

FrailSafe Medical News

The Importance of Frailty Management Starts with Educating Health Professionals



Our team interviewed Deirdre Lang, Director of nursing at the Royal College of Physicians in Ireland, on the importance of frailty management and how education is crucial in frailty detection and how it can act as a catalyst for change in healthcare. Indeed, without the understanding of what frailty means, it would be difficult for the developed EU FrailSafe system to be efficient without the knowledge and support of the health professionals.

In Ireland the National Clinical Programme for Older People developed a National Frailty Education Programme in partnership the Irish Longitudinal Study on Ageing (TILDA); a partnership that allows research to inform practice in a unique way. The aim of the programme is to provide healthcare professionals with an enhanced understanding of frailty and frailty assessments, thereby ensuring earlier recognition of frailty, improved healthcare management, and better health outcomes for frail older adults”.

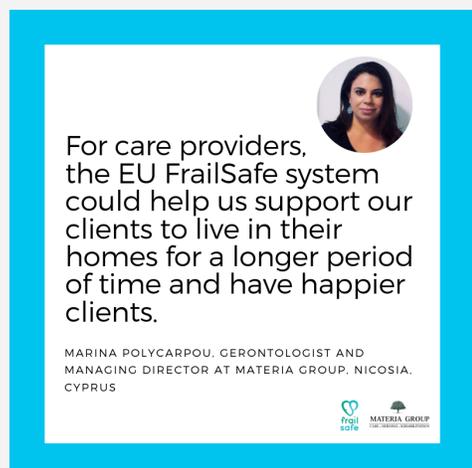
A National Frailty Education Programme as a driver of culture change in healthcare? What can you tell us about it?

In Ireland, the population 65 years and over is projected to increase by between 58 and 63 per cent from 2015 to 2030. The older old population (i.e. those aged 80 years of age and over) is set to rise even more dramatically, by between 85 per cent and 94 per cent in this time period ([ESRI 2017](#)). Much has been written about the need for healthcare systems to adapt to meet the growing demands associated with these demographic changes. For this to truly happen, we need a culture change. We need a paradigm shift in how we think, how we provide and where we deliver care to our ageing populations. To drive this change we need to unlock and share the “secret knowledge” of geriatric medicine – the care of older people with a long-term condition known as “Frailty”. We believe that the National Frailty Education Programme is the vehicle to drive this culture change. It promotes and encourages evidence based practice by ensuring knowledge is current. It promotes excellence, and encourages innovation and creativity in the management of the older person living with frailty. It complements the Guidance on Comprehensive Geriatric Assessment (CGA) produced by the National Clinical Programme in 2016 ([NCPOP Guidance on CGA](#)).

Read the full interview [here](#).

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Why Should Health Professionals Use the FrailSafe System?



Marina Polycarpou is the Managing Director at Materia Group, a care, nursing and rehabilitation service provider in Nicosia, Cyprus. Marina's background is in Gerontology and Psychology, and her passion is working towards an Active, Empowered Older Generation in Cyprus, with lots of options for care, housing, hobbies, and life fulfillment opportunities.

As a key actor in the care provision of older people in Nicosia, Marina Polycarpou shared her opinion on how important it is to address

frailty as early as possible and how the EU FrailSafe System could be useful to care providers. According to her, being able to monitor one's health and prevent adverse events can help people live independently as long as possible. As a care provider, if they are able to use such a system and do some prevention, it would delay the onset of frailty among her clients. This would mean that she can assist her clients for a longer period of time in their own homes. It also means that it delays the time when more invasive interventions would be needed. Watch her interview [here](#).



Yiannis Ellul first studied geriatric medicine and worked for many years in this field in the UK. He then moved back to Greece where he is now an Associate Professor of Neurology and Cerebrovascular Disease at the University of Patras. He maintains a strong interest in the care of older people and is strongly involved in the Greek Geriatric Societies.

