Workgroup 1

aptitude

AGIR POUR LA PRÉVENTION TRANSPYRÉNÉENNE DE LA DÉPENDANCE CHEZ LES SENIORS

Interreg POCTEFA

UNIÓN EUROPEA
UNION EUROPÉENNE

Constitution and follow-up of a cohort with Integrated Care for Older PEople (ICOPE)

Spain-France-Andorra

Hôpitaux de Toulouse

Toulouse GÉRONTOPÔLE

Centre Collaborateur OMS pour la Fragilité, la Recherche Clinique et la Formation en Gériatrie

OCCITANIE Equipe Régionale Vieillissement Et Prévention de la Dépendance

Fundació Salut i Envelliment UAB

SAAS SERVEI ANDORRÀ D'ATENCIÓ SANITÀRIA

COMPLEJO HOSPITALARIO DE NAVARRA

NAVARRABIOMED BIOMEDICAL RESEARCH CENTER

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Cohort for implementing ICOPE: ICOPE Care Cohort

1 - Objectives

- Constitute a cohort of elderly people in each of the 3 countries of the Transpyrenees region (Spain-France-Andorra)
- Follow-up of clinical and/or biological data ...
- Exploit these data to:
  - track the evolution of intrinsic capacity
  - identify markers of aging, age-related diseases
  - and validate the Step1

2 - Scheme

- Use the same selection criteria regardless of the location
- Define a number of EFA common variables from the ICOPE guide
- To be able to regroup the various databases to obtain a cohort of sufficient subjects

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Cohort for implementing ICOPE: ICOPE Care Cohort

3 - Method

- Measure the 5 domains of the Intrinsic Capacity (Step1) based on:
  - Health professionals ….
  - Caregivers
  - Patients

Possibility of using the WHO application or the chat bot of the Gerontopole

- Perform gerontological evaluation if necessary (Step2)
- Propose a care plan (Step3)

4 - Expected results

- Intrinsic Capacity monitoring
- Recording of intercurrent events
- Evaluation of participants' adherence to the program

Scheme of the protocol: choice 1

Inclusion

STEP 1 → No impairment in any domain → STEP 1 every **4 months**

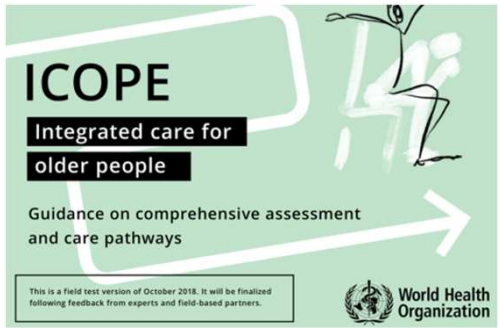
Impairment in some domains

STEP 2 → Normal

Impairment in some domains

STEP 3 → STEP 1 and evaluation of the implementation care plan every 4 months

Reassessment according to the same scheme at 1 year



Scheme of the protocol: choice 2

Inclusion

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STEP 1

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Impairment or not in some domains

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STEP 2

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Normal or Impairment in some domains

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STEP 3 ⇢ **Every 4 months:**
Step 1 and if applicable, evaluation of the **implementation care plan**

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Reassessment according to the same scheme at 1 year

Inclusion

- Inclusion criteria
  - ≥ 70 years old
  - Volunteers
  - Not dependent
  - Scale(s) ADL, Barthel?
  - ...

