

The Chinese University of Hong Kong (CUHK) Jockey Club Institute of Ageing
eHealth Symposium on The Role of Digital Health in Integrated Care of Older People

9 June 2022

Integrated Care for Older People (ICOPE) Training in Hong Kong

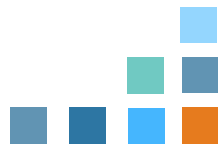
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ICOPE: definition and implementation

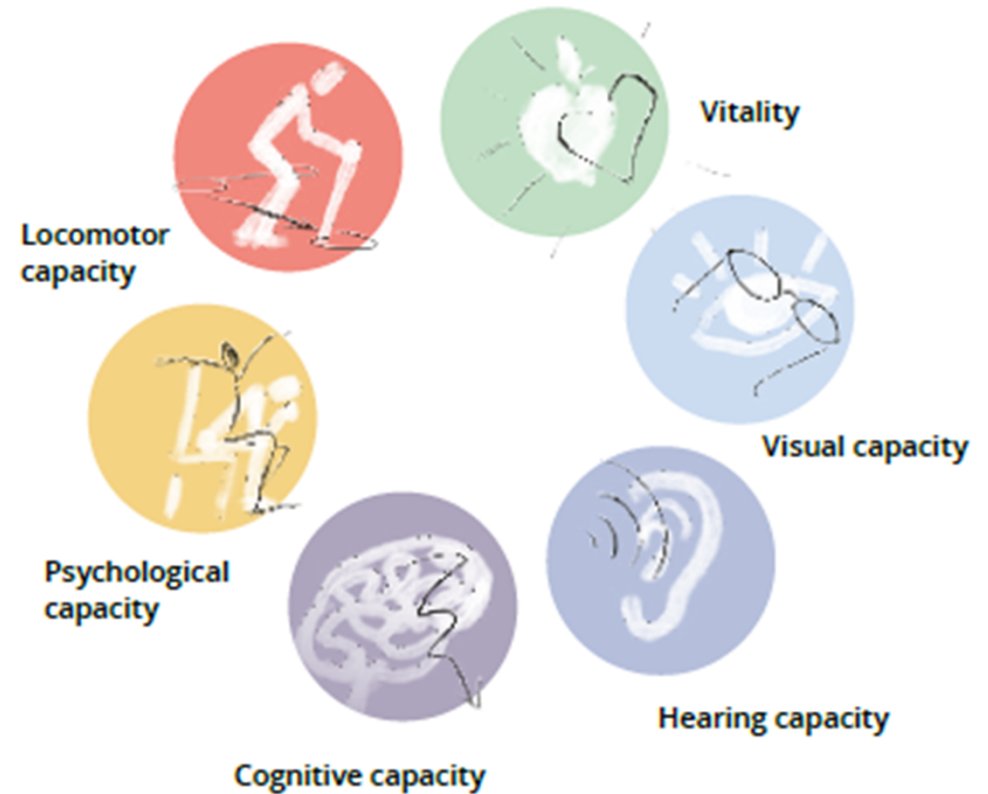
ICOPE is community-based approach towards a **person-centered health and social care** to optimize the functional ability of older people

- **The ICOPE framework** aims to assist health, social care workers and caregivers to:
 - 1. **Screen** older people at risk of care dependency in the community
 - 2. Perform a **person-centered assessment** in primary care
 - 3. Design a **personalized care plan**

