



Deployment of the ICOPE program in Clinical Practice (Occitania Region)



ICOPE

SOINS INTÉGRÉS POUR LES PERSONNES ÂGÉES



Organisation
mondiale de la Santé

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Mardi 21 Septembre 2021

OCCITANIE
Equipe Régionale Vieillesse
Et Prévention de la Dépendance



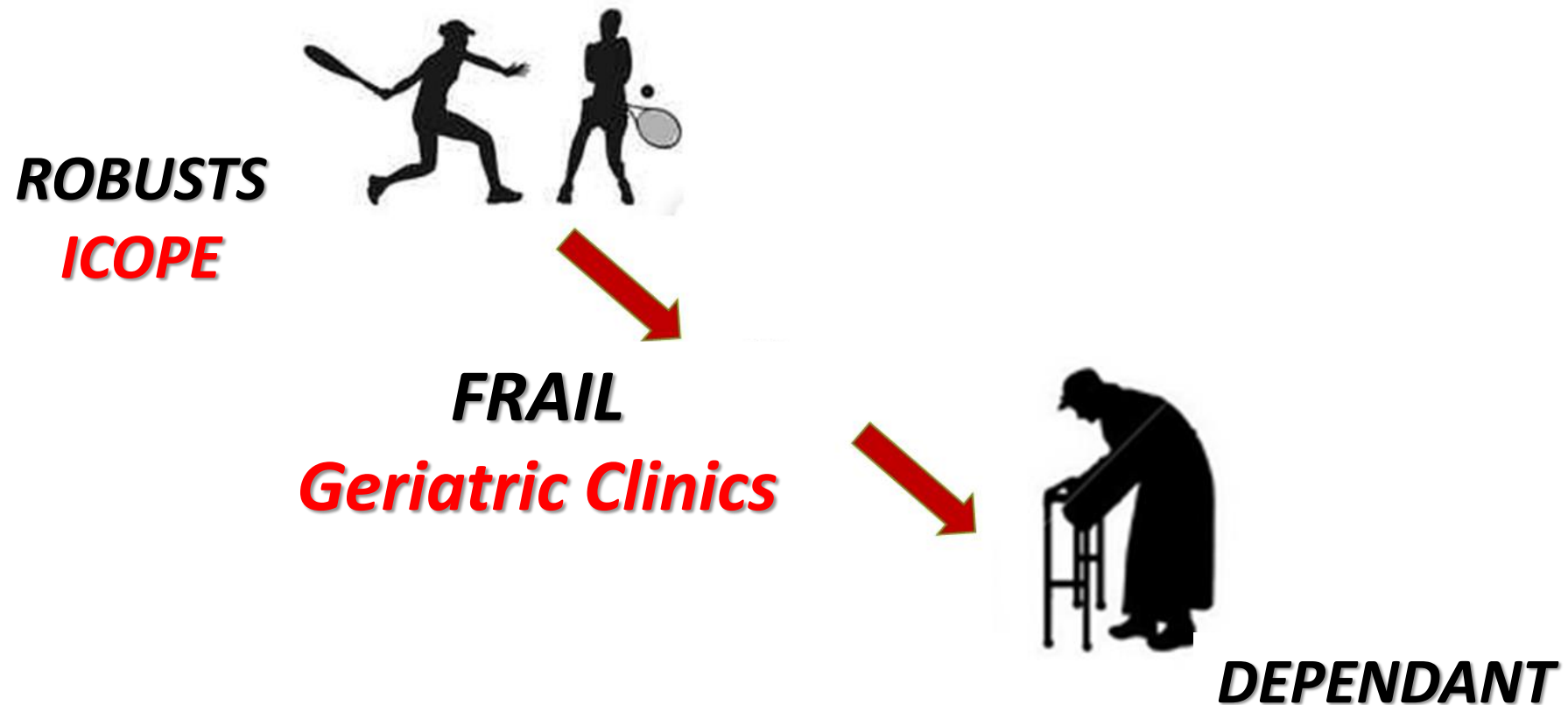
Centre Collaborateur OMS pour la Fragilité,
la Recherche Clinique et la Formation en Gériatrie

