test can only be performed in patients who are healthy enough.
- Excludes handicaped people (blinded, deaf, polio survivors, etc.)
- It needs minimum training to be performed in a reasonable time.

Data from National Health Survey

	CI		P valor	FS			P valor
	Si	No		robusto	prefrágil	frágil	
Asistencia domicilio	97.1	2.9	0.000	3.2	20.6	76.2	0.000
Hospital 12 meses	89,7	10,3	0.000	7.1	32.7	60.2	0.000
Nº ingresos	1.49 (SD 3.357)	1.14 (SD 0.54)	0.123	1.21 (SD 1.32)	1.21 (SD 0.63)	1.62 (SD 4.04)	0.000
Urgencias 12 meses	88.8	11.2	0.000	8.6	34.2	57.2	0.000
Nº urgencias	6.35(SD67.54)	1.31(SD 0.71)	0.040	1.33(SD 0.77)	4.07(SD 51.4)	7.50(SD 74.2)	0.000
Polifarmacia	95.2	4.8	0.000	0.3	16.6	83.1	0.000

Data from National Health Survey

	Fs 65-75 años			P valor	Fs 76-85años			P valor	Fs >85 años			P valor
	R	PF	F		R	PF	F		R	PF	F	
Capacidad intrínseca alterada	33,5%	78%	97,5%	0,000	48,1%	89,1%	99,3%	0,000	61%	93,7%	100%	0,000
CI gafas	92,7%	98,4%	100%	0,000	91,5%	99,1%	99,8%	0,000	95,1%	99,6%	100%	0,015
Auditivo	12,3%	37,2%	56,9%	0,000	17,6%	46%	69,5%	0,000	26,8%	60,6%	82,4%	0,000
Visual	9,6%	33,4%	61,9%	0,000	16,9%	50,7%	75,3%	0,000	26,8%	57,1%	81,3%	0,000
Visual +gafas	90,9%	94,6%	95,8%	0,006	86,1%	94,0%	96,6%	0,000	92,7%	92,1%	96,1%	0,015
Cognitivo	2,5%	16,4%	50,5%	0,000	4,4%	23,8%	59,8%	0,000	2,4 %	29,1%	69,9%	0,000
Social	3,2%	5,8	21,8%	0,000	2,7%	7,5	25,0%	0,000	2,4%	7,1%	23,1%	0,000
Movilidad	0,9%	14,3%	55,5%	0,000	4,1%	24,8	73,5%	0,000	4,9%	42,1%	91,1%	0,000
Vitalidad	9,8%	28,2	69,8%	0,000	16,3%	42,8	84,7%	0,000	19,5%	57,1%	92,8%	0,000

Thanks for you attention