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# ADVANTAGE Domain 4 case study: The Consensus Document on frailty and falls



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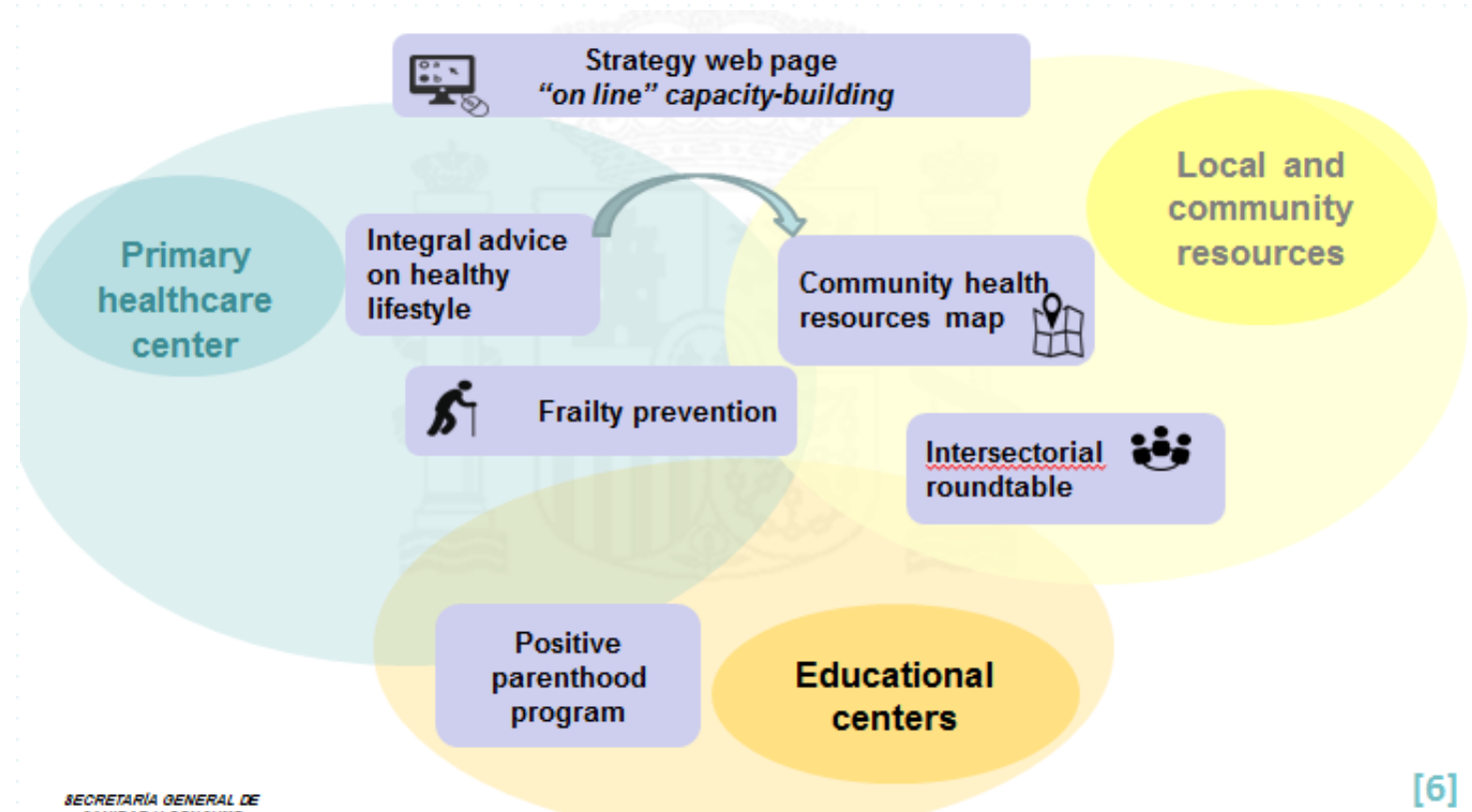


# Background. The health promotion and prevention strategy.

## THE HEALTH PROMOTION AND PREVENTION STRATEGY OF THE SPANISH NHS

WITHIN THE FRAMEWORK OF  
CHRONICITY ADDRESSING AT THE NHS

Document approved by the Inter-territorial  
Council of the National Health System  
on 18 December 2013.



# Background. Working Group on Frailty (WGF) and Consensus document.

## CONSENSUS DOCUMENT ON FRAILTY AND FALLS PREVENTION AMONG THE ELDERLY

THE PREVENTION AND HEALTH  
PROMOTION STRATEGY OF THE SPANISH  
NHS

Document approved by the Inter-territorial  
Council of the National Health System  
on 11 June 2014.

### Goal

To identify and prevent frailty and the risk of falls among the elderly, as a means to avoid and/or delay functional decline and to promote health in the over-70 population.

### Model of intervention and target population

- Organized opportunistic screening for individuals aged 70 and older, who attend Primary Healthcare centers for any reason.
- Active screening for individuals aged 70 and older, integrated in specific programs already established, i.e. programs devoted to chronic patients or the elderly.

### Scope of action

Primary Healthcare and community environment, in coordination with specialized and adequate geriatric and hospital resources.