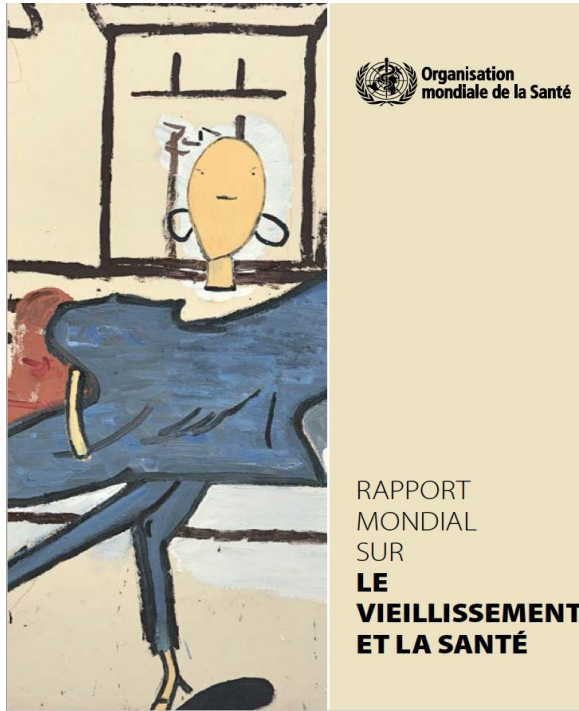
ICOPE: Context

- Health care system not adapted to the aging population -→ a growing number of dependent old people.
- With the ICOPE program, W.H.O aims to prevent the dependency of 15 million old adults before 2025
- These recommendations are based on a 3-year research initiative with 500 publications reviewed «Evidence Base Medicine». A collaborative work provided by many W.H.O departments, worldwide experts
- Aims to prevent the number of dependent people by 15 Millions in 2025

Model for Prevention of Dependency

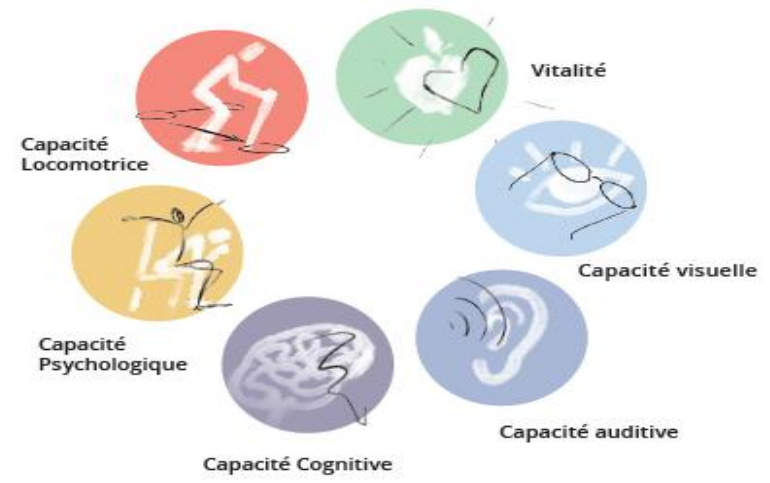
- Identify a population of old adults at-risk of loss of autonomy





WHO's ICOPE program

- ✓ Objective
 - ✓ Healthy aging is maintaining functions, in order to be able to continue to do what they value
- ✓ Method
 - ✓ Maintain person's functional capacities: nutrition, cognition, vision, hearing, locomotion and nutrition