- Exclusion criteria
  - Acute or decompensated disease?
  - Short life expectancy?
  - Dementia (score MMSE / MOCA) ?
  - ….

valuation of the **implementation care plan**

me at 1 year

Socio-demographic data

- Surname, maiden name, name
- Date of birth
- Sex
- City or postal code
- Date of visit
- First evaluation or fallow-up visit
- Internet access
- E.mail
- Tel number
- Cell phone
- Patient tracking method
- Level of education
- Way of life (home alone, with spouse,…)
- Home helpers
- Personalized autonomy allowance
- Number of comorbidities
- Number of medications
- Cancer being treated
- GP's data (name, e.mail, phone,…)
- Type examinator (name examinator?)
- …..

valuation of the **implementation care plan**

me at 1 year

Inclusion

STEP 1

World Health Organization

ICOPE screening tool

Priority conditions associated with declines in IC	Tests	If any checked in each condition, assess fully
Cognitive impairment	1. Remember 3 words: flower, door, rice	
	2. Orientation in time and space: What is the full date today? Where are you now?	Wrong to either question or does not know ☐
	3. Recalls the three-words? (flower, door, rice)	Cannot recall all 3 words ☐
Mobility impairment	Chair rise test: Rise from chair 5 times without using arms. Did the person complete 5 chair rises within 14 seconds?	No ☐
Malnutrition	1. Weight loss: Have you unintentionally lost more than 3 kg over the last 3 months?	Yes ☐
	2. Appetite loss: Have you experienced loss of appetite?	Yes ☐
Visual impairment	Do you have any problems with your eyes: difficulties in seeing far, reading, eye diseases or currently under medical treatment (e.g. diabetes, hypertension, use of steroids)?	Yes ☐
Hearing loss	Hears whispers (Whisper test) OR Screening audiometry result is 35 dB or less OR Pass automated app-based digits-in-noise test (hearWHO)	Fail ☐
Depressive symptoms	Over the past two weeks, have you been bothered by — Feeling down, depressed, or hopeless?	Yes ☐
	— Little interest or pleasure in doing things?	Yes ☐

Inclusion

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STEP 1

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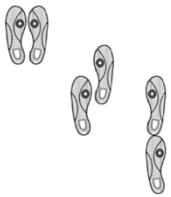
STEP 2

Mobility domain

Mobility: Short Physical Performance Battery (SPPB)

- Gait speed (time to walk 4 m)

- Time for 5 chair rises
- Balance test
  - Joined feet
  - Semi-tandem
  - Tandem



SCORE SPPB	I_II_I
- Gait	I_I
- Chair rise	I_I
- Balance	I_I
- Time to walk 4m (s)	I_II_I, I_I
10-12 : normal locomotor capacity	I_I
7-9 : moderate loss of mobility	I_I
0-6 : severe impairment of mobility	I_I

CAUSES OR ASSOCIATED PATHOLOGIES	
Frailty according to Fried	I_I
Sarcopenia	I_I
Pain	I_I
Neuro-orthopedic disorders	I_I
Risk of falling or falling	I_I
Polymedication	I_I
Alteration of another capacity	I_I

Inclusion

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STEP 1

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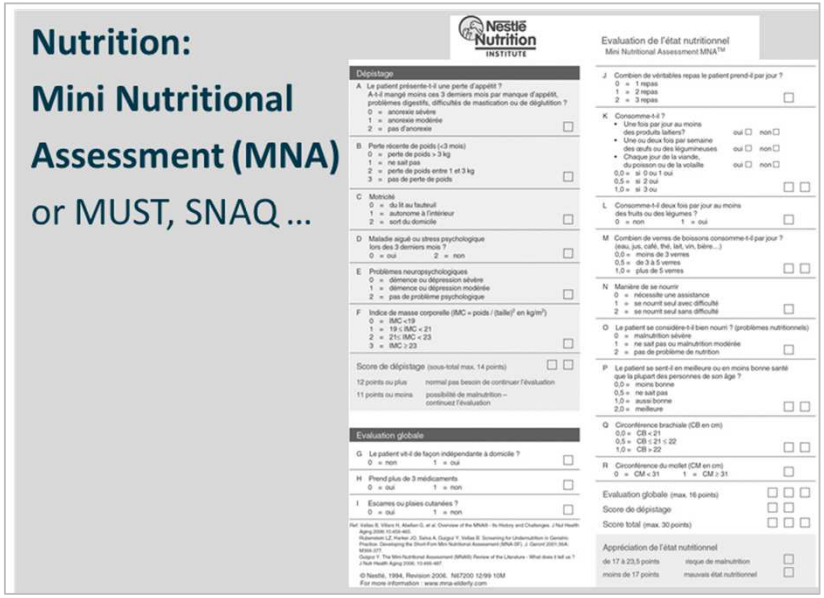
STEP 2