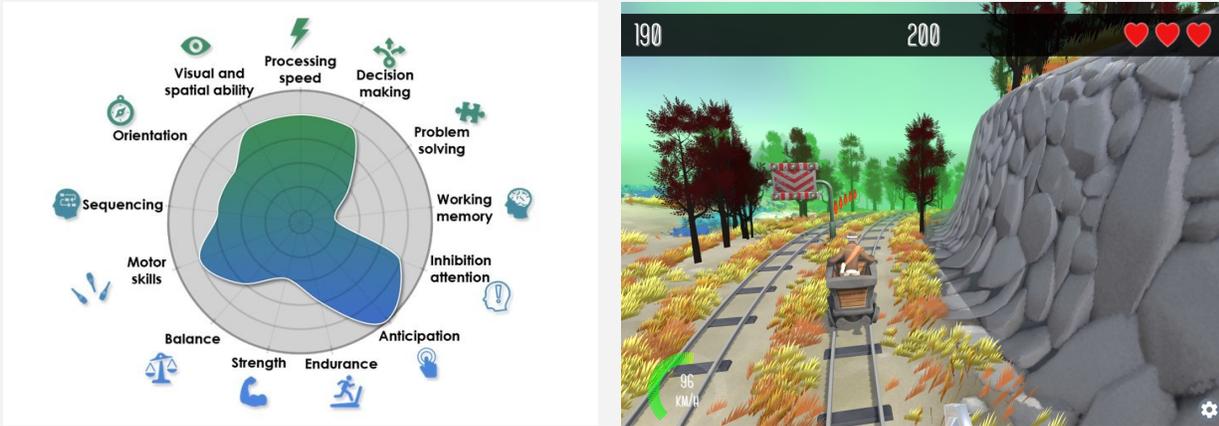
Yiannis explains that being able to apply the FrailSafe system to people that look healthy gives us the chance to adopt a preventive approach if the system informs us that these healthy people are actually

at risk of losing their physiological reserve earlier in the process. The added value of the FrailSafe system is being able to act as soon as possible, preventing deterioration and maintaining the person's wellbeing.

Watch his interview [here](#).

FrailSafe Technical Outcomes

Railway, the New and Last Serious Game to the FrailSafe Platform



Railway calls for high mental, cognitive and physical involvement of the players through the use of multi-component exercises aimed at the following modalities: perception, working memory, motor capacities, visual and spatial processing, and executive functions (anticipation, decision making and sequencing). The aim of the game is to monitor frailty patient features related to coordination and reflex, as the radar graph shows. To achieve the objectives of the game, Railway challenges the user to get the best possible score and longest distance in the game by capturing elements and avoiding obstacles.

Another couple of important technical features of the game are the following:

- The game implements “**Dynamic Difficulty Adjustment (DDA)**” that automatically changes the parameters, scenarios, and behaviours in real-time, based on the player's mental cognitive and physical performance and his/her developed abilities by playing in order to better enjoy the game.
- The visual aspects and movements in the game have been taken into account to avoid sudden changes of scenes and dizziness for the users.

Finally, it should be mentioned that Railway logs some game sessions scores like for example the distance travelled, the maximum velocity or the patient's range of movements while playing. Based on this data the clinicians can perform an analysis of the patient's evolution, or even detect sudden changes on their condition.

The full article is available [here](#).

For further information, please contact [Javier Montesa \(Brainstorm Multimedia\)](#)

FrailSafe Dissemination Activities

FrailSafe meets Austrian physiotherapists

In June 2018, FrailSafe met 16 physiotherapists of the University Hospital in Graz (Austria) at the neurological department to discuss frailty, its effects on older persons and how it impacts treatment outcomes during and after a hospital stay. After a general introduction and discussion on what frailty is, how it can be described, what the motor symptoms are that physiotherapists observe in their daily practice and how it influences recovery after a neurologic event and its connected hospital admission, a more specific discussion of the FrailSafe solution followed. The role of technology in monitoring health conditions such as frailty and the involved devices were explored. The participants have not been working with this kind of new technology in cooperation with other disciplines and their patients before and have shown interest in understanding how it works. They have identified potential added value in early detection of some symptoms and its development.

Some concerns were raised about data donation and data protection, which are issues the consortium partners are well aware of and are working on in order to comply with the General Data Protection Regulation.

The Frail Trail - Cyprus Photography Exhibition

On Saturday 21st of June 2018, Materia Group hosted the opening of [The Frail Trail](#), a photography exhibition aimed at raising awareness on the frailty syndrome and the FrailSafe project. People from the community, older adults, caregivers, healthcare professionals, artists and IT developers had the opportunity to attend the event and interact with the FrailSafe system.