ICOPE Program

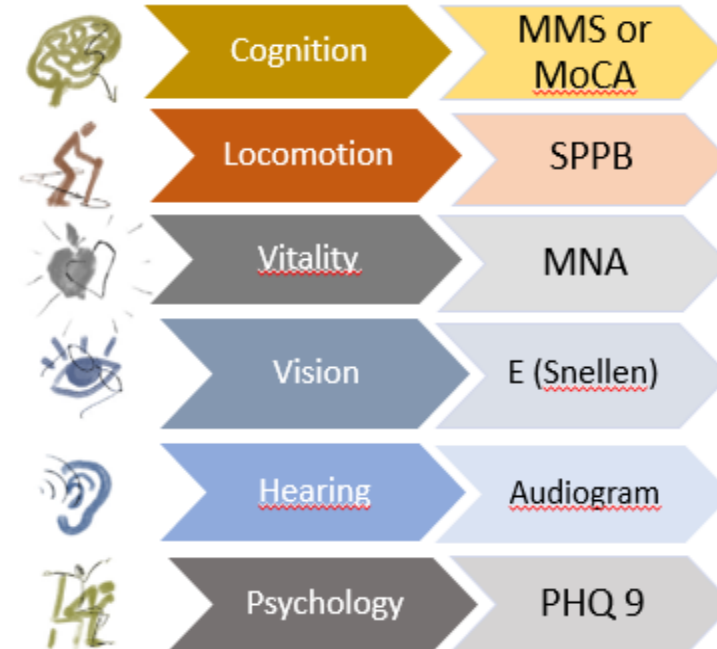
WHO

5 Steps

1 Screening

Priority conditions associated with declines in Intrinsic capacity	Tests	Assess fully any domain with a checked circle
COGNITIVE DECLINE (Chapter 4)	1. Remember three words: flower, door, rice (for example) 2. Orientation in time and space: What is the full date today? Where are you now (home, clinic, etc)? 3. Recalls the three words?	<input type="radio"/> Wrong to either question or does not know <input type="radio"/> Cannot recall all three words
LIMITED MOBILITY (Chapter 5)	Chair rise test: Rise from chair five times without using arms. Did the person complete five chair rises within 14 seconds?	<input type="radio"/> No
MALNUTRITION (Chapter 6)	1. Weight loss: Have you unintentionally lost more than 3 kg over the last three months? 2. Appetite loss: Have you experienced loss of appetite?	<input type="radio"/> Yes <input type="radio"/> Yes
VISUAL IMPAIRMENT (Chapter 7)	Do you have any problems with your eyes: difficulties in seeing far, reading, eye diseases or currently under medical treatment (e.g. diabetes, high blood pressure)?	<input type="radio"/> Yes
HEARING LOSS (Chapter 8)	Hears whispers (whisper test) or Screening audiometry result is 35 dB or less or Passes automated app-based digits-in-noise test	<input type="radio"/> Fail
DEPRESSIVE SYMPTOMS (Chapter 9)	Over the past two weeks, have you been bothered by - feeling down, depressed or hopeless? - little interest or pleasure in doing things?	<input type="radio"/> Yes <input type="radio"/> Yes

2 Assessment



3 Plan

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Engaging communities and supporting caregivers

4

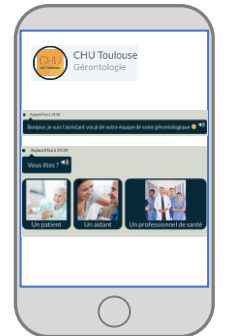
Ensuring referral pathway and monitoring

Inspire Icope Care Initiative : Implement Icope in Clinical Practice

- Not yet implemented in clinical practice
- Aims to prevent the number of dependent people by 15 Million in 2025, about 150 000 in France and 15 000 in Occitania. We must implement it in a large population of older adults
- Several Challenges
 - New
 - Prevention
 - Digital
 - In a large population
 - Sustained
 - Financial issues

ICOPE: Screening & monitoring with Step1

- Based on free digital tools:
 - ICOPE Monitor mobile application** (for smartphone or tablet)



- ICOPEBOT (chatbot)**

<https://icopebot.botdesign.net> (with computer, smartphone or tablet)

These two tools can be used in a **professional version** or in a **self-assessment version** for **patient or caregiver**.