Nutrition domain

Nutrition:
Mini Nutritional Assessment (MNA)
or MUST, SNAQ …



SCORE MNA I_II_I

24-30: Normal nutritional status I_I

17-23: At risk of malnutrition I_I

<17: Malnutrition I_I

ASSOCIATED CAUSES OR PATHOLOGIES

Taste / smell disorders I_I

Oral Pathology I_I

Illness or recent stress I_I

Loss of mobility I_I

Fragility / Sarcopenia I_I

Psychological causes I_I

Polymedication I_I

Alteration other capacity I_I

Isolation / Poverty I_I

Inclusion

STEP 1

STEP 2

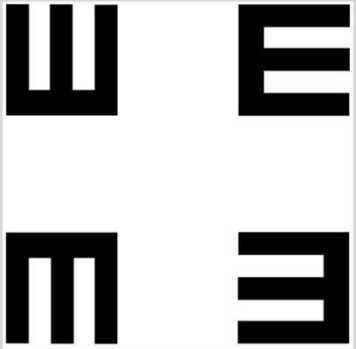
Sensory domain: Vision

3. Visual acuity test of WHO

1. Far vision: OD, OG then both together ± glasses

4 small letters at 3m

4 large letters at 3 and 1.5 m



2. Near vision

SNELLEN VISUAL ACUITY TEST

No abnormality	I_I
abnormalities	I_I

CAUSES OR ASSOCIATED PATHOLOGIES

Refractive disorders	I_I
Not adapted/insufficient glasses	I_I
Corneal lesions	I_I
Cataract	I_I
Age-related macular degeneration	I_I
Diabetic retinopathy	I_I
Glaucoma	I_I
Other	I_I

Inclusion

STEP 1

STEP 2

Sensory domain: Hearing

Hearing

- Whisper test
  - Stand at 1 arm distance behind and on the side of the subject
  - Ask the person to plug the opposite ear by pressing the tragus
  - Murmur several familiar words
  - Ask the person to repeat the words
  - Do the same on the opposite side
- 35 dB screening
- Self-test of numbers in noise

WHISPER TEST or SCREENING TESTS (applications)

- No abnormality I_I
- Abnormalities I_I

CAUSES OR ASSOCIATED PATHOLOGIES

1- Ear, nose, and throat pathologies

- Chronic Suppurations I_I
- Neuromas I_I
- Not adapted/insufficient hearing aid I_I

2 - Risk factors

- High blood pressure I_I
- Sound trauma I_I
- Oto-toxic drugs I_I

3 - Other I_I

Inclusion

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STEP 1

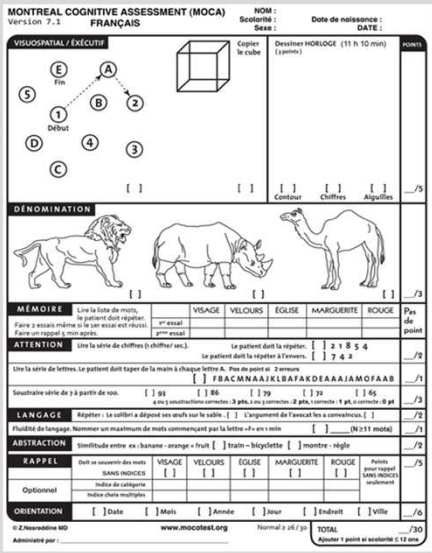
↓

STEP 2

Cognition domain

Cognition:
Montreal Cognitive Assessment (MoCA)

or other tools:
MMS, ….



