Hospital Universitario de Getafe

Comunidad de Madrid

Global Aging Research Network

PAHO

SEMINARIOS VIRTUALES

DÍAS: 6, 15 Y 22 DE OCTUBRE

LA ATENCIÓN DE LAS PERSONAS MAYORES DURANTE Y DESPUÉS DE LA COVID-19

¿Qué deben saber los profesionales de salud en el primer nivel de atención?

Las personas mayores son pacientes diferentes

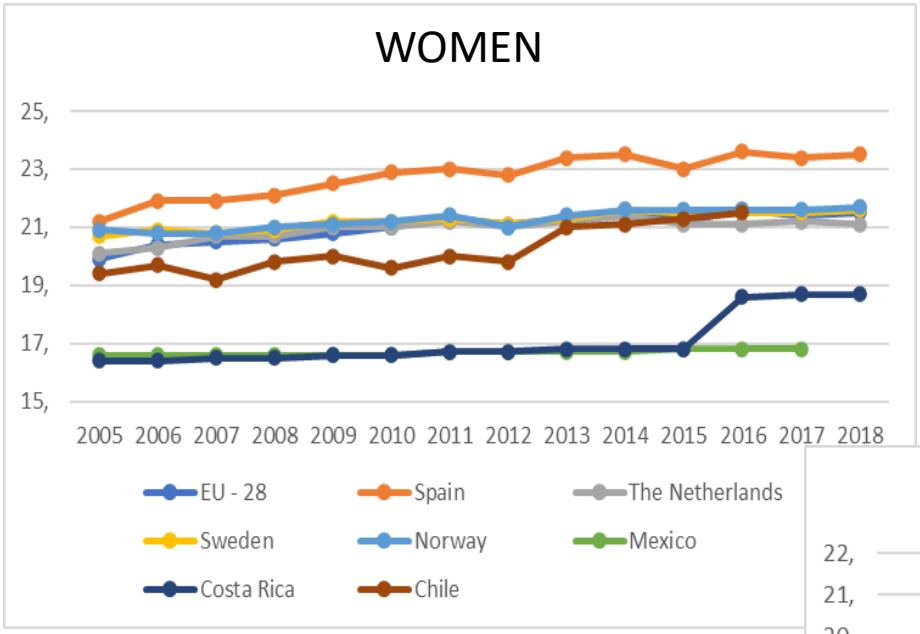
Prof. Leocadio Rodríguez-Mañas
Jefe del Servicio de Geriatría; Hospital Universitario de Getafe
Getafe, Madrid.
Director Científico de CIBERfes

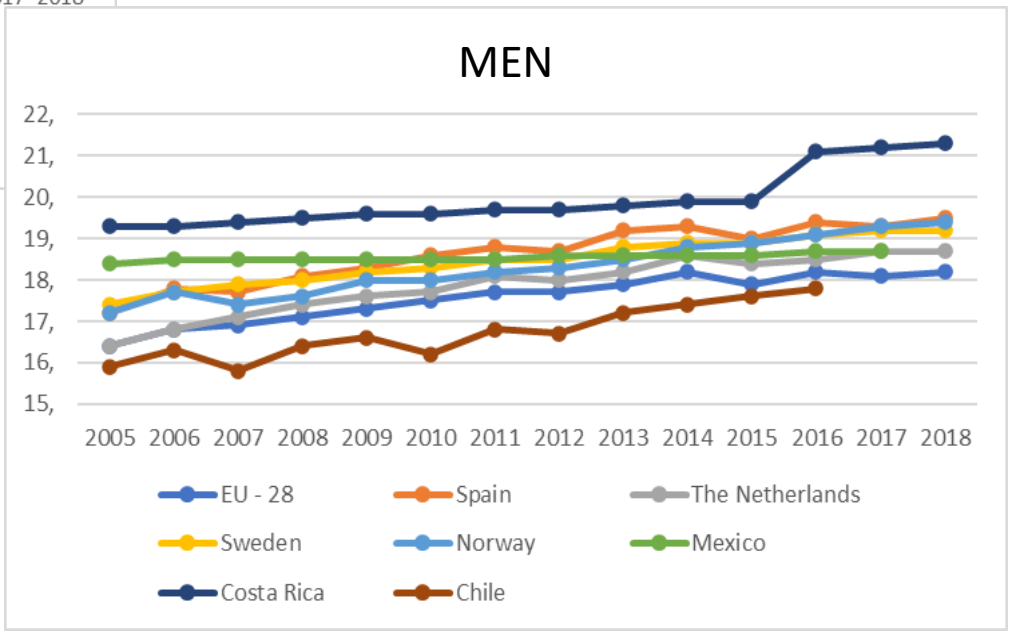
FINANCIACION

The research leading to some of these results has received funding from the European Union's Seventh Framework Programme (FP7/2007-2013), H2020, IMI, DG-SANCO, ERASMUS +, EIT-HEALTH, the Spanish National Network on Frailty and Aging-RETICEF, the Centre of Biomedical Research on Frailty and Healthy

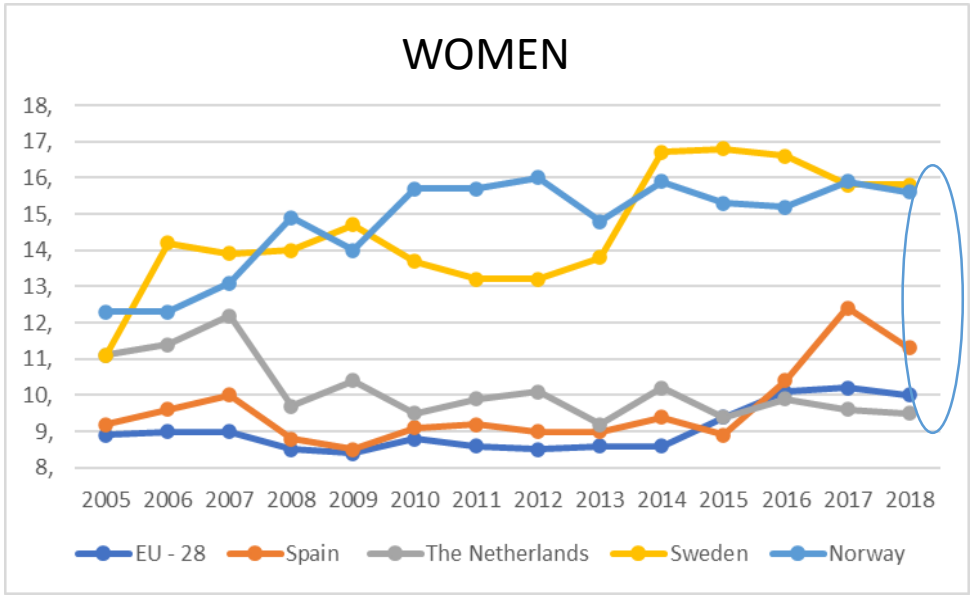
- Cantidad de vida (longevidad) frente a calidad de vida (función)
- La función como manifestación de enfermedad y comorbilidad
- La función como factor pronóstico
- La función como objetivo terapéutico
- Conclusiones