- Frailty-ICOPE secure data-lake**
<https://icope.chu-toulouse.fr/webLogin>

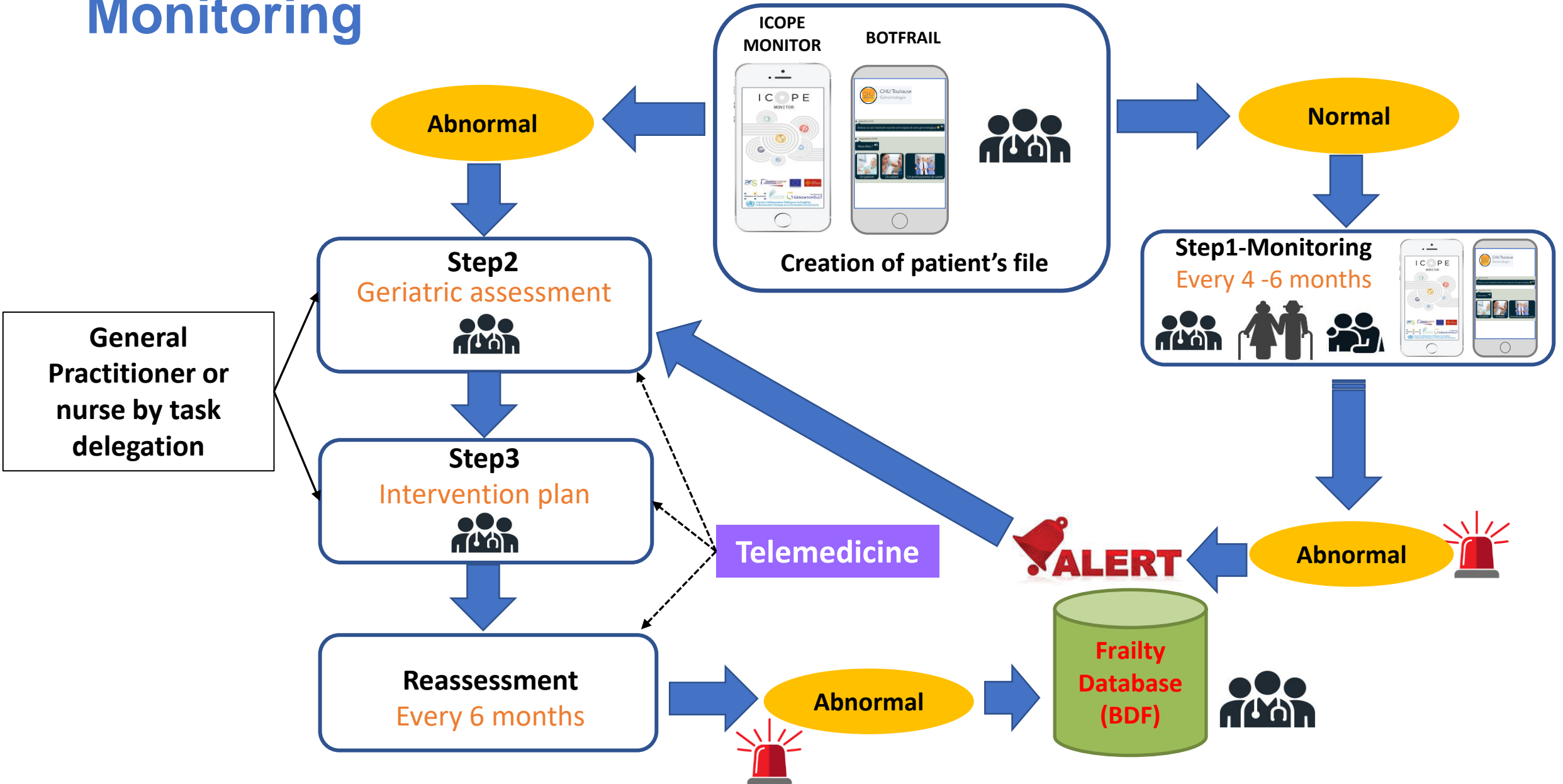
Accessible to all health professionals for **patient follow up**



Allowing communication and coordination between professionals and older people, with observance of confidentiality and security rules

Digital ICOPE Monitoring

Step1-First assessment (Self, Nurse, M.D,...)



