



aptitude AGIR POUR LA PRÉVENTION
TRANSPYRÉNÉENNE DE LA
DÉPENDANCE CHEZ LES SENIORS

Interreg
POCTEFA 

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

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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

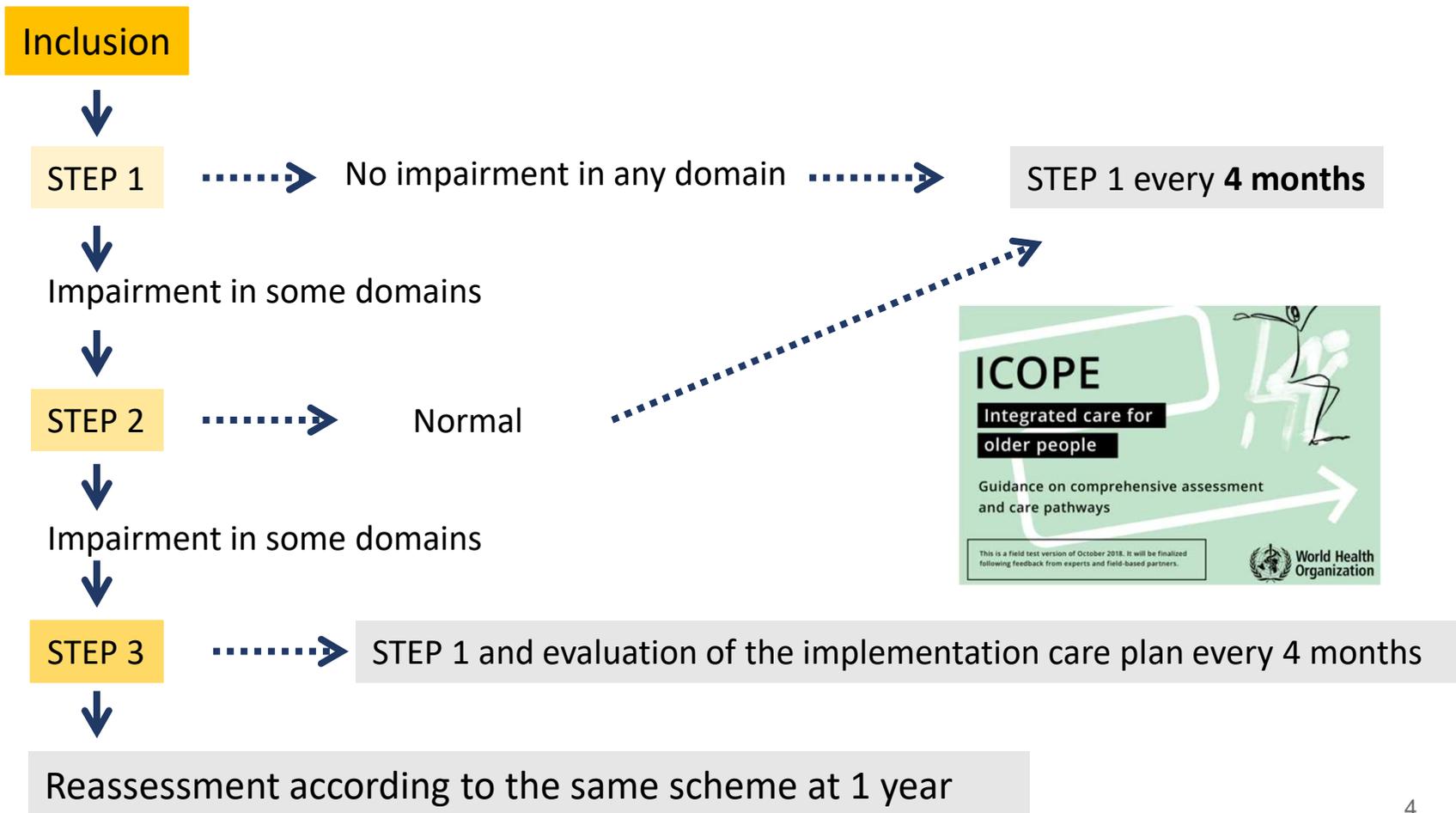
- Perform gerontological evaluation if necessary (Step2)
- Propose a care plan (Step3)

