



III WORKSHOP APTITUDE PAMPLONA

Since the frailty concept towards intrinsic capacity measure

Cristina Alonso Bouzón

Deputy coordinator ADVANTAGE JA
Hospital Universitario de Getafe (Madrid)



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TRANSPARENCA DE LA DEPENDENCIA
DE LAS PERSONAS MAYORES

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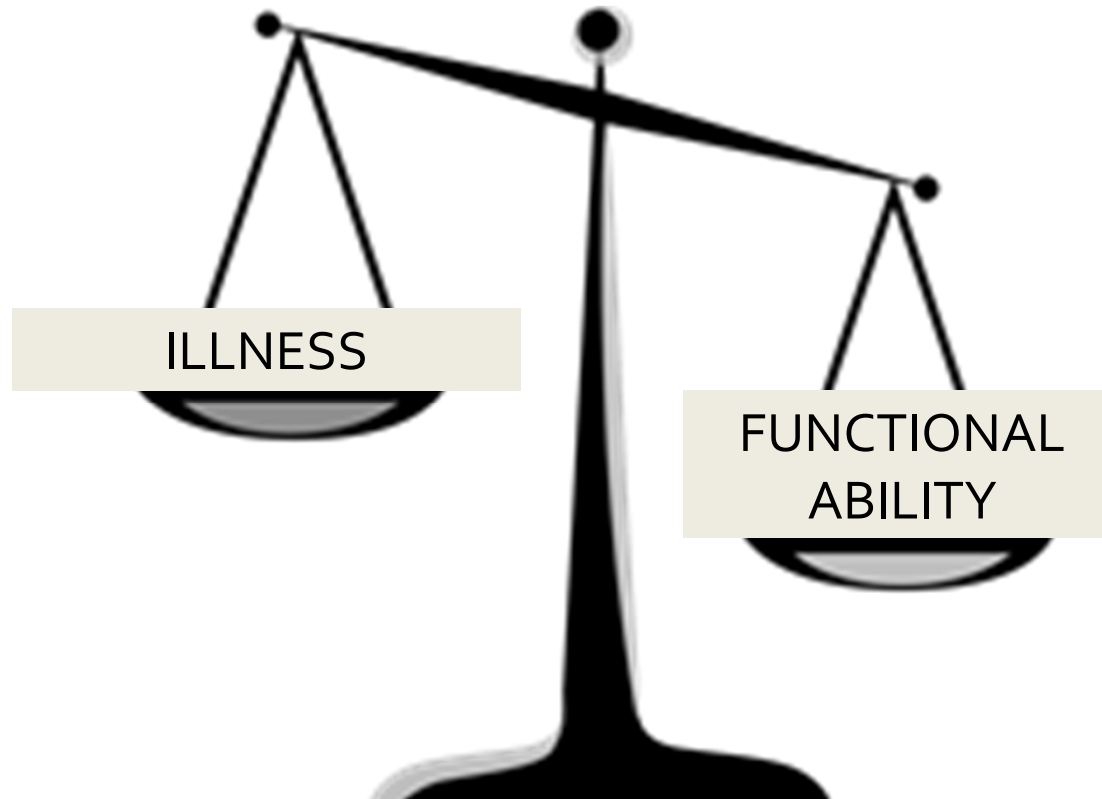


Index

- Introduction: healthy aging
- Functional ability
- Intrinsic capacity
- Frailty
- Intrinsic capacity and frailty
- Key messages



Good health does not mean a positive disease-free state



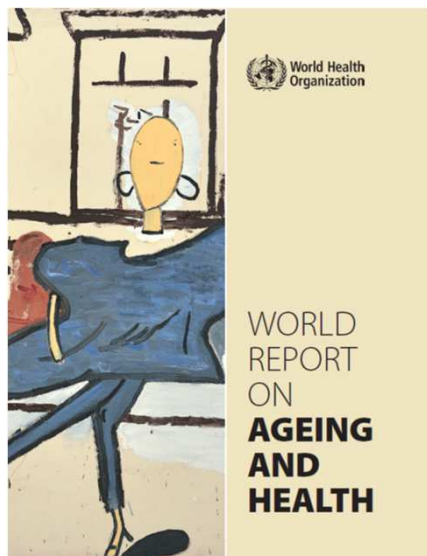
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- **Healthy Aging:** the process of developing and maintaining the functional ability that enables well-being in older. (WHO 2015)

Functional Ability: The health-related attributes that enable people to be and to do what they have reason to value (WHO 2015)



Good health means that the person is being able to do things that they value.