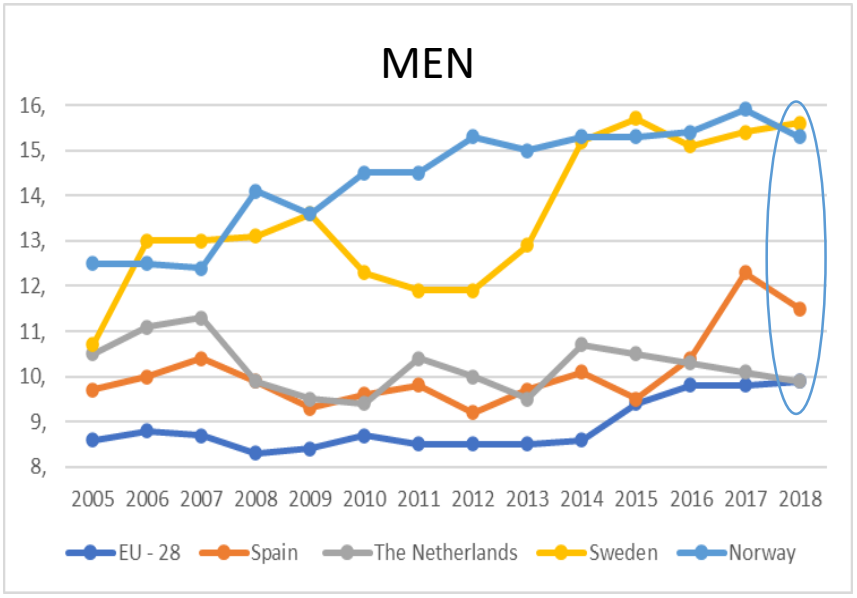
EXPECTATIVA DE VIDA TOTAL A LOS 65 AÑOS





EXPECTATIVA DE VIDA **SIN DISCAPACIDAD** A LOS 65 AÑOS





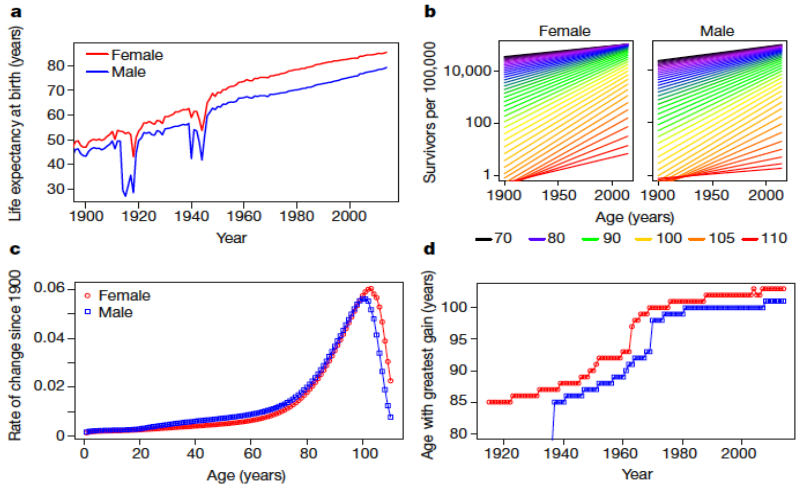
¿CUÁL ES EL AUTENTICO PROBLEMA?

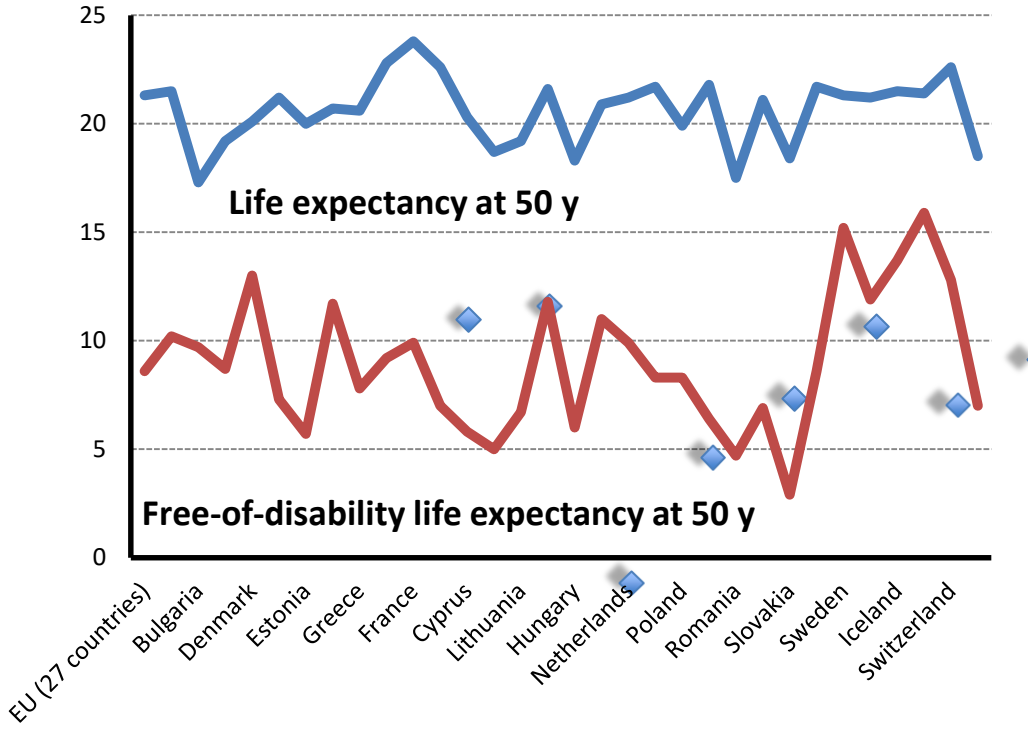
LONGEVIDAD VS. FUNCION

Evidence for a limit to human lifespan

Xiao Dong[1]*, Brandon Milholland[1]* & Jan Vijg[1,2]

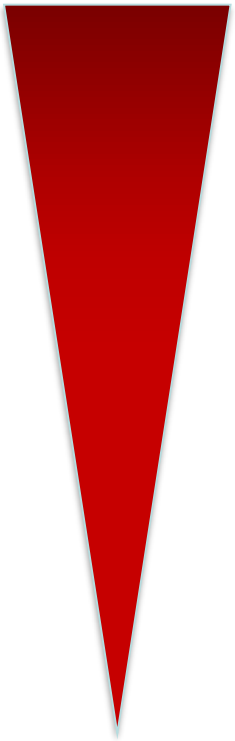
Nature, October 2016





Conforme envejecemos ¿enfermedad o deterioro funcional?