4 - Expected results

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

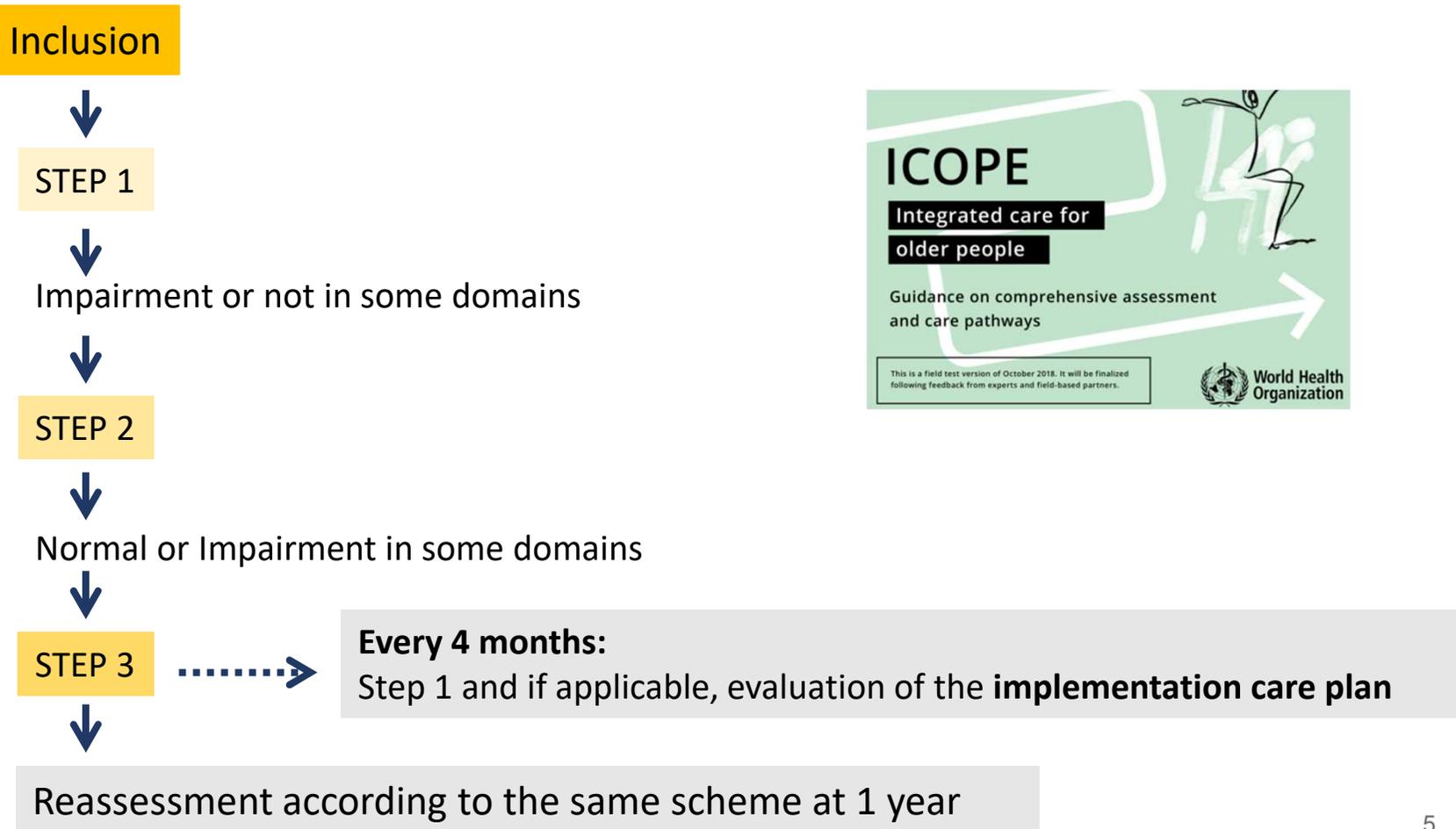


Scheme of the protocol: **choice 1**





Scheme of the protocol: **choice 2**





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) ?
 -

evaluation 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 follow-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 examiner (name examiner?)
-