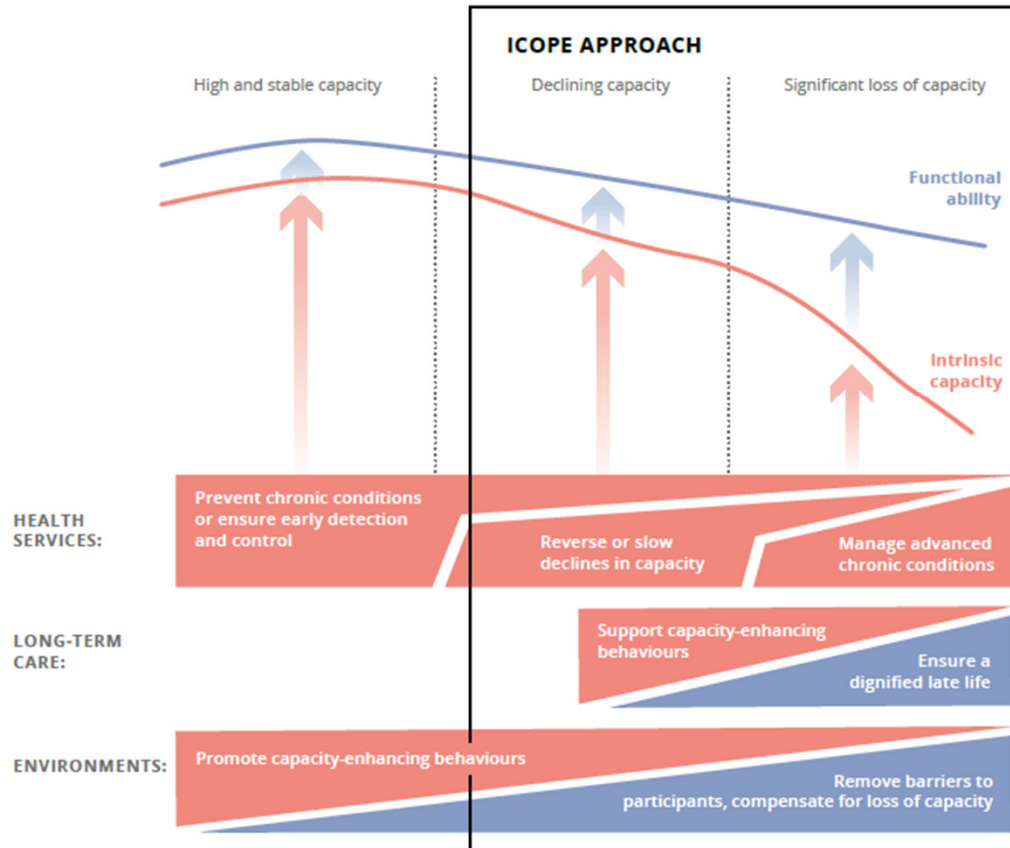


- **Healthy ageing** refers to developing and maintaining the functional ability that fosters well-being
- The **intrinsic capacity** composites all of the physical and mental capacities of the person

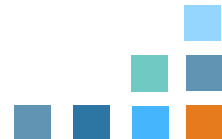
KEY DOMAINS OF INTRINSIC CAPACITY



**FIGURE 2. A PUBLIC-HEALTH FRAMEWORK FOR HEALTHY AGEING:
OPPORTUNITIES FOR PUBLIC HEALTH ACTION ACROSS THE LIFE COURSE**



Source: World Health Organization, 2015 (1).



Objectives of the training

- To develop nursing students' competence to perform screening and comprehensive assessment for community-dwelling older people;
- To empower nursing students develop personalized care plan for older people;
- To refer older people to appropriate professionals for follow up, if necessary.

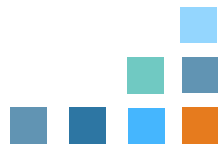
Format of the training

A two-day training workshop

- Day 1: theoretical input
- Day 2: skills training – laboratory practice and skill assessment

On-site training

- Briefing session before meeting the older people
- Debriefing session after meeting the older people



Phase 1 Initial screening tool

TABLE 1.
WHO ICOPE SCREENING TOOL

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) <i>or</i> Screening audiometry result is 35 dB or less <i>or</i> 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



Phase 2 Full assessment

Cognitive

Montreal cognitive assessment (MoCA)

Vitality

Mini Nutritional Assessment (MNA)

Psychological

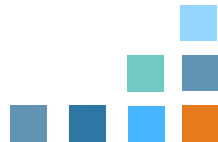
Patient Health Questionnaire (PHQ-9)

Hearing

Whisper test; Webber & Rinne

Visual

Visual acuity



Phase 2 Full assessment

Locomotor

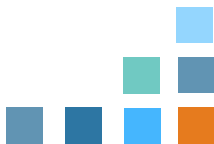
Short Physical Performance Battery (SPPB)

A hierarchical test of **standing balance**, a **4-meter walk test**, and **five repetitive chair stands**

Grip strength; Mobile phone physical activity level questionnaire

Social care and
support

Level of **self-care capacity** in activities of daily living; the housing and financial status; the level of loneliness; and extent of **social engagement**.





長者綜合護理

一、我的運動目標



例如：一周進行5次運動，每次30分鐘，強度中等（有氣運動，運動時感覺有些累，講話不輕鬆）

我的執行計畫

例如：每天傍晚（飯後1小時）散步30分鐘

二、我的健康飲食目標



例如：體重增加或減少3kg

我的執行計畫

例如：每天吃4種蔬菜1種水果

三、我的壓力管理目標

例如：自我壓力感較低
我的執行計畫

例如：每週與朋友飲茶



四、我的認知刺激目標

例如：延緩記憶力減退
我的執行計畫

例如：每天閱讀20分鐘、數獨遊戲、每週與家人行山放鬆

五、我的護眼計畫



例如：配眼鏡、對比色標記臺階，語音輔助

六、我的護耳計畫

例如：助聽器、聽人講話時看著對方面部和嘴唇

親朋好友來相助



1. 找出支持您的親朋好友
請想想誰能影響您的內在能力和自我照顧
請想想他們可以如何幫助您

2. 請求協助

讓他們看看本手冊，告訴他們您學到的事。
請他們看看您的目標計畫單，並想好讓他們如何幫助您。



ICOPE app

Handbook App

The WHO ICOPE Handbook App supports community and primary care workers to assess the health and social care needs of older people and design a personalised care plan using the WHO ICOPE Handbook: Guidance on Person-Centred Assessment and Pathways in Primary Care