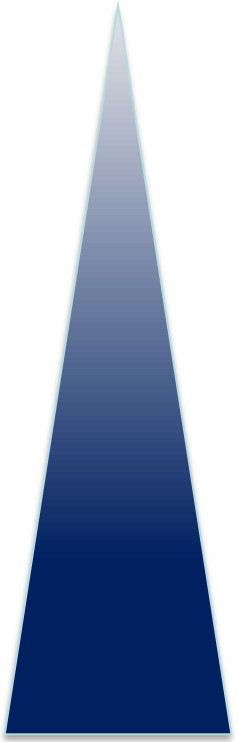
ENFERMEDAD



1. **Manifestaciones clínicas**
2. **Fisiopatología**
3. **Valor pronóstico**
4. **Marcadores de eficiencia**

Manejo clínico DIFERENTE

FUNCION



EDAD

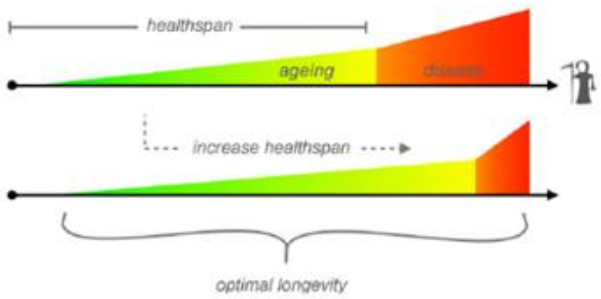
Envejecimiento saludable: un cambio de paradigma biomédico

Rationale

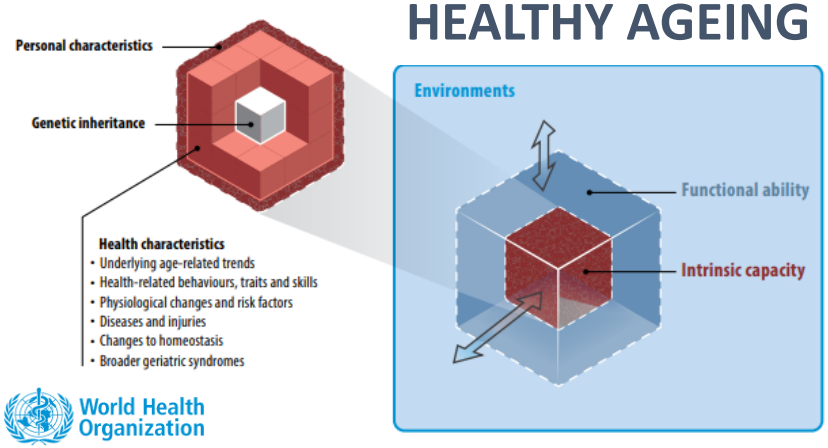
Physiological geroscience: targeting function to increase healthspan and achieve optimal longevity

Douglas R. Seals, Jamie N. Justice and Thomas J. LaRocca

Department of Integrative Physiology, University of Colorado Boulder, Boulder, CO 80309, USA



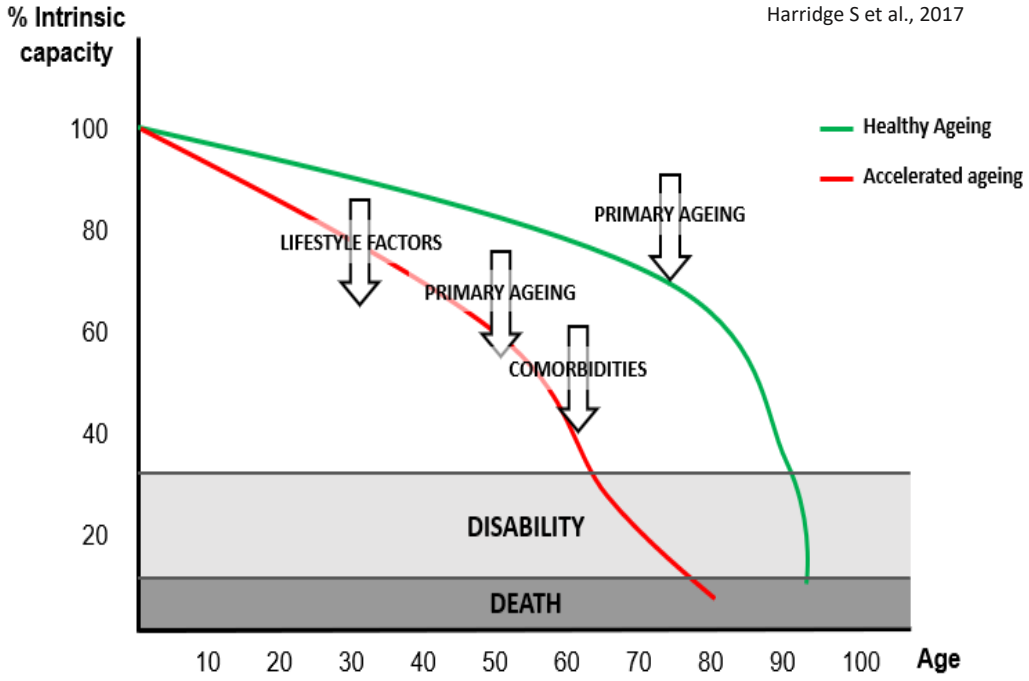
HEALTHY AGEING



World Health Organization

Physical Activity, Aging, and Physiological Function

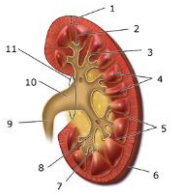
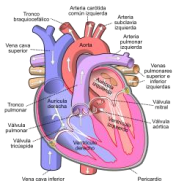
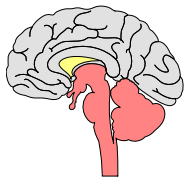
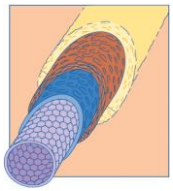
Harridge S et al., 2017