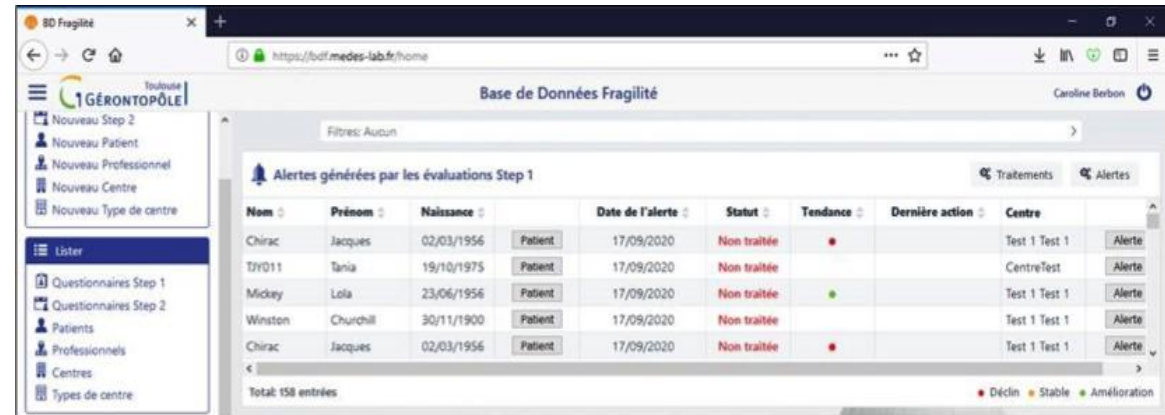
ICOPE Tele-monitoring

Screening and monitoring with Step1: How ?

Frailty-ICOPE database

Functions : Icope Monitor generate alarm if a decline is observed in one or more of the 6 functions during du Step1 (initial or followup)

1. Display of alarms and trends, on a control panel
2. Recording of actions implemented (physician's contact...) during the management of alarms
3. Reminder of the next dates expected in the Step1 process



Nom	Prénom	Naissance	Date de l'alerte	Statut	Tendance	Dernière action	Centre
Chirac	Jacques	02/03/1956	17/09/2020	Non traitée	●	Test 1 Test 1	Alerte
TYD11	Tania	19/10/1975	17/09/2020	Non traitée		CentreTest	Alerte
Mickey	Lola	23/06/1956	17/09/2020	Non traitée	●	Test 1 Test 1	Alerte
Winston	Churchill	30/11/1900	17/09/2020	Non traitée		Test 1 Test 1	Alerte
Chirac	Jacques	02/03/1956	17/09/2020	Non traitée	●	Test 1 Test 1	Alerte