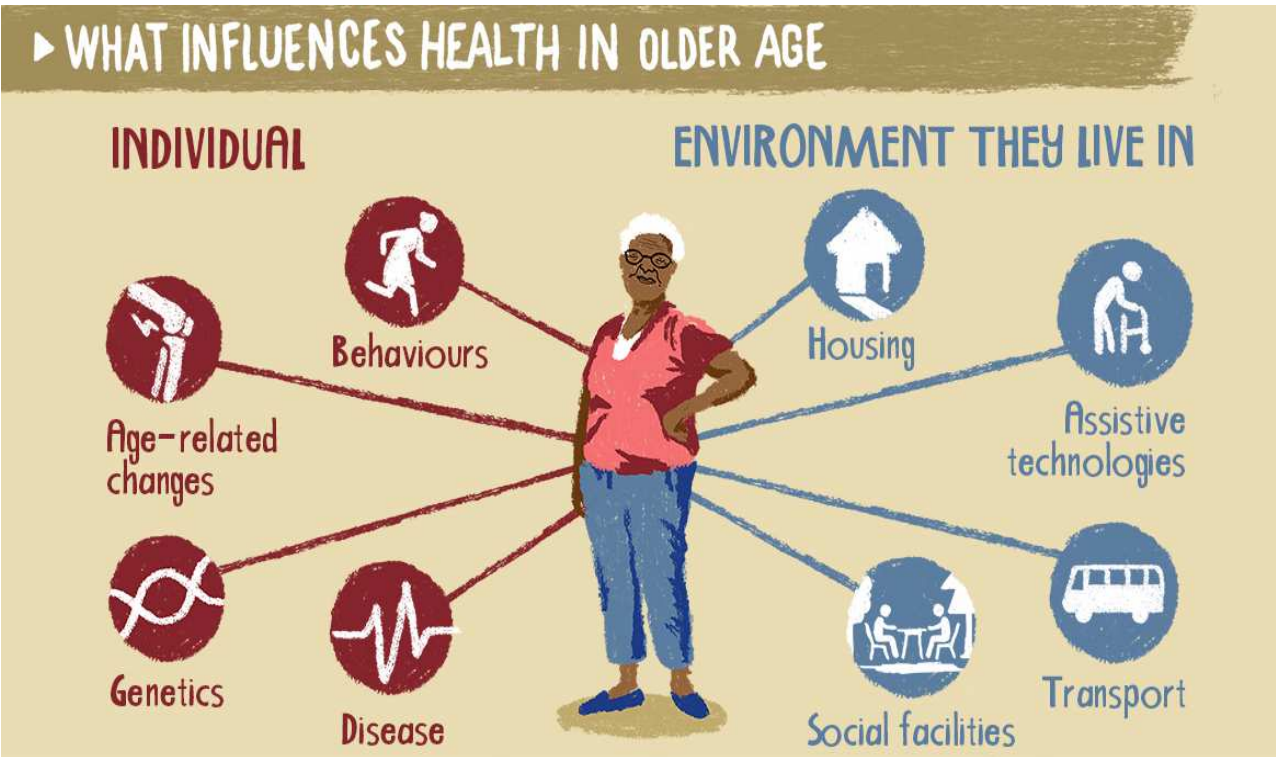
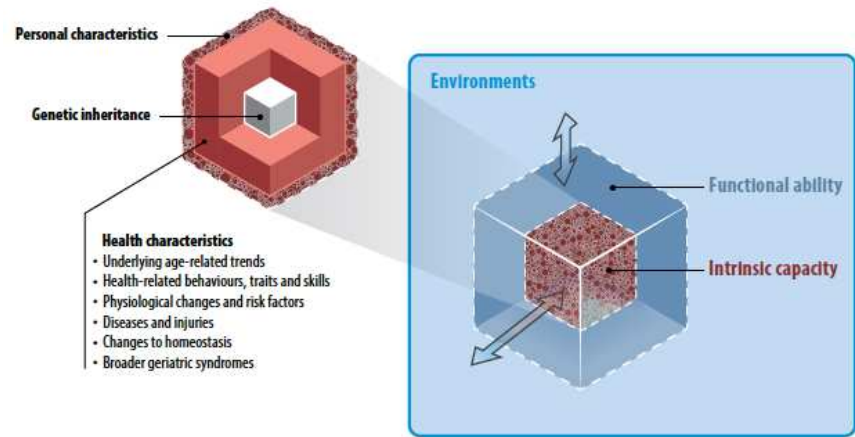
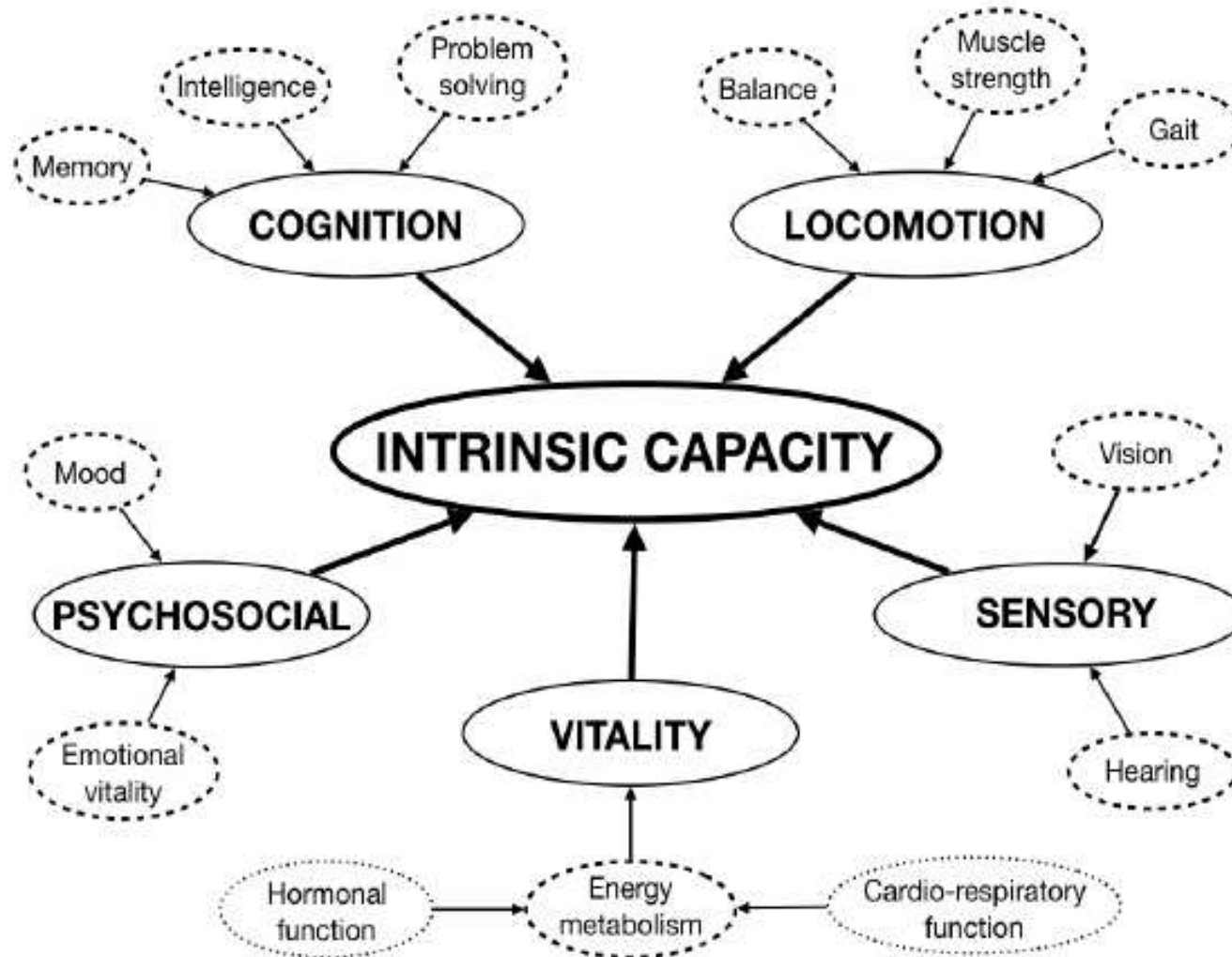