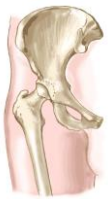


Mecanismos que condicionan la Capacidad intrínseca y la función

ESPECTRO DE LA CAPACIDAD INTRÍNSECA

Nivel biológico



Oxidative stress Inflammation

Nrf2
TXNRD1
HMOX2
SOD2
HIF1α

Compromised response to stress

Nivel sistémico

Vulnerabilidad Fisiológica aislada

ALTERACIÓN DE MÚLTIPLES SISTEMAS

Múltiples condiciones irreversibles

Espectro de la Fragilidad

Nivel funcional

Robustez
Capacidad intrínseca conservada
Elevada reserva funcional

Baja Reserva Funcional

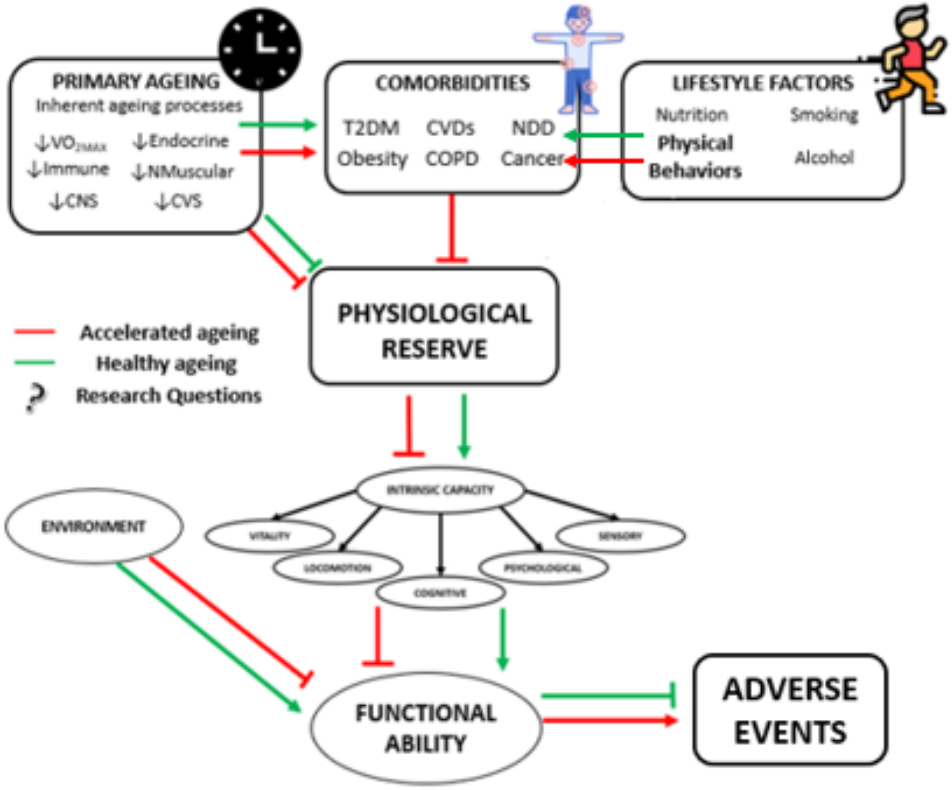

Discapacidad / Dependencia
Ausencia de reserva funcional

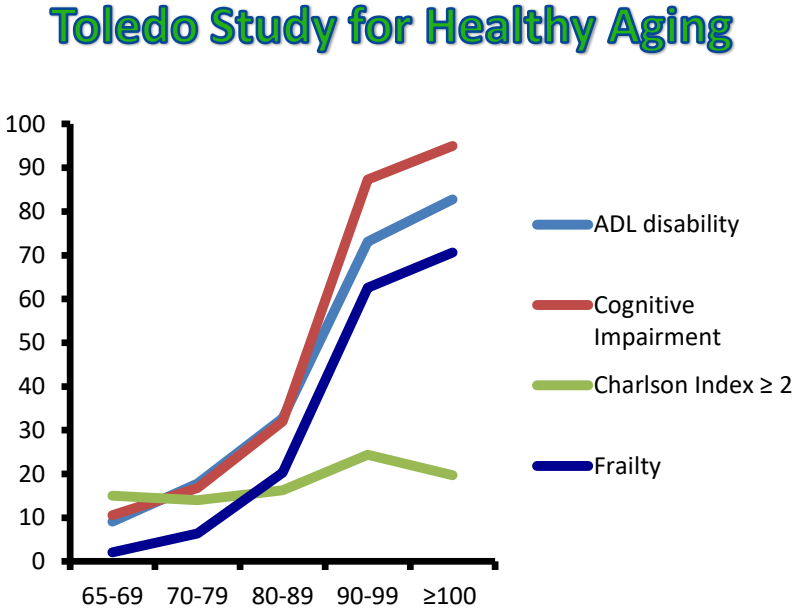
Dependencia grave

Muerte

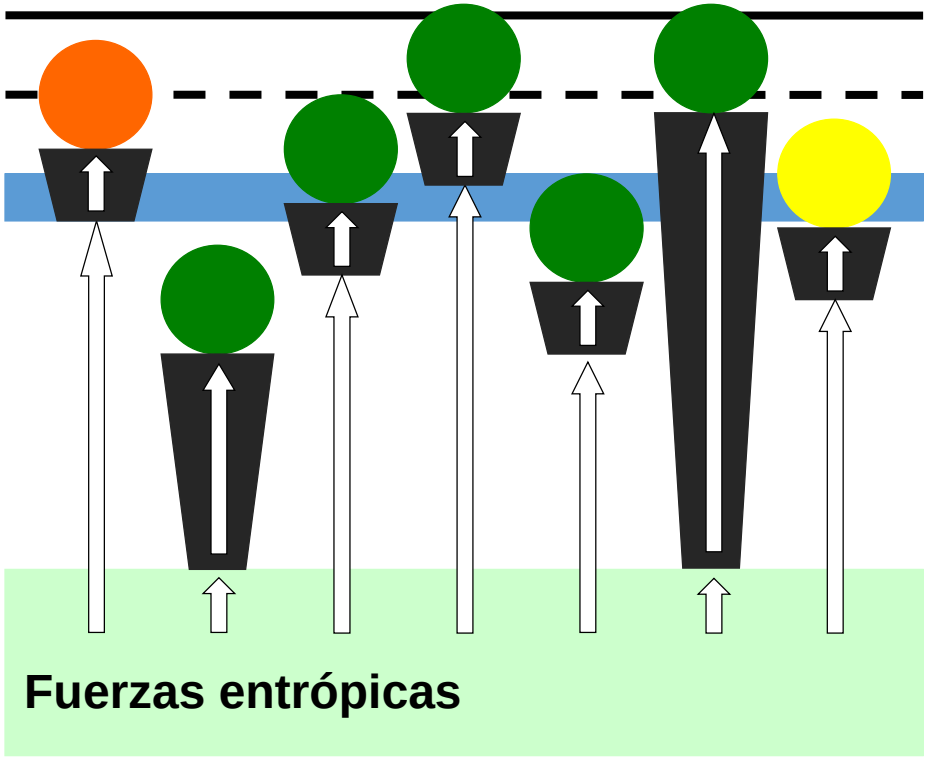
CONTINUUM FUNCIONAL

..debido a múltiples causas



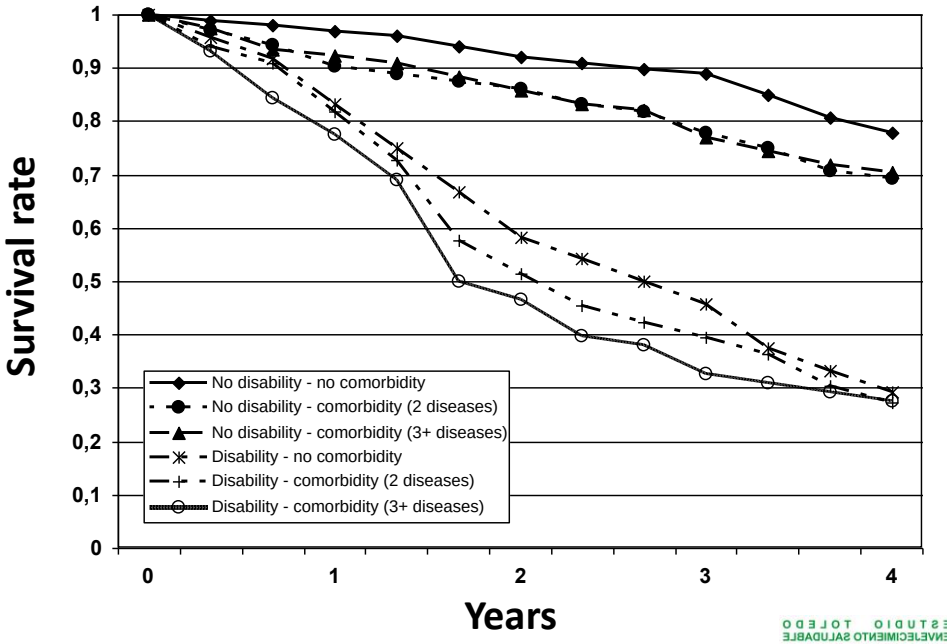


Modelo de enfermedad característico del adulto mayor

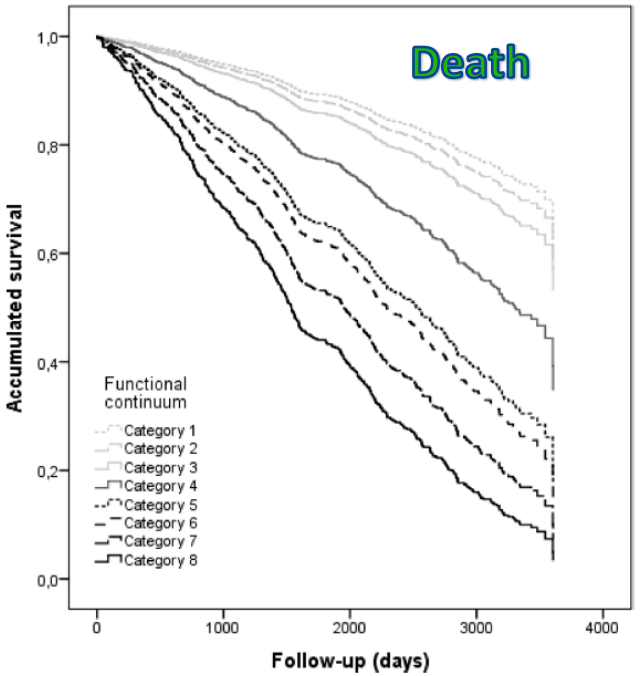


Studenski S. *J Nutr Health Aging* 2009;13:729-32
Ferrucci L et al. *Genus* 2005;LXI:39-53
Angulo J et al. Redox Biology 2020

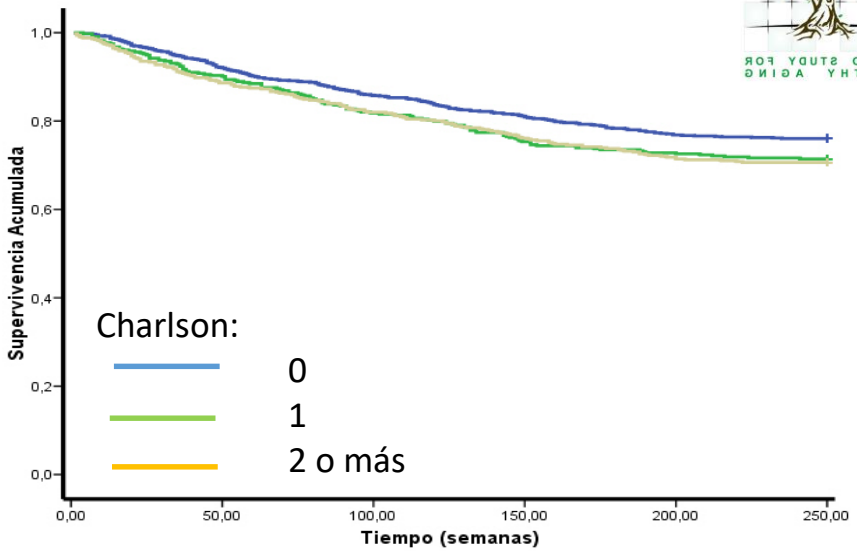
Landi et al., J Clin Epidemiol 2010



