

# FEASIBILITY OF INTRINSIC CAPACITY SCREENING TEST IN NAVARRE

STEP 1

# Why should we measure 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.

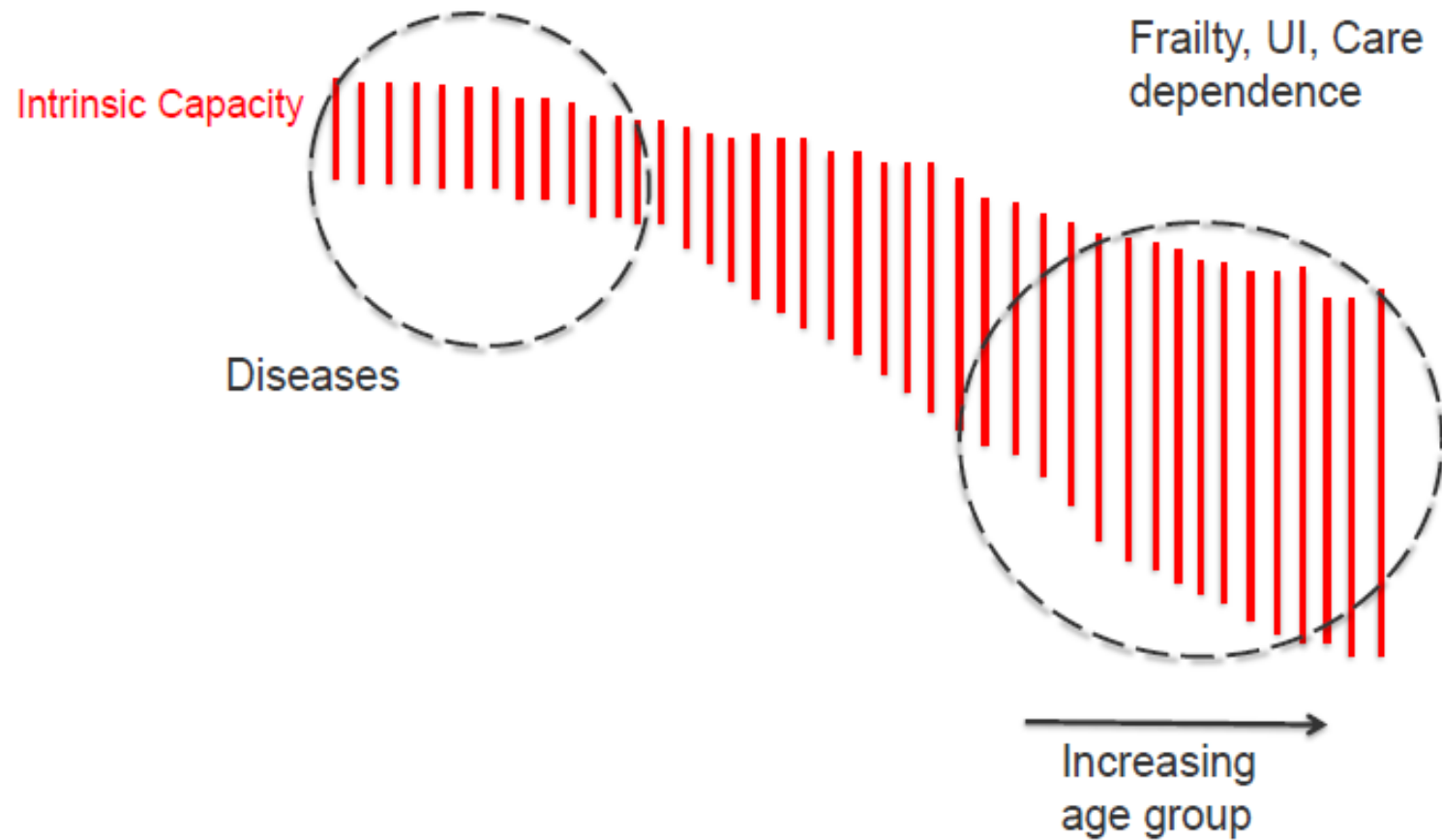


Absence of approaches directed to the transitions between diseases (high stable capacity) to care dependence (severe loss of capacity)