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 <u>any</u> 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 <input type="checkbox"/>
	3. Recalls the three-words? (flower, door, rice)	Cannot recall all 3 words <input type="checkbox"/>
Mobility impairment	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"/>
Malnutrition	1. Weight loss: Have you unintentionally lost more than 3 kg over the last 3 months?	Yes <input type="checkbox"/>
	2. Appetite loss: Have you experienced loss of appetite?	Yes <input type="checkbox"/>
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 <input type="checkbox"/>
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 <input type="checkbox"/>
Depressive symptoms	Over the past two weeks, have you been bothered by — Feeling down, depressed, or hopeless?	Yes <input type="checkbox"/>
	— Little interest or pleasure in doing things?	Yes <input type="checkbox"/>



Inclusion



STEP 1



STEP 2

Mobility domain

Mobility: Short Physical Performance Battery (SPPB)

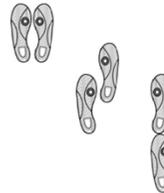
- Gait speed (time to walk 4 m)



- Time for 5 chair rises

- Balance test

- Joined feet
- Semi-tandem
- Tandem



SCORE SPPB

- | | |
|-----------------------|------------|
| | _ _ _ |
| - Gait | _ |
| - Chair rise | _ |
| - Balance | _ |
| - Time to walk 4m (s) | _ _ _ , _ |

10-12 : normal locomotor capacity |_|

7-9 : moderate loss of mobility |_|

0-6 : severe impairment of mobility |_|

CAUSES OR ASSOCIATED PATHOLOGIES

- | | |
|--------------------------------|---|
| Frailty according to Fried | _ |
| Sarcopenia | _ |
| Pain | _ |
| Neuro-orthopedic disorders | _ |
| Risk of falling or falling | _ |
| Polymedication | _ |
| Alteration of another capacity | _ |



Inclusion



STEP 1



STEP 2

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

Nutrition domain

Nutrition Institute
Evaluation de l'état nutritionnel
Mini Nutritional Assessment (MNA)TM

Déistage

A. Le patient présente-t-il une perte d'appétit ?
A-t-il mangé moins ces 3 derniers mois par manque d'appétit, problèmes digestifs, difficultés de mastication ou de déglutition ?
0 = aucune réponse
1 = réponse modérée
2 = pas d'anorexie

B. Perte récente de poids (< 3 mois)
0 = perte de poids > 3 kg
1 = ne sait pas
2 = perte de poids entre 1 et 3 kg
3 = pas de perte de poids

C. Marche
0 = du 10 au 100m
1 = autonome à l'intérieur
2 = sort du domicile

D. Malaise aigu ou stress psychologique dans les 3 derniers mois ?
0 = oui
2 = non

E. Problèmes neuro-psychologiques
0 = absence ou dépression légère
1 = dépression ou dépression modérée
2 = pas de problème psychologique

F. Indice de masse corporelle (IMC = poids (kg) / taille² (m²)
0 = IMC < 19
1 = 19 ≤ IMC < 21
2 = 21 ≤ IMC < 23
3 = IMC ≥ 23

Score de déistage (sous-total max. 14 points)
12 points ou plus normal pas besoin de continuer l'évaluation
11 points ou moins possibilité de malnutrition - continuer l'évaluation

Evaluation globale

G. Le patient est-il de façon indépendante à domicile ?
0 = non
1 = oui

H. Prend plus de 3 médicaments
0 = oui
1 = non

I. Examens ou problèmes récents ?
0 = oui
1 = non

J. Combien de vitamines repas le patient prend-il par jour ?
0 = 1 repas
1 = 2 repas
2 = 3 repas

K. Consomme-t-il ?
• Une fois par jour au moins des produits laitiers ? oui non
• Une ou deux fois par semaine des œufs ou des légumineuses ? oui non
• Chaque jour de la viande, du poisson ou de la volaille ? 0,5 = si 0 ou 1 ou 1,0 = si 2 ou 1,5 = si 3 ou

L. Consomme-t-il deux fois par jour au moins des fruits ou des légumes ?
0 = non
1 = oui

M. Combien de verres de boissons consomme-t-il par jour ? (eau, jus, café, thé, lait, vin, bière...)
0,5 = moins de 3 verres
0,5 = de 3 à 5 verres
1,0 = plus de 5 verres

N. Manière de se nourrir
0 = nécessite une assistance
1 = se nourrit seul avec difficulté
2 = se nourrit seul sans difficulté

O. Le patient se considère-t-il bien nourri ? (problèmes nutritionnels)
0 = malnutrition sévère
1 = ne sait pas ou malnutrition modérée
2 = pas de problème de nutrition