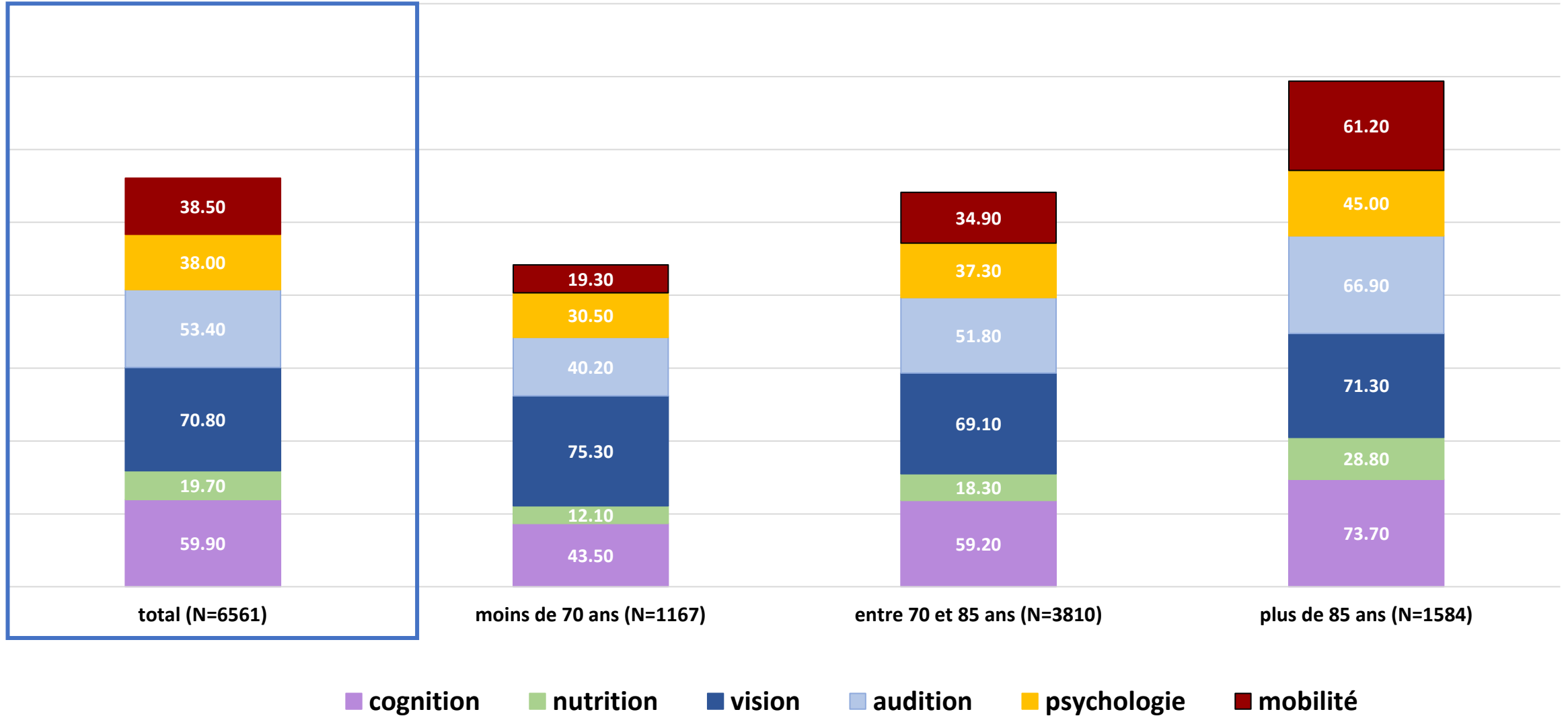


Health professionals involved in the program have access to their own patients data, in order to be informed of Step1 developments.

Inspire Icope Care: Data collected by Oct 3 2021(Frailty-ICOPE database)

- Nb of subjects: **11019** (75 years, 60% women)
- Nb of STEP1: **19859**
 - STEP1 follow-up 6 months: **8800**, Adherence: 86%
- Self Assessment: **1915**
- Interrupted monitoring identified: **1069**
- Nb Step 2 : **1108**
- Nb of professionals who have downloaded the apps: **2467**
- 13 492 alerts generated by the database

Domains with alert by age (%).

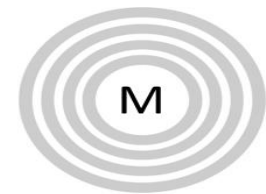


INSPIRE ICOPE CARE: Results at 20/08/2021

→ 10 to 20% could benefit from Step2

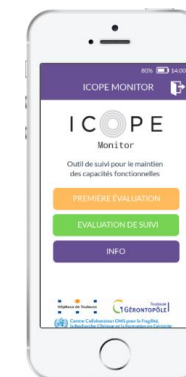
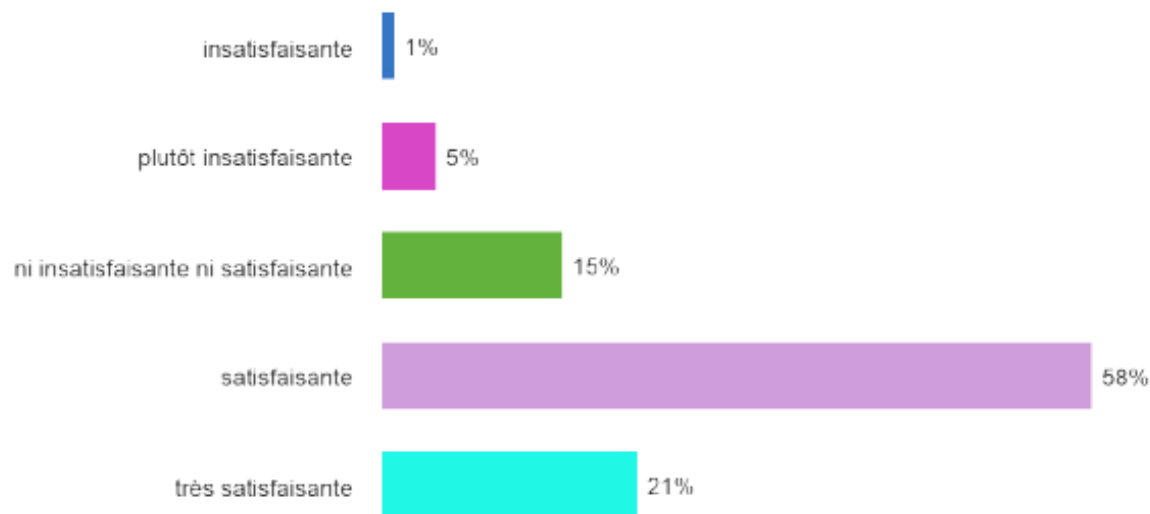
Age (ans)	mean (SD)	74.8 (12.4)
Sexe N= 8301	Men Women	4107 (39.2%) 6358 (60.8%)
	Vision worsening Objective Cognitive Decline Hearing worsening Fell depressed Not able to stand up 5 times Recent weight loss	2191 (20.9%) 3373 (32.1%) 2890 (27.5%) 3004 (28.6%) 1307 (12.4%) 1288 (12.3%)