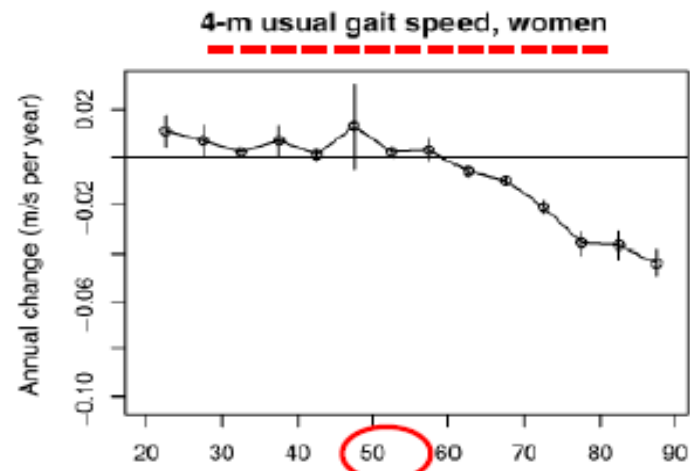
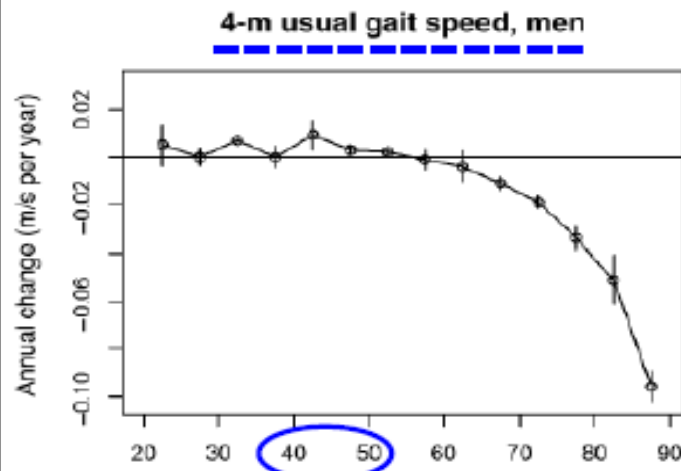


We need new approaches: focus on function.

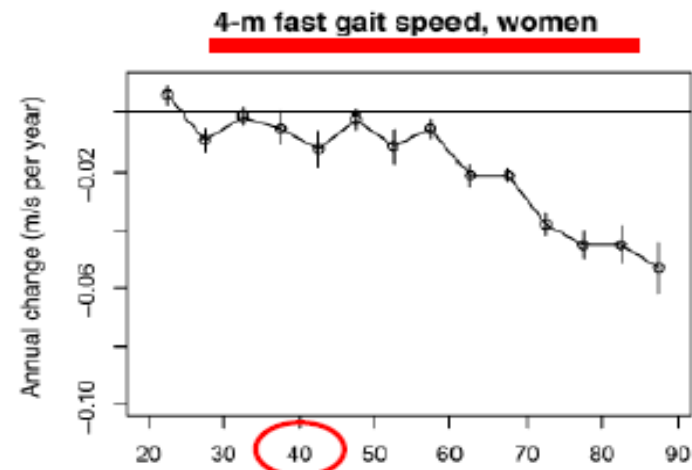
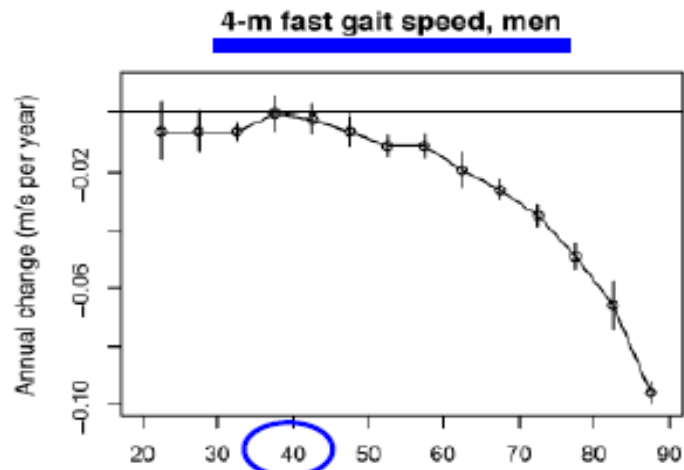
# Traditional way to address functional decline in older age



# InCHIANTI Study: annual rates of change of walking



Whether  
should start  
monitoring  
earlier?