Fig. 2.1. Healthy Ageing

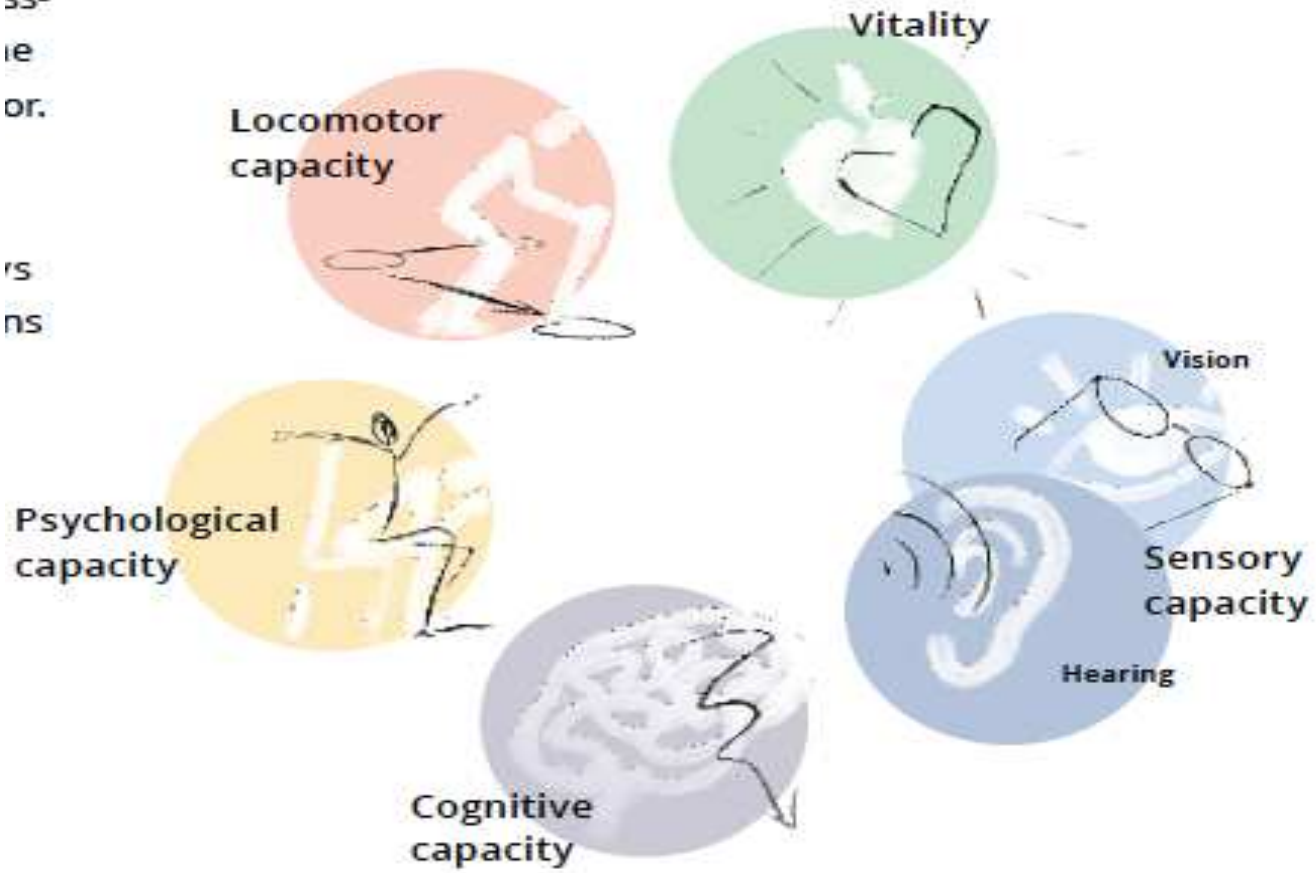


Core Domains of Intrinsic Capacity (IC)



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FIG. 4. KEY DOMAINS OF INTRINSIC CAPACITY