68 % accept being contacted to participate in clinical research programs



Satisfaction Survey ICOPE 1101 senior in Occitanie

7. Comment qualifiez-vous votre expérience quant à l'utilisation des outils numériques ICOPE ?

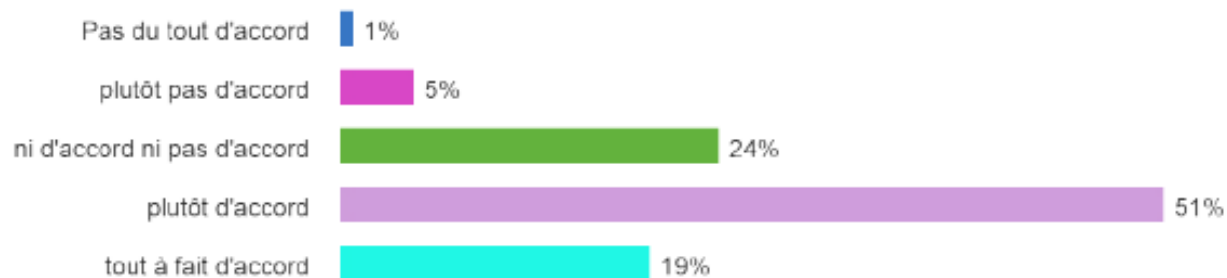


ICOPE MONITOR

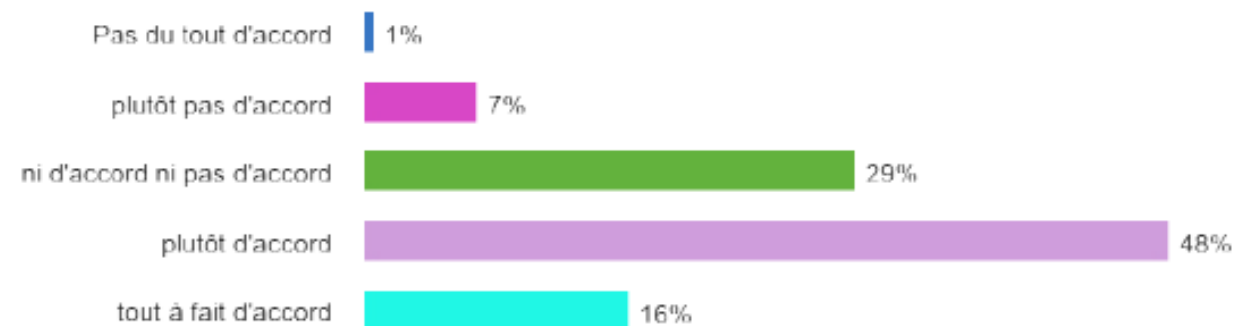


ICOPEBOT

8.1 l'outil numérique ICOPE m'aide à mieux connaître mes capacités (ex: mémoire, appétit, moral, mobilité)