# WHO Step 1 Questionnaire for Intrinsic Capacity (IC) Measurement

IC Domain	Tests	Score	Orientation Step 2
<b>Locomotion</b>	<b>Chair stand test:</b> Able to complete 5 chair rises without using arms Did the subject perform the test in less than 14 s? <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No	Score : ...../1	If score = 0 → Step 2
<b>Cognition</b>	<b>1-Three-words learning:</b> Cigar, Flower, Door	1-Score : ...../3	If the sum of the 3 cognition scores < 8 → Step 2
	<b>2-Orientation of time and space:</b> What is the full date of today?	2-Score : ...../4	
	<b>3-Three-words recall:</b> Cigar, Flower, Door	3-Score : ...../3	
<b>Psychosocial status</b>	<b>Life satisfaction:</b> Are you basically satisfied with your life? <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No	Score : ...../1	If score = 0 → Step 2
<b>Sensory functions</b>	<b>1-Whisper test:</b> Did the subject answer correctly for the right ear? <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No Did the subject answer correctly for the left ear? <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No	1-Score : ...../2	If score < 2 → Step 2
	<b>2-WHO simple eye chart test for far and near vision:</b> Does the subject have difficulty in far vision? <input type="checkbox"/> 0 Yes <input type="checkbox"/> 1 No Does the subject have difficulty in near vision? <input type="checkbox"/> 0 Yes <input type="checkbox"/> 1 No	2-Score : ...../2	If score < 2 → Step 2
<b>Vitality</b>	<b>1-Tiredness :</b> 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? <input type="checkbox"/> 1 Yes <input type="checkbox"/> 0 No	1-Score : ...../1	If the sum of the 2 vitality scores < 3 → Step 2
	<b>2-Weight loss:</b> Have you experienced loss of appetite recently? <input type="checkbox"/> 0 Yes <input type="checkbox"/> 1 No Have you recently lost more than 3 kg over the last 3 months? <input type="checkbox"/> 0 Yes <input type="checkbox"/> 1 No	2-Score : ...../2	

# Feasibility 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.

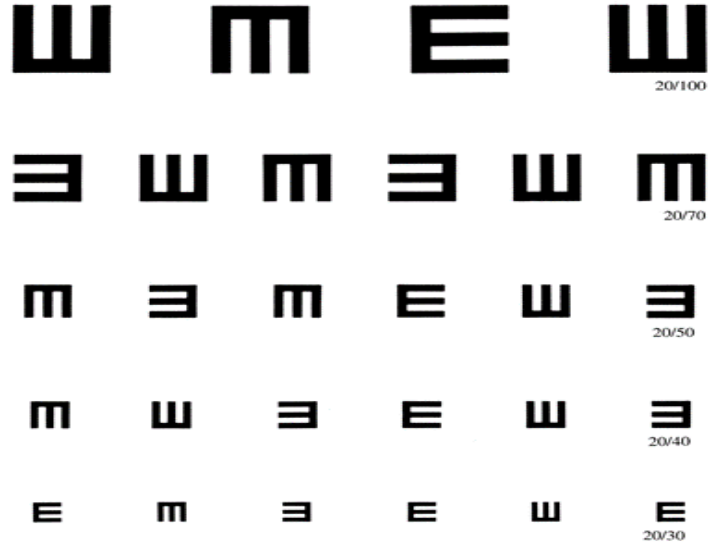
## Interviewers usually didn't know how to score the orientation in time-space question:

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	

## Feasibility Step 1 in Navarra: difficulties

Test chart for children



**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

# Feasibility Step 1 in Navarra: difficulties



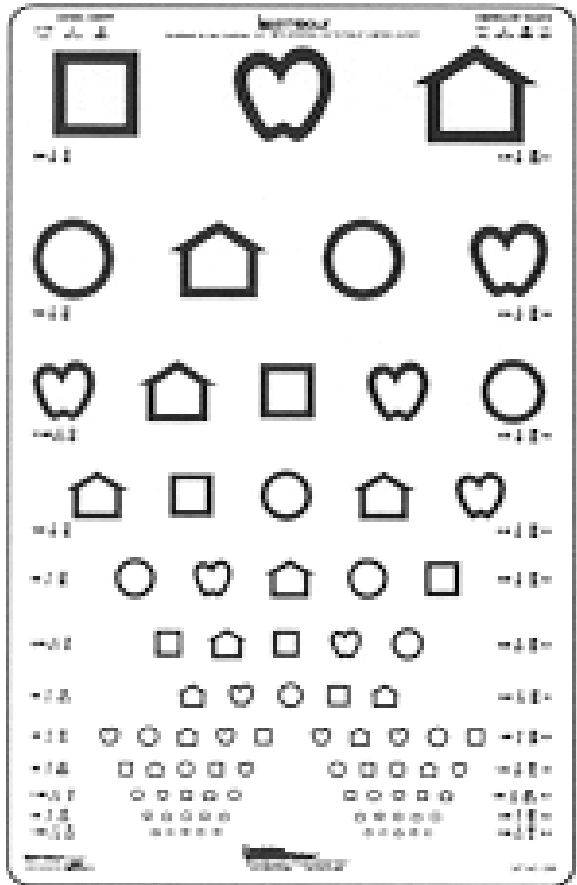
# Feasibility Step 1 in Navarra: difficulties

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.



# Feasibility Step 1 in Navarra: difficulties

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**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  $\geq 3$ ? 1 Yes 0 No

Patients found difficult to understand the question.

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

# Feasibility 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

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect. The text 'Thanks for you attention' is centered on the left side in a clean, sans-serif font.