TRAINING TOOL

FURTHER INFORMATION

© World Health Organization

START

The ICOPE training tool is a reference tool to explore the ICOPE screening, assessment and personalised care plan development features of the App.

SCREENING

SCREENING

- Do you have problems with memory or orientation (such as not knowing where one is or what day it is)?

Yes

No
- Have you unintentionally lost more than 3kgs over the last three months?

Yes

No
- Have you experienced loss of appetite?

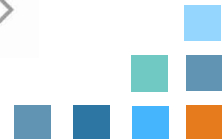
Yes

No

Whisper Test, remember: Whisper words must be familiar to the person

Right ear

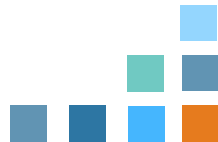
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Portable assessment pack

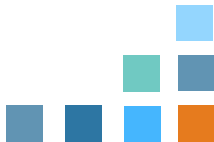
Each team has an assessment pack

- Hand-held dynamometer
- Measurement tape
- Different sizes of Es for eye sight assessment
- A 512Hz tuning fork
- Questionnaire
- protocol, booklet, referral record
- informed consent form, information sheet



Before conducting assessment in community

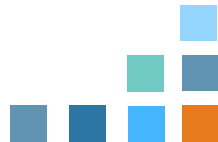
- Students need to conduct a **COVID-19 kit-test and obtain negatives results** within one week of the assessment.
- Attend a briefing session offered by on-site worker
- When older people arrive, students
 - explain the study
 - collect written informed consent
 - conduct the initial screening, full assessment
 - Work out care plan with older people / caregivers





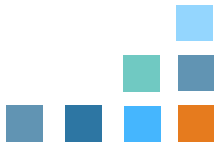
On-site preparation

- Chairs with no arm
- Timer
- Mark 4-meter distance for walking speed test
- Mark 1.5-meter and 3-meter distance for visual test



Post assessment

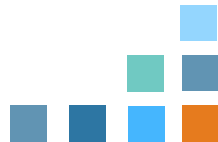
- After all assessments, the students work with the participants to develop personal goals and action plans
- Students refer some older adults who have intrinsic decline that require further assessment to the center staff for follow-up.
- Debriefing with the centre staff after assessment
- It takes about 60-70 minutes to finish all assessment and provide a brief care planning for each older adult.



Challenges in the training

- Concept of intrinsic capacity vs traditional illness model
- Distinction between screening tool (Step 1 of ICOPE) and comprehensive assessment (Step 2)
- Multiple domains of assessment in ONE assessment
- Duration for completing all assessments in a reasonable manner

Regular warm reminders to students...



ICOPE teammates should...

- Have proper dressing
- Trousers are preferred
- **NO Shorts & Flip-flops**
- **Present & Be on time**
- **Follow COVID-19 containment policies & regulations**
- If you have any enquiry, please contact
Prof. Angela Leung (Tel. 2766 5587/
Email: angela.ym.leung@polyu.edu.hk)



ICOPE TEAMMATES can...

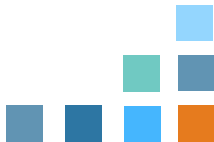
- **Gain experience to communicate with & serve the elderly in the community**
- **Understand the assessment and improving strategies of intrinsic capacity for older adults**
- **Enhance your knowledge and experiences in holistic approach assessment and care planning**



PolyU WHOCC supports ICOPE implementation

- Submits the curriculum to WHO Aging and Health Unit for archive
- Provides consultancy services to different countries; works with Ministry of Health / NGOS
- Provides tailor-made training curriculum in Western Pacific Region
- Reviews the findings of ICOPE pilot programme – the ‘ready’ phase
 - <https://www.who.int/publications/i/item/9789240048355>
- Publish local data and share with international audience

Leung, A. Y. M., Su, J. J., Lee, E. S. H., Fung, J. T. S., Molassiotis, A. (2022). Intrinsic capacity of older people in the community using WHO’s Integrated Care for Older People (ICOPE) framework: A cross-sectional study. *BMC Geriatrics*, 22, 304. <https://doi.org/10.1186/s12877-022-02980-1>