The exhibition featured modern, black and white photo portraits by Cypriot photographer [Andreas Andreou](#). The portraits visually captured the emotional perspective of frailty and were accompanied by legends with older people's optimistic thoughts on frailty, old age and the use of the FrailSafe system.



FrailSafe Dissemination Activities

Annual European Platform for Rehabilitation (EPR) Conference



On September 21, EU FrailSafe had the chance to attend the Annual Conference of the European Platform for Rehabilitation (EPR) in Utrecht (the Netherlands). The EPR is a network of service providers to people with disabilities with the mission to build the capacity of its members to provide sustainable, high quality services through mutual learning and training.

EU FrailSafe was invited to present its solution's aims, methodology and mid-term outcomes in a mutual learning session on Independent Living/ICT/Assistive Technology and had a great discussion with the participants around the user acceptance of digital health innovations - possibilities and barriers.

Games for Health Europe 2018 Conference

EU FrailSafe was happy to participate at the Games for Health Europe Conference on 8-9 October 2018 in Eindhoven (the Netherlands) where the project representatives were able to meet European game developers and researchers involved in cutting-edge digital game development.

Our partner AGE Platform Europe took part in the session on "Silver Games" to state the importance of understanding that older people represent a very diverse group of individuals, ranging from persons in very good health condition, fully autonomous, to more dependent persons in need of support and care. Indeed, in the framework of the EU FrailSafe project, the heterogeneity of older people was taken into account in order to develop serious games. Their continuous feedback helped our partners (Brainstorm Multimedia and CERTH) to improve and update the serious games used in the EU FrailSafe integrated system.

FrailSafe Dissemination Activities

Together for Frailty Prevention Joint Webinar



On 19 October 2018, we organized a joint webinar with another EU-funded project, [Advantage JA](#), where 67 participants attended the session.

Topics related to the user experience, data privacy, user acceptance, adaptability of the EU FrailSafe system to visually impaired people for example were discussed at the end. The webinar can be viewed again [here](#).

Granted best paper award at IEEE International Conference on E-health networking, application & services

Our partners submitted a paper at the [IEEE International Conference on E-health Networking, Application & Services](#) that took place on 17-20 September 2018 in Ostrava, Czech Republic. We are glad to announce that the paper received the best paper award. We congratulate our team for this wonderful news.

The full paper is available [here](#).

FrailSafe at ICT 2018 Event in Vienna

The European Commission and the [Austrian Presidency](#) of the Council of the European Union organized the ICT2018 event on 4-6 Dec 2018 in Vienna. This research and innovation event focused on the European Union's priorities in the digital transformation of society and industry. It was an opportunity for the people involved in this transformation, such as policy makers, ICT innovators and investors, to share their experience and vision of Europe in the digital age.

FrailSafe organized a networking session on 5 December in the morning named "Connected Health System for Frailty Prevention", where our partners presented the developed FrailSafe system and its different components. The room was full and we could count among the participants people coming from the innovation sector, physicians and entrepreneurs.



Future Events

International Society for Telemedicine & eHealth (ISfTeH) & Portugal eHealth Summit—19 & 20 March 2019

In 2019 the conference of the International Society for Telemedicine & eHealth (ISfTeH) will be held in conjunction with the Portugal eHealth Summit. It is an opportunity for telemedicine and eHealth stakeholders to interact with each other, and to hear from and present to a national/regional audience.

The Portugal eHealth Summit is one of Europe's largest events dedicated to eHealth with more than 13,000 people in attendance, and even more (22,000) who accessed the livestream of the 2018 event. It is an initiative of the Ministry of Health and promoted by the Shared Services of the Ministry of Health (SPMS) and its National Center of Telehealth (CNTS) who are an institutional member of ISfTeH.

Further information [here](#).

New Technologies: Opportunity or Challenge for the Aging Population? — 27 & 28 March 2019

The international conference “**New Technologies: Opportunity or Challenge for the Aging Population?**” is the third from a series organized in the frame of the long-term *(eng)aging!* project. The project reflects the crucial importance of a society-wide debate regarding the topic of demographic change and aging population, and aims to highlight these issues, stimulate a constructive discussion, and help to create conditions that will make use of demographic change for the benefit of societies.

Further information [here](#).



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