P. Le patient se sent-il en meilleure ou en moins bonne santé que la plupart des personnes de son âge ?
0,5 = moins bonne
0,5 = ne sait pas
1,0 = assez bonne
2,0 = meilleure

Q. Circonférence brachiale (CB en cm)
0,5 = CB < 21
0,5 = CB < 21 à 22
1,0 = CB ≥ 22

R. Circonférence du mollet (CM en cm)
0 = CM < 31
1 = CM ≥ 31

Evaluation globale (max. 18 points)
Score de déistage
Score total (max. 30 points)

Appréciation de l'état nutritionnel
de 17 à 23,5 points risque de malnutrition
moins de 17 points mauvais état nutritionnel

SCORE MNA | _ | _ |
24-30: Normal nutritional status | _ |
17-23: At risk of malnutrition | _ |
<17: Malnutrition | _ |

ASSOCIATED CAUSES OR PATHOLOGIES

Taste / smell disorders | _ |
 Oral Pathology | _ |
 Illness or recent stress | _ |
 Loss of mobility | _ |
 Fragility / Sarcopenia | _ |
 Psychological causes | _ |
 Polymedication | _ |
 Alteration other capacity | _ |
 Isolation / Poverty | _ |



Inclusion



STEP 1



STEP 2

Sensory domain: Vision

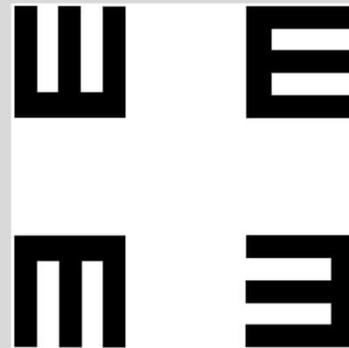
3. Visual acuity test of WHO

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

abnormalities

CAUSES OR ASSOCIATED PATHOLOGIES

Refractive disorders

Not adapted/insufficient glasses

Corneal lesions

Cataract

Age-related macular degeneration

Diabetic retinopathy

Glaucoma

Other



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
- Abnormalities

CAUSES OR ASSOCIATED PATHOLOGIES

1- Ear, nose, and throat pathologies

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

2 - Risk factors

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

3 - Other



Inclusion



STEP 1



STEP 2

Cognition:
Montreal Cognitive
Assessment (MoCA)

or other tools:
MMS,

Cognition domain

MONTREAL COGNITIVE ASSESSMENT (MOCA) Version 7.1 FRANÇAIS

NOM : _____ Date de naissance : _____
 Sexe : _____ Scolarité : _____ DATE : _____

Deviliner HORLOGE (11 h-10 min) (3 points)

VIDEOSPATIAL / EXÉCUTIF Copier le cube (3 points)

DÉNOMINATION (3 points)

MÉMOIRE Lire la liste de mots, le patient doit répéter. Faire 3 essais même si le 1er essai est réussi. (3 points)

ATTENTION Lire la série de chiffres, le patient doit la répéter. (3 points)

LANGAGE Répéter : Le coiffeur a disposé ses outils sur le table. (3 points)

ABSTRACTION Similitude entre : banane - orange = fruit (1 point) / train - bicyclette (1 point) / montre - règle (1 point)

RAPPEL Quel est le souvenir des mots : banane - orange = fruit (1 point) / train - bicyclette (1 point) / montre - règle (1 point)

ORIENTATION (3 points)

TOTAL (30 points)

SCORE MOCA | _ | | | ou **SCORE MMS** | _ | | |
 ≥? : no cognitive impairment | _ | |
 <? : cognitive impairment | _ | |

SCORE ADL /Barthel? | _ | | | |
SCORE IADL | _ | | | |

- CAUSES OR ASSOCIATED PATHOLOGIES**
- Cardiovascular diseases | _ | |
 - Vascular risk factors | _ | |
 - Confusion | _ | |
 - Iatrogenic medications | _ | |
 - Depression | _ | |



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	_
1-2 symptoms: at risk	_
≥ to 3 symptoms: depression	_

CAUSES OR ASSOCIATED PATHOLOGIES

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



Inclusion



STEP 1



STEP 2

Additional criteria

Supplementary data

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



Inclusion



STEP 1



STEP 2



STEP 3



Next Workshop: **Interventions**