SCORE MOCA I_II_I **ou SCORE MMS** I_II_I
≥ ……..? : no cognitive impairment I_I
< ……..? : cognitive impairment I_I

SCORE ADL /Barthel? I_I,I_I
SCORE IADL I_I,I_I

CAUSES OR ASSOCIATED PATHOLOGIES
- Cardiovascular diseases I_I
- Vascular risk factors I_I
- Confusion I_I
- Iatrogenic medications I_I
- Depression I_I

Inclusion

STEP 1

STEP 2

Psychology domain

Psychology:

Patient Health Questionnaire (PHQ-9)

"Over the last two weeks, have you been bothered by any of the following problems?"

- Trouble falling or staying asleep, or sleeping too much
- Feeling tired or having little energy
- Poor appetite or overeating
- Feeling bad about yourself or that you are a failure or that you have let yourself or your family down
- Trouble concentrating on things such as reading the newspaper or watching television
- Moving or speaking so slowly that other people could have noticed
- Being so fidgety or restless that you have been moving around a lot more than usual
- Thoughts that you would be better off dead or of hurting yourself in some way.

DEPRESSION SCORES

0 symptom: no depression	I_I
1-2 symptoms: at risk	I_I
≥ to 3 symptoms: depression	I_I

CAUSES OR ASSOCIATED PATHOLOGIES

Side effects of drugs	I_I
Acute health problem	I_I
Undernutrition	I_I
Hypothyroidism	I_I
Pain	I_I
Alteration other area of CI	I_I
Solitude/isolation/loneliness/mourning	I_I
Other	I_I

Inclusion

STEP 1

STEP 2

Additional criteria

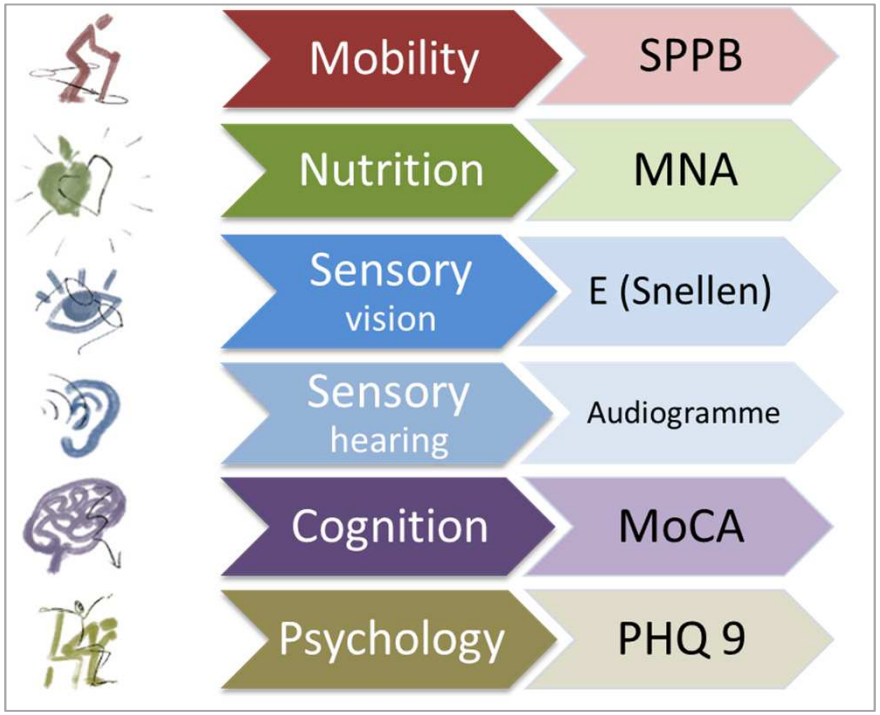
Supplementary data

- Biology: biomarkers ...
- Medical imaging
- Other

Inclusion

STEP 1

STEP 2

STEP 3

Next Workshop: Interventions