POSTER ABSTRACT

Assessment of a technological solution for helping elderly to monitor and mitigate frailty: case study of frAAgiLe project.

23rd International Conference on Integrated Care, Antwerp, Flanders, 22-24 May 2023

Serhii Shapoval[1], Begoña Garcia-Zapirain Soto, Felix Colás, Iñaki Bartolomé, Juan Alberto Monasterio, Ibon Oleagordia, Amaia Méndez

1: University Of Deusto, Bilbao, Spain

frAAgiLe is a health focused, digital based project that aims at becoming a holistic system for monitoring and dealing with the symptoms of frailty in senior users around Europe. Throughout the last 2 years, the digital solution has been tested in different healthcare and wellbeing centres in Europe. The users´ feedback has been positive and the implementation of AI algorithms has become possible after the creation of the necessary databases. The algorithm allows for unification within personalisation, this is a key step in the harmonization of treatments in the European Union. Just as COVID 19 showed how there is a lack of coordination in the data collection process in the EU when it comes to health issues, frAAgiLe is showing how this can be translated to other non-COVID related health situations. In this case, frailty is monitored through a series of tests that rely on international scientific consensus and aim at creating a standard based on extensive testing. The combination and selection of weights for each of the scales within the final algorithm is a major contribution from the research teams involved. The tests have been divided in 3 sets: cognitive, nutritional and physical, each set has been given a specific weight in the formula for the final frailty score, and with each set, each test, depending on how holistic and relevant its content is, has been given a weight as well. Apart from this, an initial assessment has been created in order to harmonize the inclusion and exclusion criteria and how it is met.

Apart from contributing to the European panorama of digital solutions, especifically for health and wellbeing, frAAgiLe also contributes to the improvement of health and health systems. By aiming at early diagnosis and prevention of frailty, the platform is fighting against a burden that represents the previous step to serious health deterioration, dependency, and sometimes, death. frAAgiLe, therefore is key as a community service designed to enable self-management, as it is a tablet-based platform that anyone can use from home, thanks to the various co-creation sessions carried out. One of its main aims is to avoid hospitalisation, and future implementation will focus on this aspect. We expect more than 500 senior users to start dealing with their frailty in the near future, through the frAAgiLe solution in combination with traditional therapy and monitoring systems. This number of users, together with the perspectives for growth, will ensure the necessary impact on the European health systems as well as, together with the activities carried out for the digital development and the improvement of the AI system, the alignment with 2 of the main pillars of integrated care.