# Proposal for the development of intervention.

## Intervention algorithm

**Initial test :** assessment of the basic activities of the daily living (BADL) by Barthel scale.

**Frailty screening:** SPPB test, gait speed or chair stand.

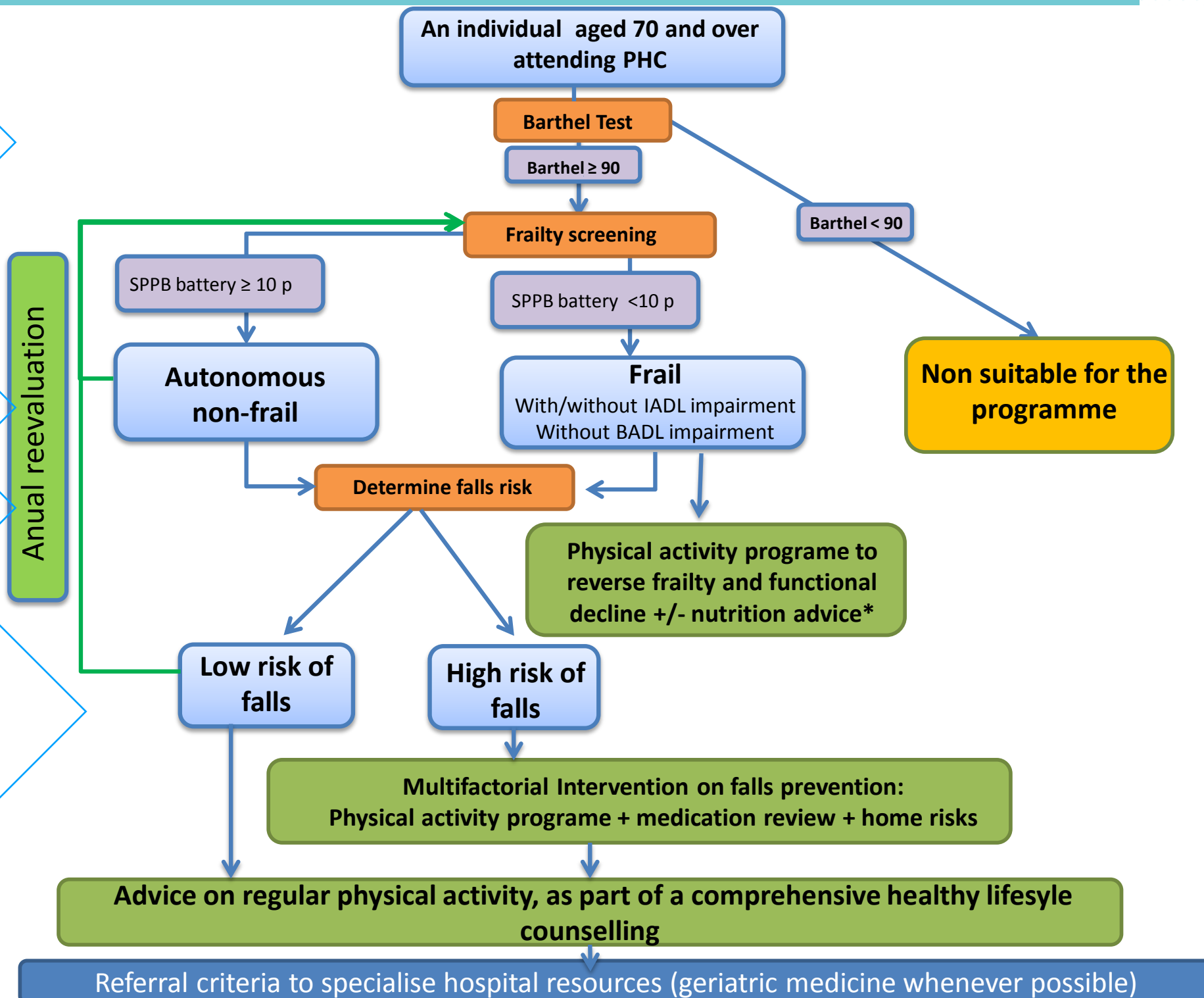
**Frailty classification:** autonomous non-frail or frail.

**Risk of falls:** 3 questions

**Evaluation:** multidimensional assessment

**Intervention:**

- Physical activity programme
- Healthy lifestyles counselling
- Falls prevention



\* Preferable framed in a multidimensional assessment (comprehensive geriatric assessment (CGA))

# Other activities that enhance implementation of this consensus

- **Training plan for health professionals** in the prevention, detection and management of frailty and falls focused in primary care
- Document to include frailty in the **electronical medical records** of primary care.
- Guide to develop **multi-component physical activity programs** in community and local resources
- Document of **physical activity recommendations** for the population, including recommendations for those over 65
- Comprehensive **counselling about life styles** in Primary Healthcare, linked to community resources in the adult population
- **Web** <http://www.estilosdevidasaludable.mscbs.gob.es/>
- **Local implementation** of The Health Promotion and Prevention Strategy
- **Evaluation** of the implementation level of this consensus across all Regions
- **Approval of the Spanish frailty roadmap** in the Public Health Commission on 14 November 2019





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# The Consensus Document on frailty and falls

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<https://www.mscbs.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/Fragilidadycaidas.htm>