



CONFERENCE

“The commitment of European healthcare systems to prevent and manage the frailty challenge”

EARLY IDENTIFICATION OF PEOPLE AT RISK OF FUNCTIONAL DECLINE FOR TARGETED PREVENTIVE INTERVENTIONS: the PreventIT study

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Ancona, Loggia dei Mercanti

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The commitment of European healthcare systems

Prevent and manage the frailty challenge

NATURAL COURSE OF FRAILTY COMPONENTS IN PEOPLE WHO DEVELOP FRAILTY SYNDROME: Evidence from 2 Cohort Studies

Conclusions:

There are evidence suggesting that older adults who develop frailty tend to report **exhaustion** and **fatigue** quite early, approximately **9 years** prior to onset of frailty compared to those who remain free of frailty.

In addition, **slowness**, **low activity** and **weakness** differentiated frailty and non-frail groups from each other already **6 years** before onset of frailty .

J GERONTOL 2018, in press

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Predicting Trajectories of Functional Decline in 60- to 70-Year-Old People

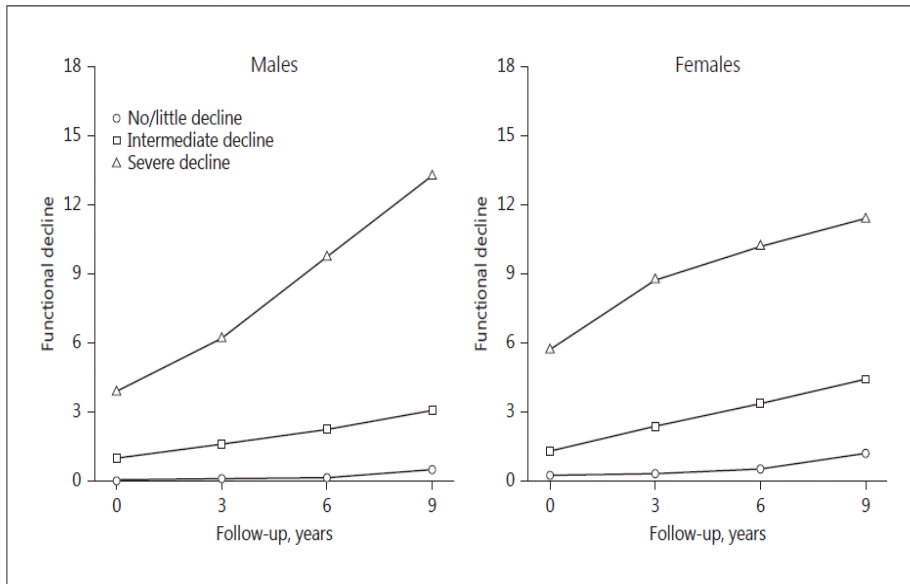


Fig. 2. Identified trajectories of functional decline across 4 measurements over 9 years in males and females.

Short-term (3ys) Model to Identify Subject at Risk of Functional Decline

(data from 4 population-based cohorts across Europe)

In people of 65-75 years old prediction of onset of functional decline:

- Specific physical performance variables
- Age
- Body mass index
- Depressive symptoms
- Chronic conditions

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- Prevention of functional decline should be driven and controlled by the young older people themselves.
- Tools for screening and assessment of early risk are needed. Most tools used are so far targeted towards people being very old, or with an already decline in function or they are developed to be performed by health care personnel.
- Targeting young old people require a new generation of assessment tools that are sensitive to detect early decline in function and that can be administered by people themselves.

THANKS FOR YOUR ATTENTION

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