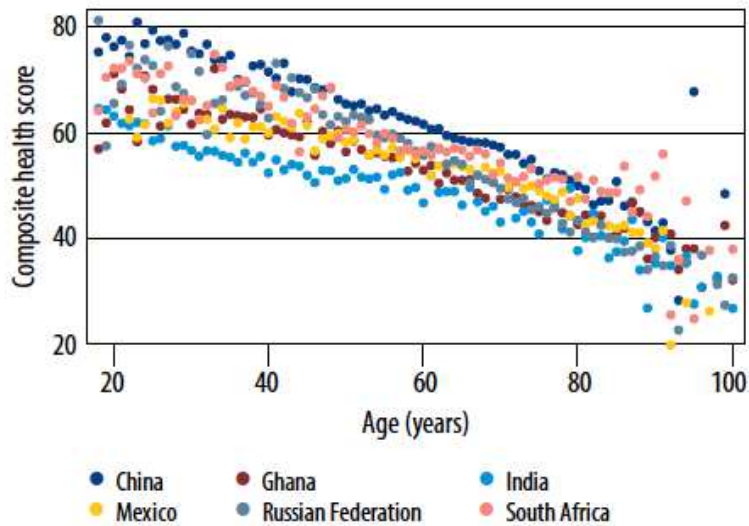
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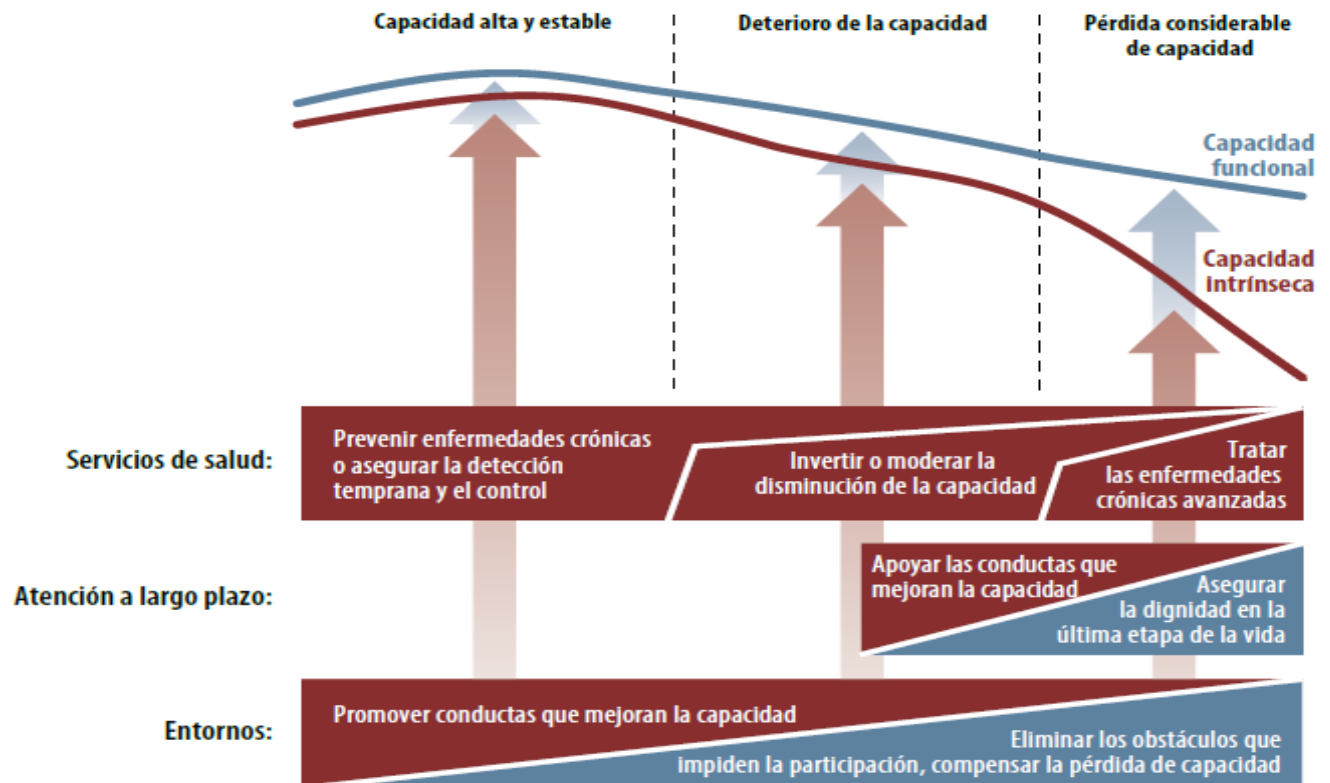


Fig. 3.16. Changes in intrinsic capacity across the life course



Note: Data on physical and mental capacities were derived from the WHO Study on global AGEing and adult health (SAGE) 2007–2010 (wave 1) (34) and then a vector of capacity was developed. Higher scores indicate higher intrinsic capacity.

Cuadro de Salud Pública para el Envejecimiento Saludable



INDEPENDENT-ROBUST



DEPENDENT-DISABLED

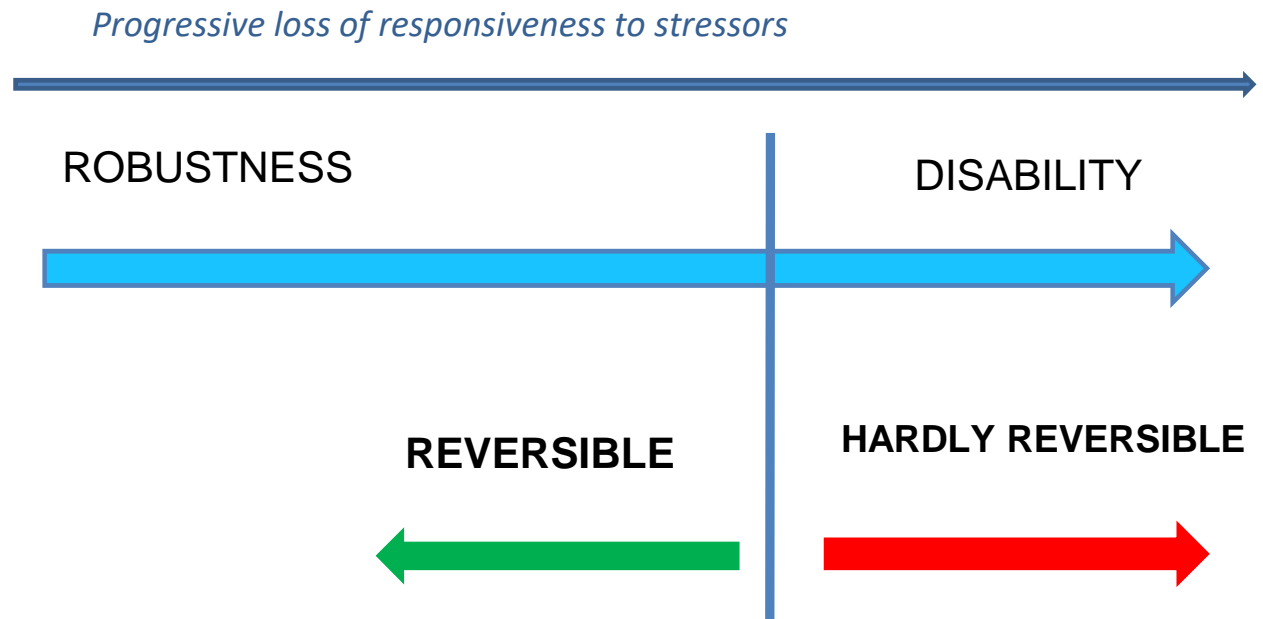
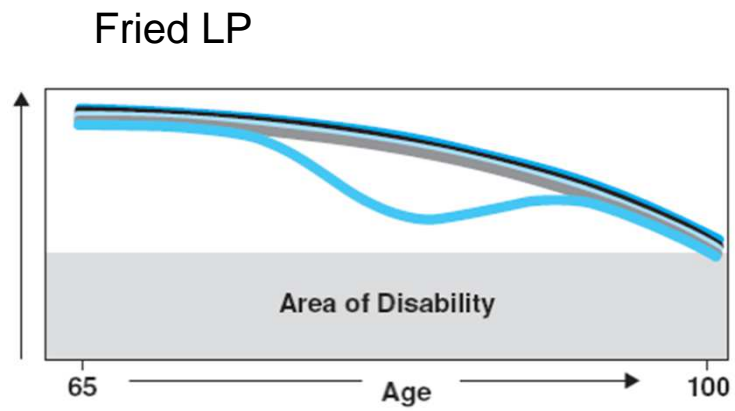
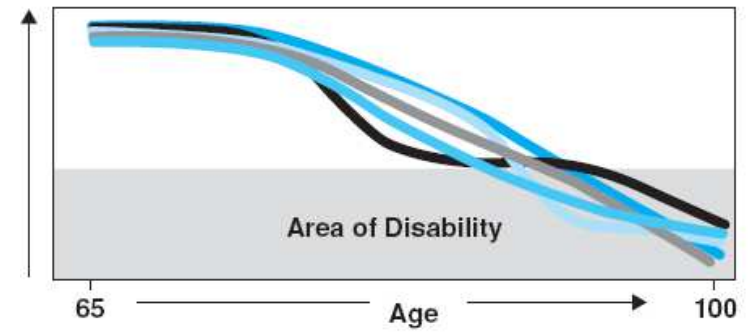