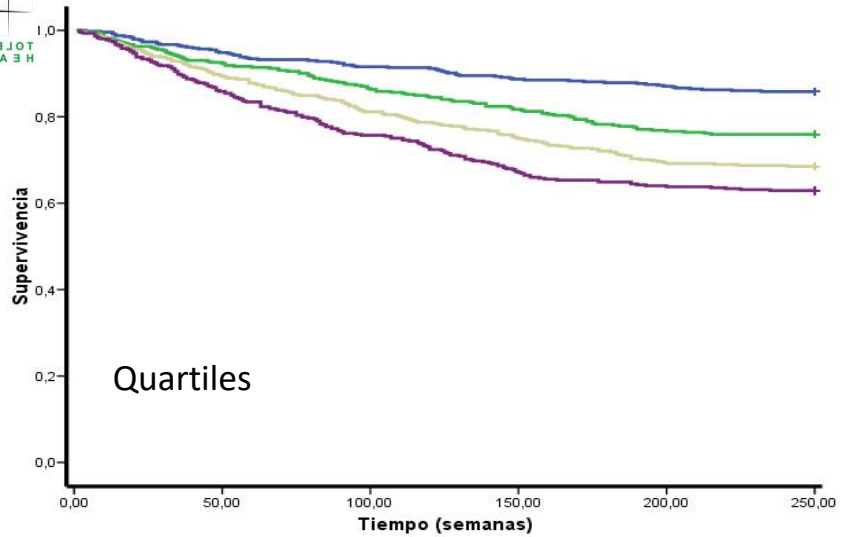
Hoogendijk et al 2019



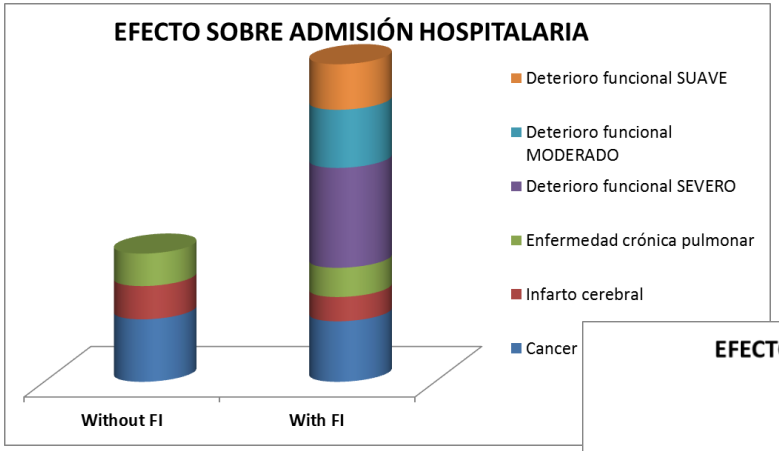
Charlson Index

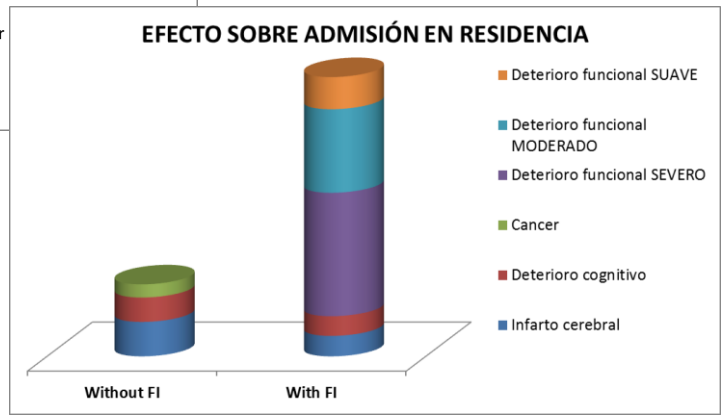


Frailty Trait Scale



UTILIZACIÓN DE RECURSOS SANITARIOS, ENVEJECIMIENTO, ENFERMEDAD Y FUNCION





university of groningen

B. Rodriguez-Sanchez and D. Cantarero-Prieto (2017). "Inequalities in diabetes outcomes: Some evidence from older Europeans based on the SHARE database". *Submitted to International Journal of Health Economics and Management.*

Beatriz Rodriguez-Sanchez, Viola Angelini, Talitha Feenstra and Rob Alessie. *Diabetes-associated factors as predictors of nursing home admission and costs in the elderly across Europe*. Journal of the American Medical Directors Association 2017, 18: 74-82

COSTES ANUALES DE HOSPITALIZACION (€) EN LA COHORTE DEL ESTUDIO TOLEDO

Robustos + Bien nutridos = 321.15€

Frágiles + Bien nutridos = 466.69€

Frágiles + en riesgo de malnutrición = 695.87€

Frágiles + malnutridos = 951.88€

ESTUDIO TOLEDO
ENVEJECIMIENTO SALUDABLE

TOLEDO STUDY FOR HEALTHY AGING

¿QUE HACER?