8.3 Je pense que l'outil numérique ICOPE m'est utile



ICOPE Financial Ressources and Educational Digital Tools

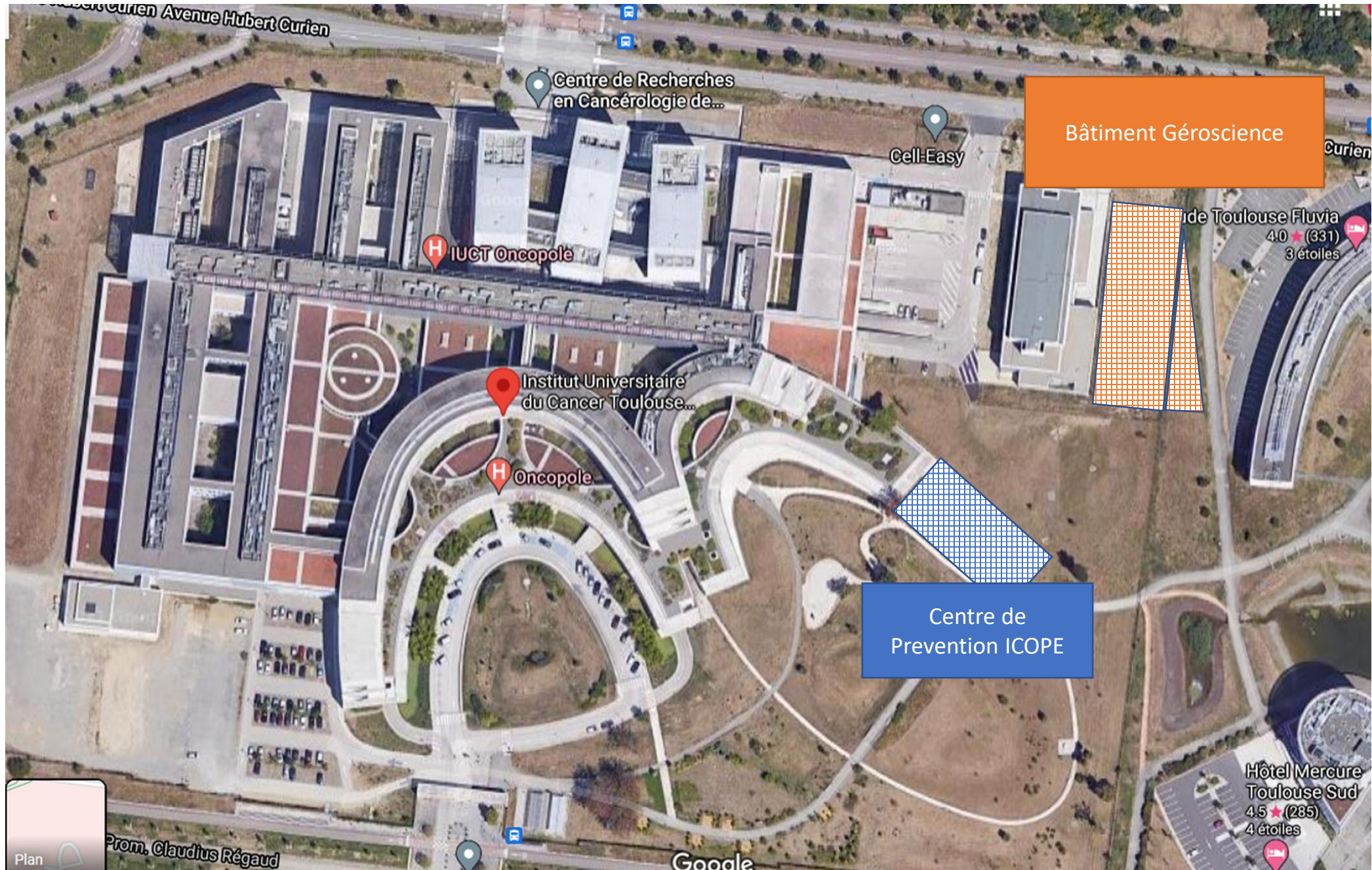
- Finance: After the Inspire experience & ressources the Social Security will finance
- 18 € by Step 1 and 53 € by step 2, as well as the other steps part of the care
- Education:

Formation: Vidéo de la réalisation d'un Step1 :

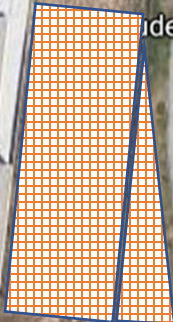
<https://www.dropbox.com/s/lxfzl6k1ywd2x6v/Simulation%20entretien.mp4?dl=0>

Web seminar

- Inscription d'un professionnel : <https://www.youtube.com/watch?v=xYFJ1Ik0aJ8>
- Inscription d'un nouveau participant : https://www.youtube.com/watch?v=-aQKlc_7Ndk



Bâtiment Gérosience



Centre de Prévention ICOPE



Centre de Recherches en Cancérologie de...

Cell-Easy

IUCT Oncopole

Institut Universitaire du Cancer Toulouse...

Oncopole

Hôtel Mercure Toulouse Fluvia
4.0 (331)
3 étoiles

Hôtel Mercure Toulouse Sud
4.5 (285)
4 étoiles

Prom. Claudius Régaud

Plan

Google