Fig 1. Models of frailty



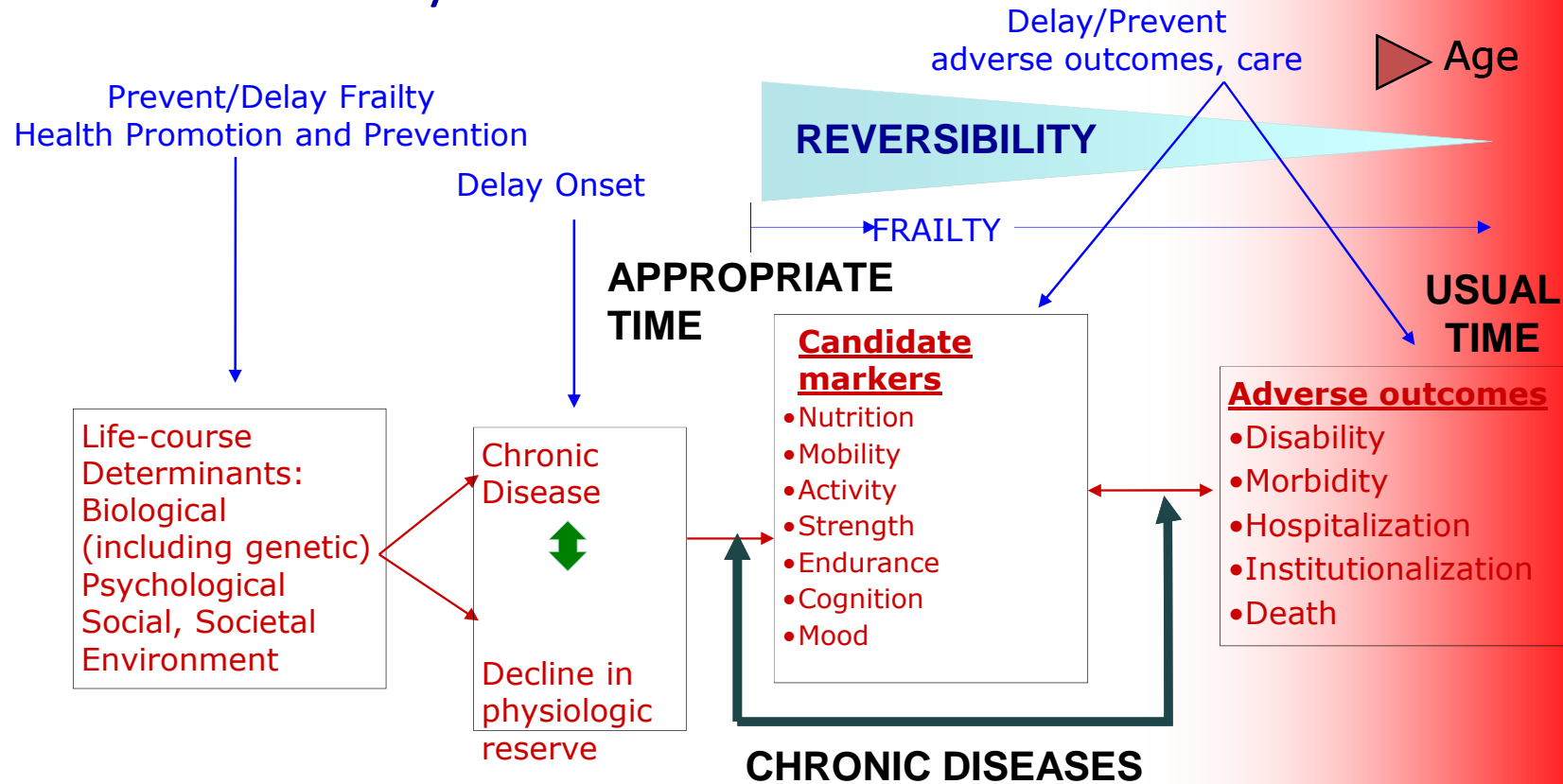
Rockwood K



Rockwood K. J Am Geriat Soc. 2006;54:975-979

Fried et al. J Gerontol Med Sci. 2001;56A:M146-M156

Frailty: a Complex Syndrome of Increased Vulnerability

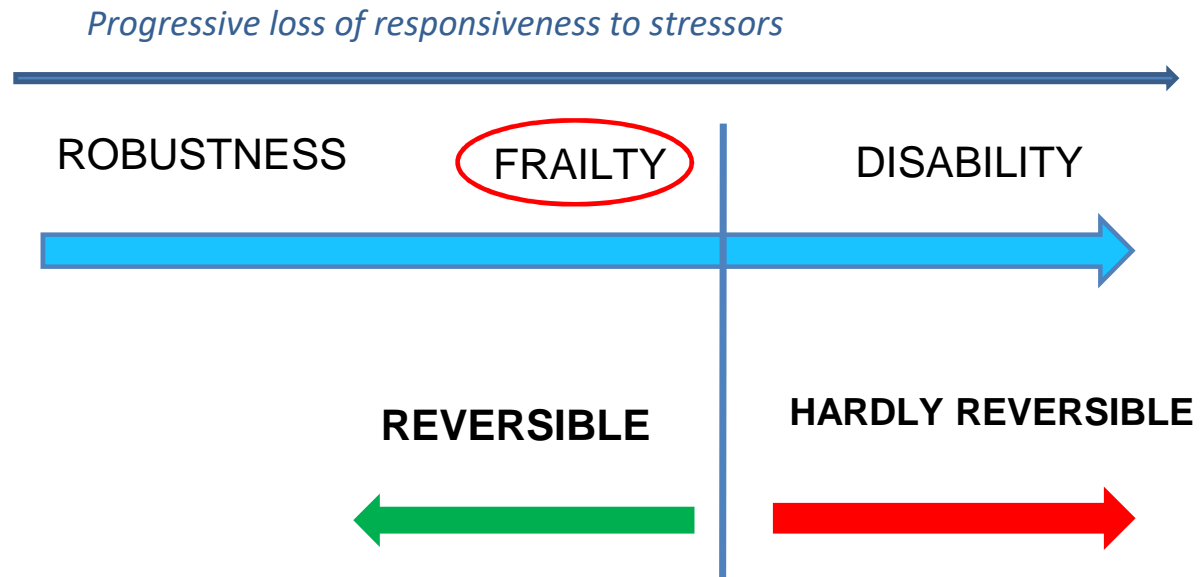


Frailty in the clinical scenario

The aim of health care has changed substantially—after centuries