Frailty in the clinical scenario

The aim of health care has changed substantially—after centuries of trying to live longer, the time for living better has come. This change in focus has two main

*Leocadio Rodriguez-Mañas, Linda P Fried

Lancet 2015; 385: e7-9

TITLE: THE THIRD TRANSITION – the Clinical Evolution oriented to the Contemporary Older Patient

Authors and affiliation

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Fernando Rodríguez-Artalejo, MD, PhD
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Alan J Sinclair, MD, PhD
Diabetes Frail Ltd, UK and University of Aston, UK

JAMDA, 2017

TRANSICIÓN DEMOGRAFICA → **TRANSICION EPIDEMIOLOGICA** → **TRANSICION CLINICA**

La función como marcador del objetivo terapéutico

CUIDADOS CENTRADOS EN

Prevenir la fragilidad	Prevenir la Discapacidad Tratar la Fragilidad	Prevenir la Discapacidad Tratar el Declinar Funcional	Prevenir la Dependencia Tratar la Discapacidad	Manejar la Dependencia

Potencial reversibilidad del Declinar funcional

	Robusto	Frágil	Limitación Funcional	Discapacidad	Dependencia
Definición					
Intervenciones	**Qué** **Cómo** **Dónde** ?	**Qué** **Cómo** **Dónde** ?	**Qué** **Cómo** **Dónde** ?	**Qué** **Cómo** **Dónde** ?	**Qué** **Cómo** **Dónde** ?

¿QUE HACER?

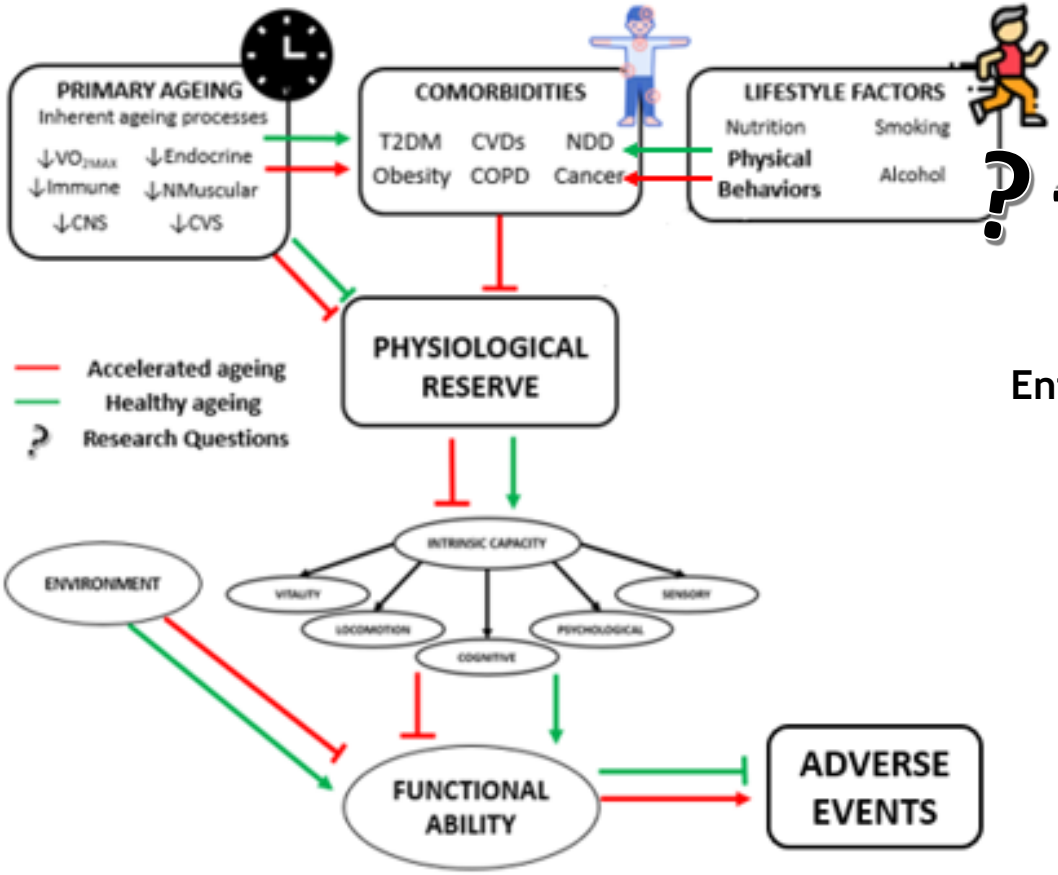
Estandarización de intervenciones en el proceso de cuidado integral continuado

Cribado/diagnóstico	Intervención precoz	Seguimiento

- Valoración funcional
- Valoración nutricional
- Valoración actividad física
- Enfermedades y condiciones crónicas
- Fármacos
- Habitos tóxicos
- Entorno

VALORACION GERIATRICA INTEGRAL

¿QUÉ HACER?