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Results in Hong Kong study

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BMC Geriatrics

RESEARCH

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Intrinsic capacity of older people in the community using WHO Integrated Care for Older People (ICOPE) framework: a cross-sectional study

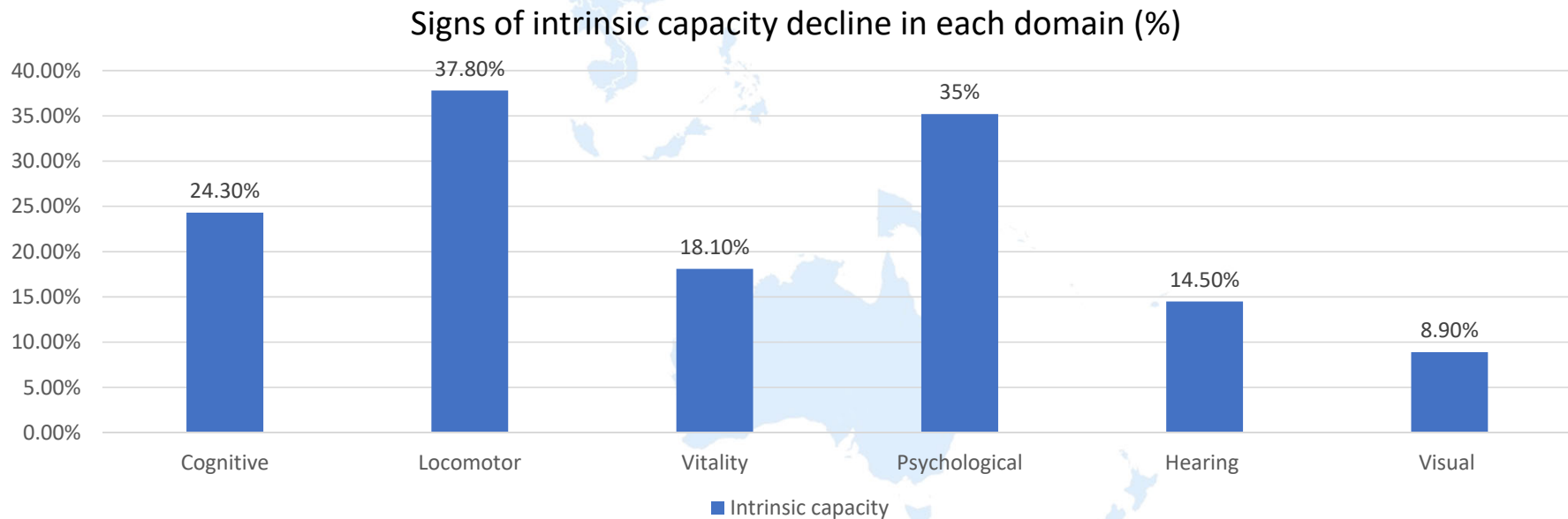
Angela Y. M. Leung^{1,2,3} , Jing Jing Su^{1,2,3} , Elsa S. H. Lee⁴, Jeff T. S. Fung³  and Alex Molassiotis^{1,3*} 

World Health Organization Collaborating Centre for Community Health Services



Results – *Step 1 Initial screening* (n=304)

- 221 participants (72.7%) showed signs of intrinsic capacity decline

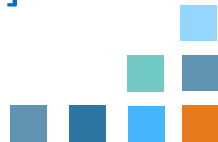


Results- *Step 2 comprehensive assessment*

- 202 participants (**64.2%**) had intrinsic capacity decline in one or more domains

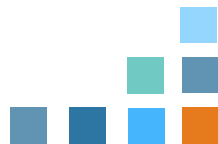
The percentage of decline in each domain:

- **Locomotor: 39.8%** (n=117) [SBBP <10]
- **Cognition: 25.5%** (n=75) [MoCA <22]
- **Vitality: 2.7%** (n=8) [MNA<8]
- **Psychological capacity: 11.6%** (n=34) [PHQ-9 \geq 10, or with suicidal idea]
- **Vision: 24.7%** (n=75), [distant visual acuity<3/60; or, near visual acuity < N6, or M.08 with correction] and
- **Hearing: 27.9%** (n=82) [Failed whisper test, or Webber and Rinne test]



Discussion and conclusion

- Intensive training (2-day) is useful for nursing students to increase their competence to perform ICOPE assessment
- Cooperation with the on-site workers ensure the logistics for assessment
- Intrinsic capacity decline is prevalent
- Training could be extended to health ambassadors in community
- Future work : Co-design a care guide to assist older adults to improve intrinsic capacity at home.





Thank you

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