of trying to live longer, the time for living better has come. This change in focus has two main

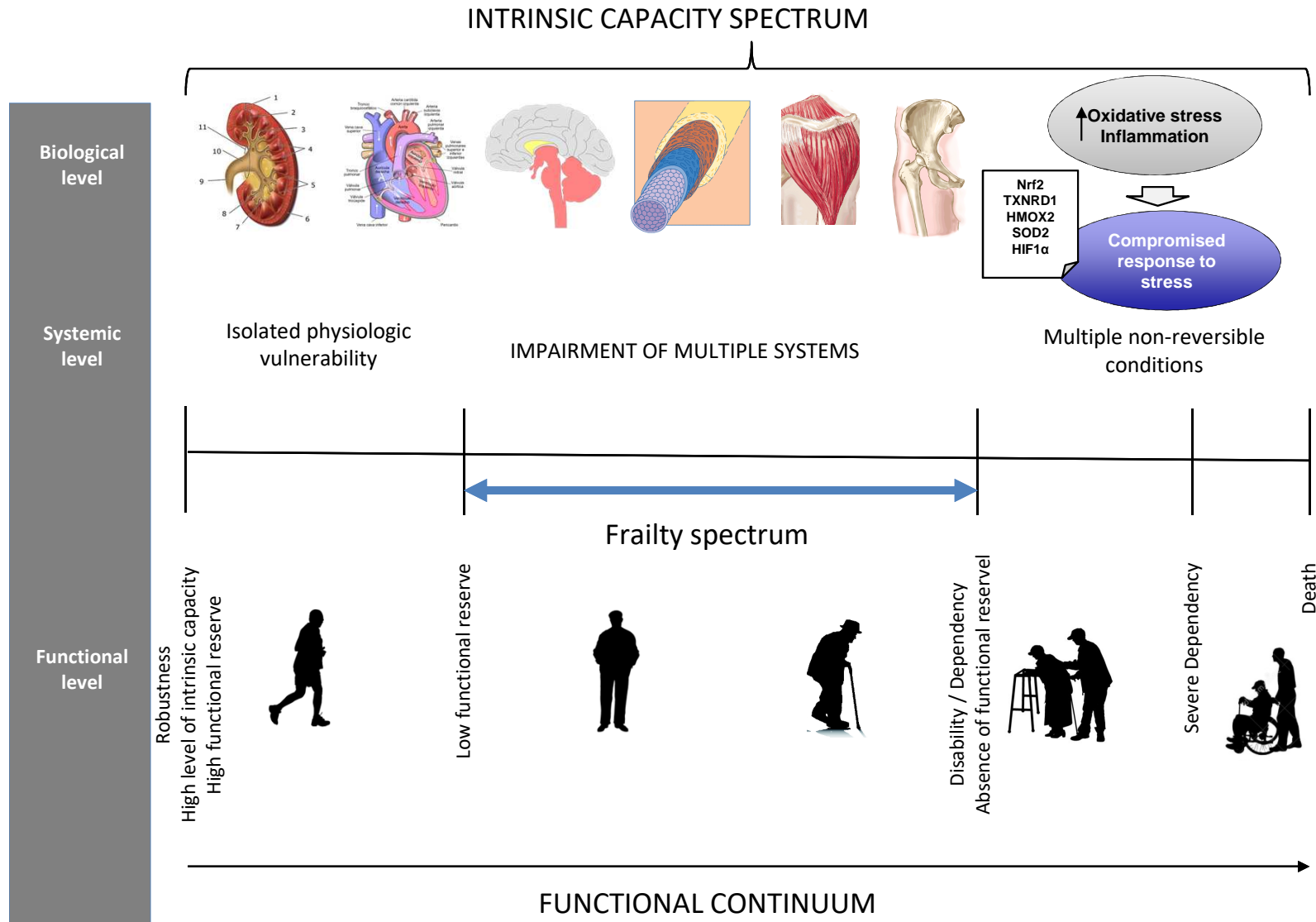
**Leocadio Rodriguez-Mañas, Linda P Fried
Lancet, March 2015*

FRAILTY SYNDROME



Ferrucci et al., 2002; Gill, Gahbauer, Allore, & Han, 2006; Strandberg & Pitkala, 2007; Xue, 2011; Pahor et al., 2014, Rodriguez-Mañas & LP Fried., 2015