Recomendaciones de salud Pública

Intervenciones

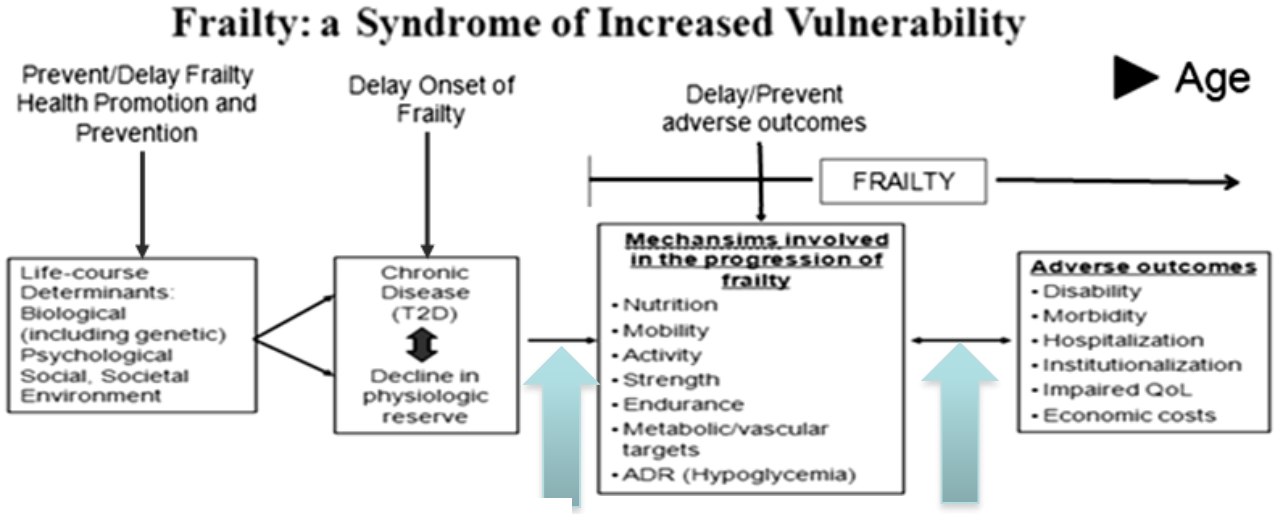
Enfermedades crónicas

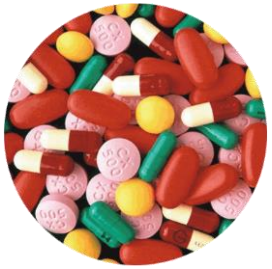
Pérdida de reserva funcional

Fragilidad

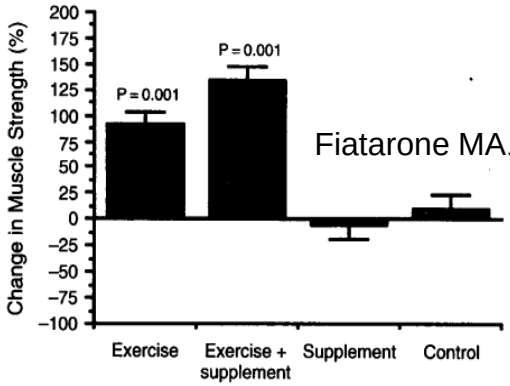
Sarcopenia

ENVEJECIMIENTO SALUDABLE



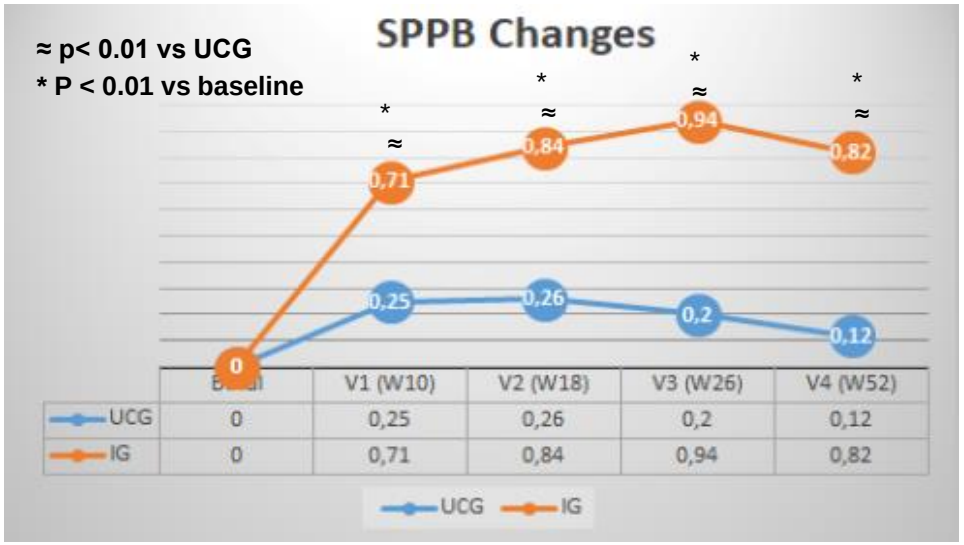


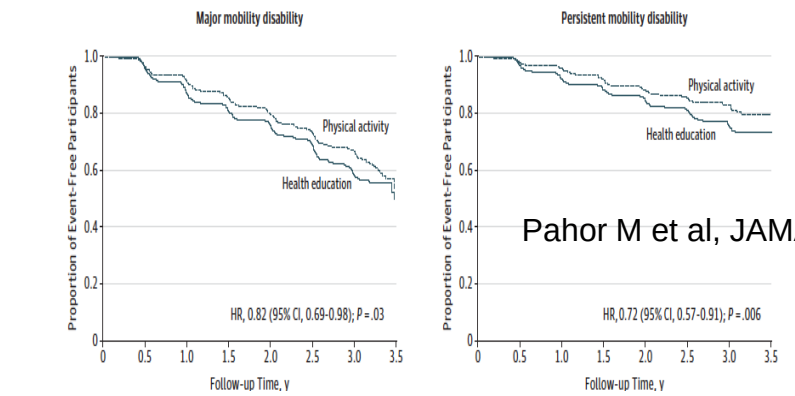
INTERVENCION MULTIPLE



Fiatarone MA.et al, NEJM, 1994

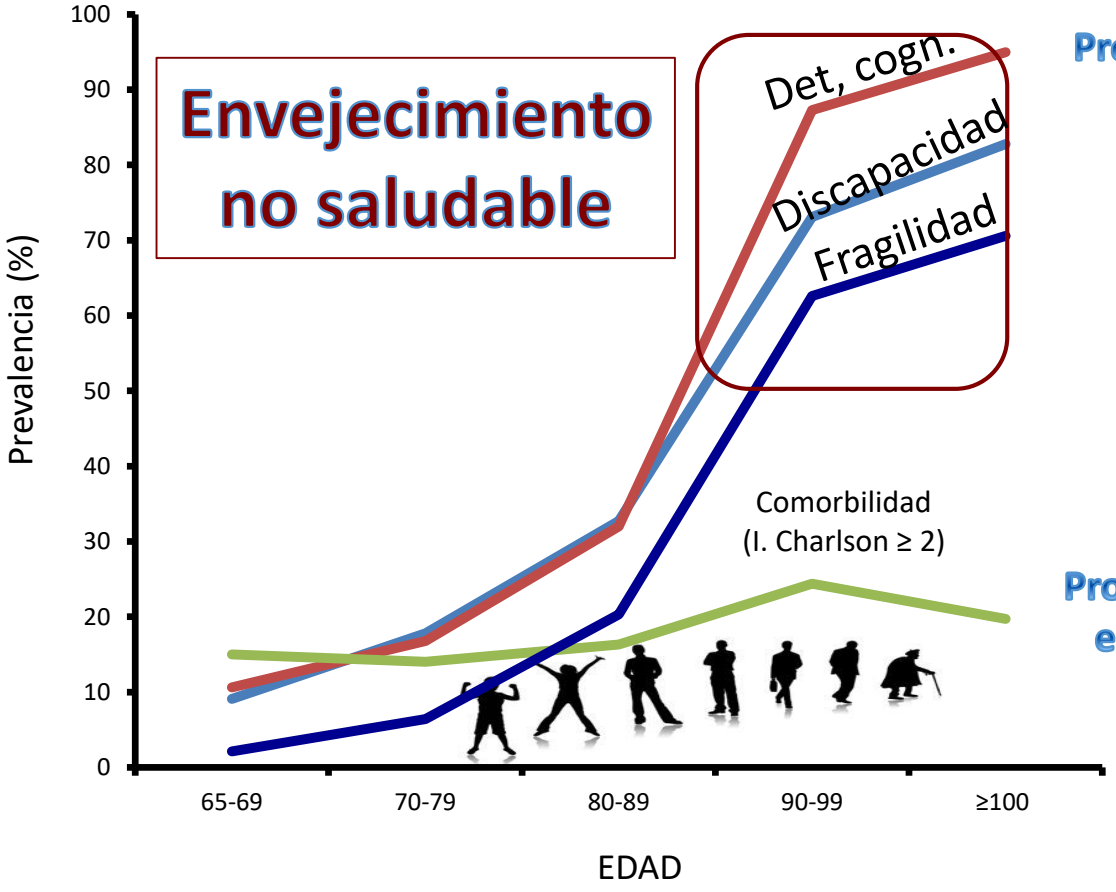
Rodriguez-Mañas L et al, J Cachexia Sarcopenia Muscle, 2019