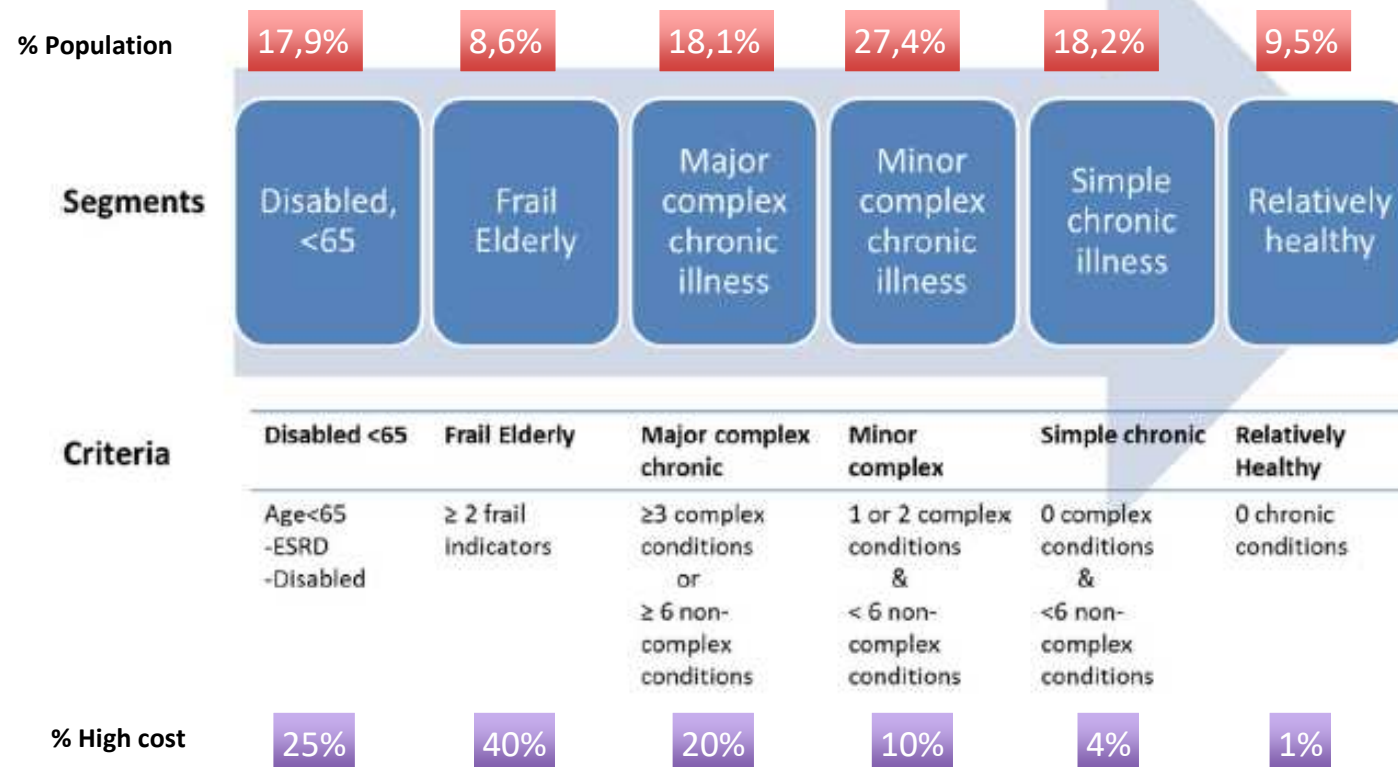
Frailty / Intrinsic Capacity



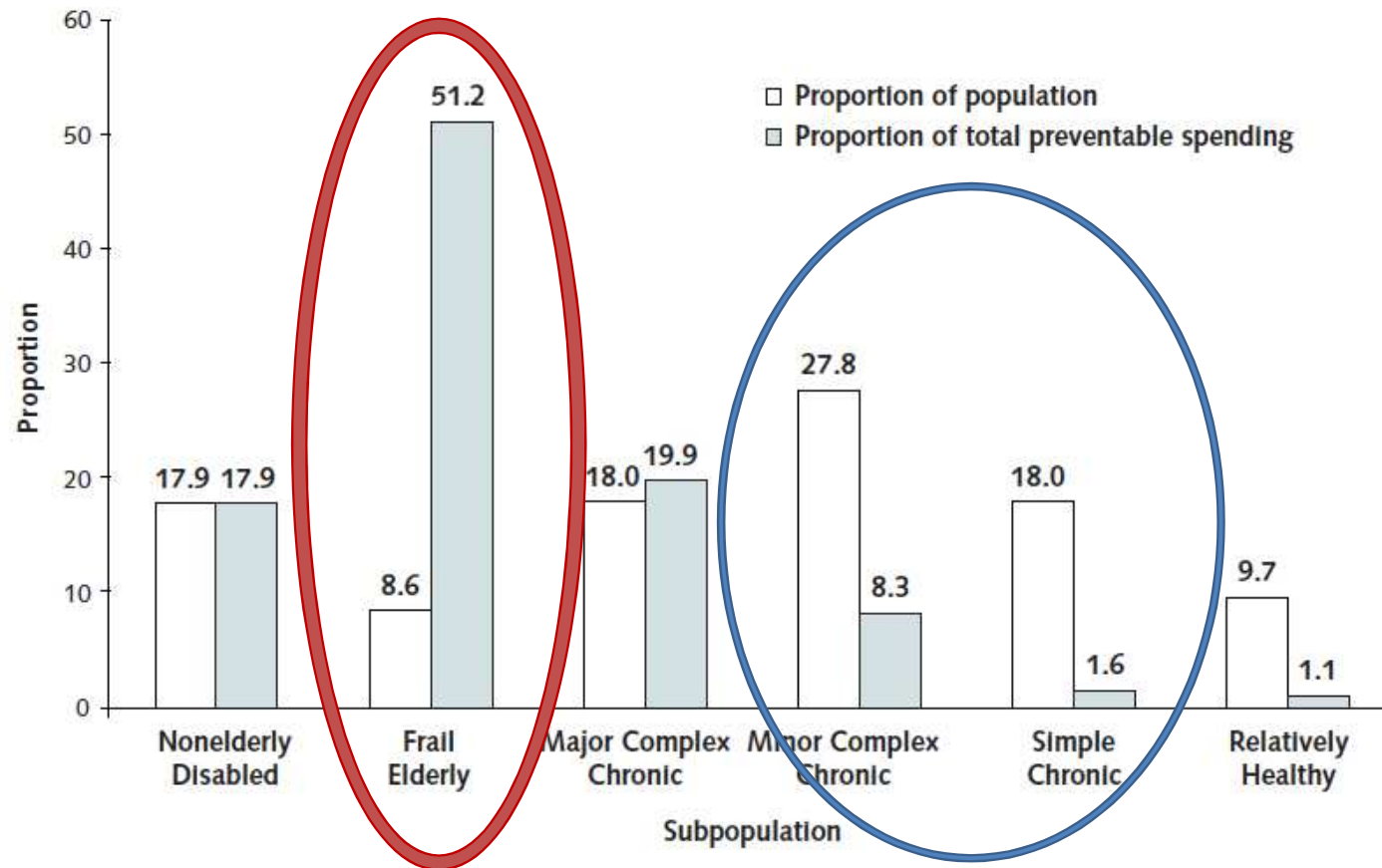
Health-care costs 2012: Medicare

(n=6.112.450) 10% Higher cost

Fragilidad: Trastorno marcha, Malnutrición, Caquexia, Debilidad, Deterioro funcional, caídas, sarcopenia, úlceras por presión, senilidad, equipo sanitario largo plazo



Healthcare costs 2012: Medicare (n=6.112.450)



ADVANTAGE JOINT ACTION



2017 a 2019

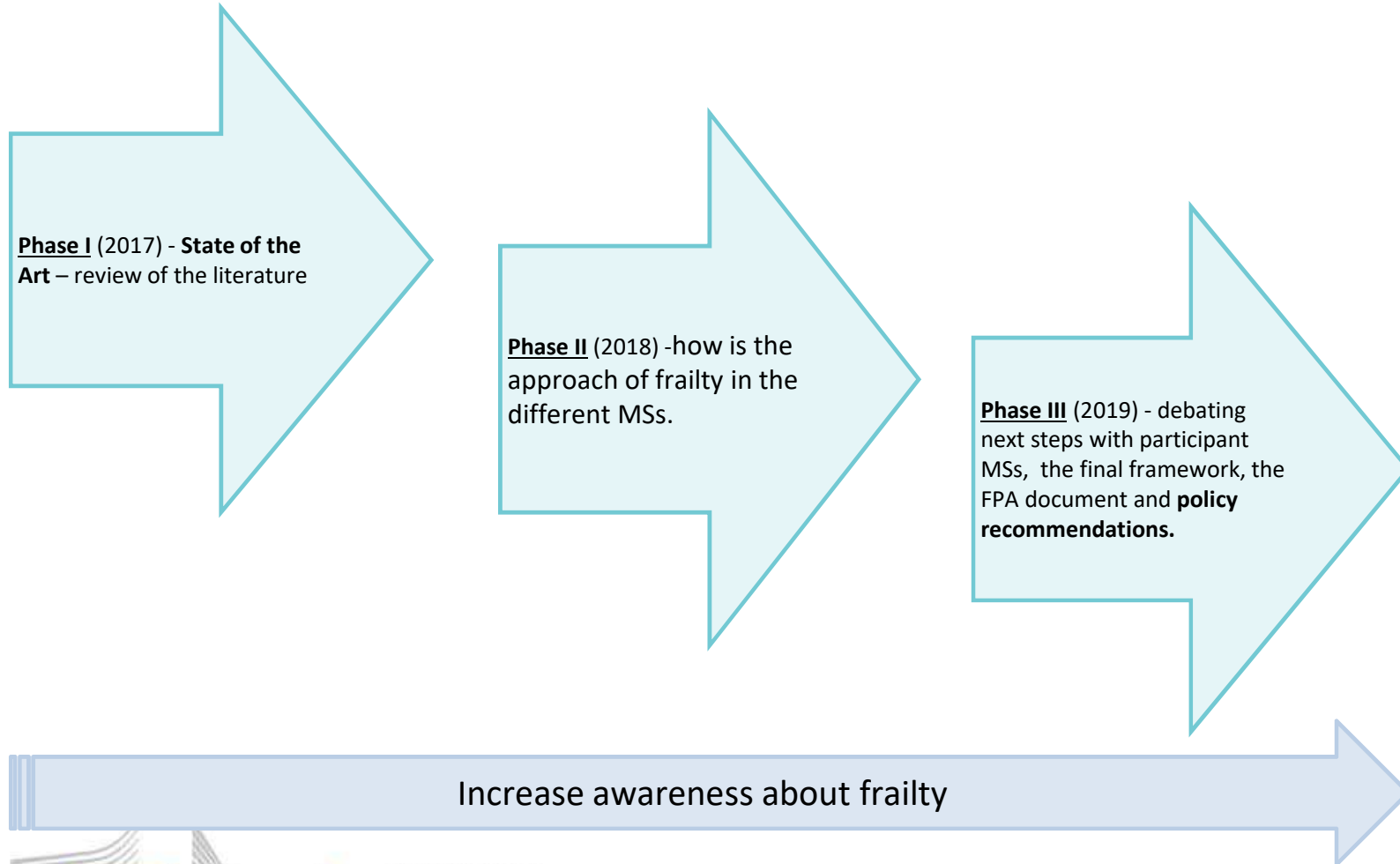
Co-financed by
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22 EEMM
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Horizon 2020
European Union funding
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Implementation process



Horizon 2020
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Key messages

- Intrinsic capacity and frailty are not the same
- Intrinsic capacity is a young concept. It is under development.
- Instead IC, clinicians have been used functional ability (CGA)
- Frailty is a specific condition: marker of risk and reversible.
- Frailty is key to prevent disability in old age.



¡Gracias! / Merci!

Cristina Alonso
calonsob@salud.madrid.org

www.aptitude-net.com

aptitude@navarra.es