Pahor M et al, JAMA 2014

TSHA
TSHA-Plus



Programas centrados en la función

Programas centrados en la enfermedad

ESTUDIO TOLEDO ENVEJECIMIENTO SALUDABLE

TOLEDO STUDY FOR HEALTHY AGING

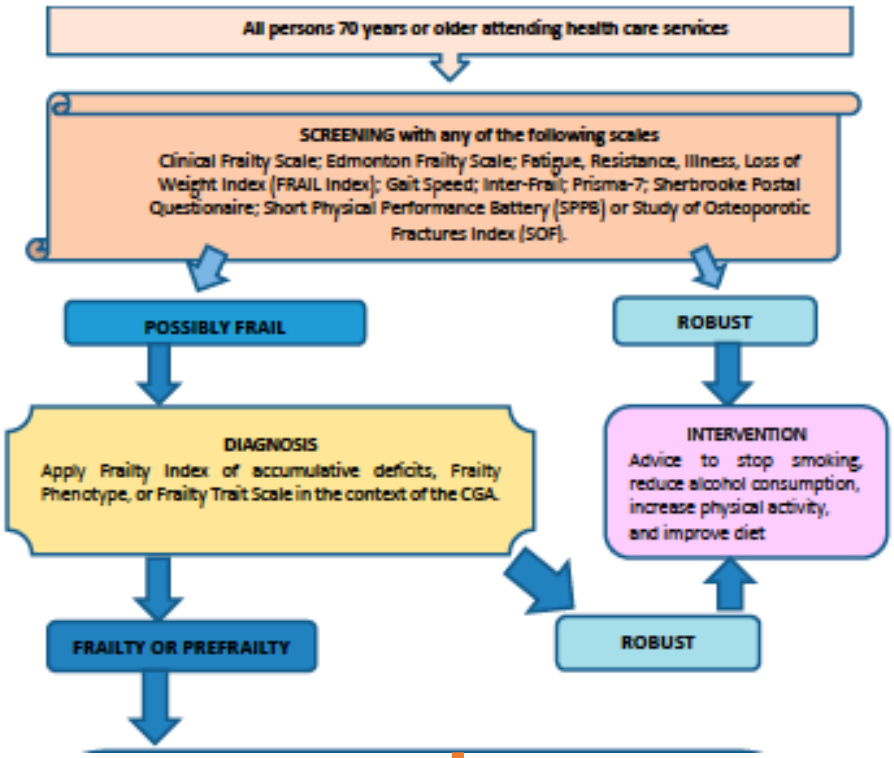
advantAGE
MANAGING FRAILTY

Co-funded by
the Health Programme
of the European Union

A Joint Action with **22 Member States and 35 organizations** involved

Manejo del Adulto Mayor frágil

Figure 1. Algorithm for the management of frailty at individual level



MANAGEMENT CONSISTING OF :

- Comprehensive Geriatric Assessment to develop a personalised care plan and carry out a personalized multi-dimensional interventions
- Take into account the frailty or pre-frailty stage to tailor the correct treatment of concomitant diseases.
- Provide structured multicomponent exercise programs (consisting of endurance, flexibility, balance, and resistance training) performed with low to moderate intensity, in 30 to 45 minutes sessions, three times a week. Followed or substituted by exercise programs of strength training: minimum of 8 weeks and medium to high exercise load (from 8 to 12 repetitions, from 30% - 60-70% of maximum intensity).
- Assess and optimize nutrition (Mini Nutritional Assessment)
- Apply tools to minimise risk from inappropriate drugs and polypharmacy (Beers criteria, STOPP-START or Laroche criteria).
- Advise patients with a body mass index greater than 35 kg/m2 to achieve a moderate weight loss of 0,5-1 kg per week or 8-10% of initial body weight after 6 months, with a final target of a body mass index between 30-35; always combined with physical activity and/or physical exercise.
- Considerer Vitamin D supplementation in frail patients who are at high risk for falls and fracture level and with a 25-OH vitamin D level < 30 ng/ml, with doses of 20 to 25 µg/day (800 a 1000 IU/day) of vitamin.
- ICT solutions should also be considered and advised to enable self-management and promote independence.

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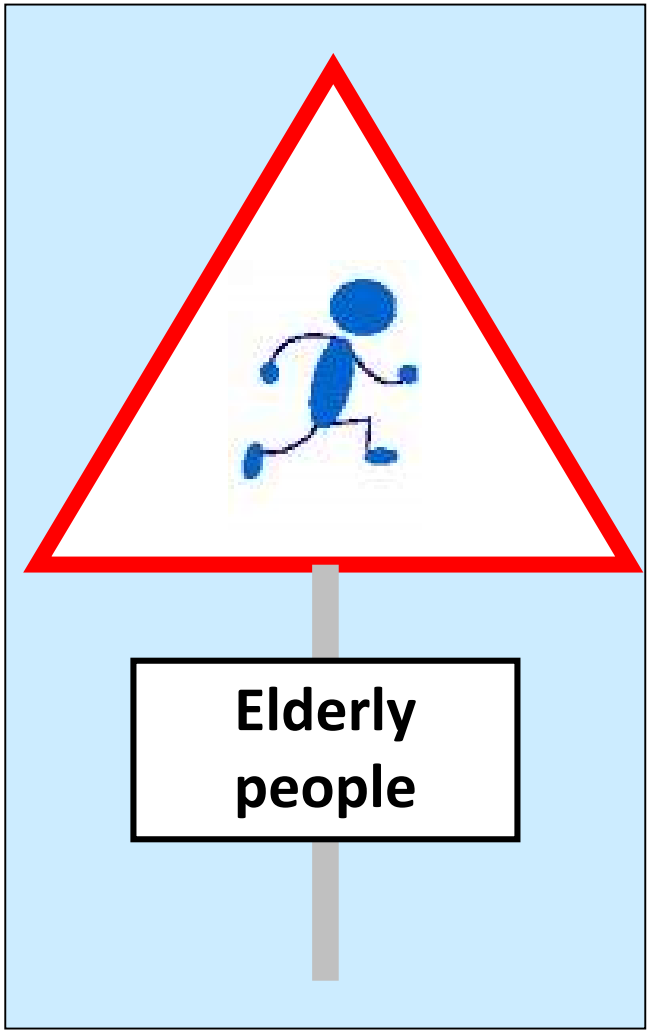
FUNDACIÓN DE INVESTIGACIÓN BIOMÉDICA
SaludMadrid Hospital Universitario de Getafe

NUESTRO PRINCIPAL OBJETIVO CUANDO ATENDEMOS ADULTOS MAYORES ES:



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MUCHAS GRACIAS

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