

ICOPE

INTEGRATED CARE FOR OLDER PEOPLE

Generic care pathway and basic assessment



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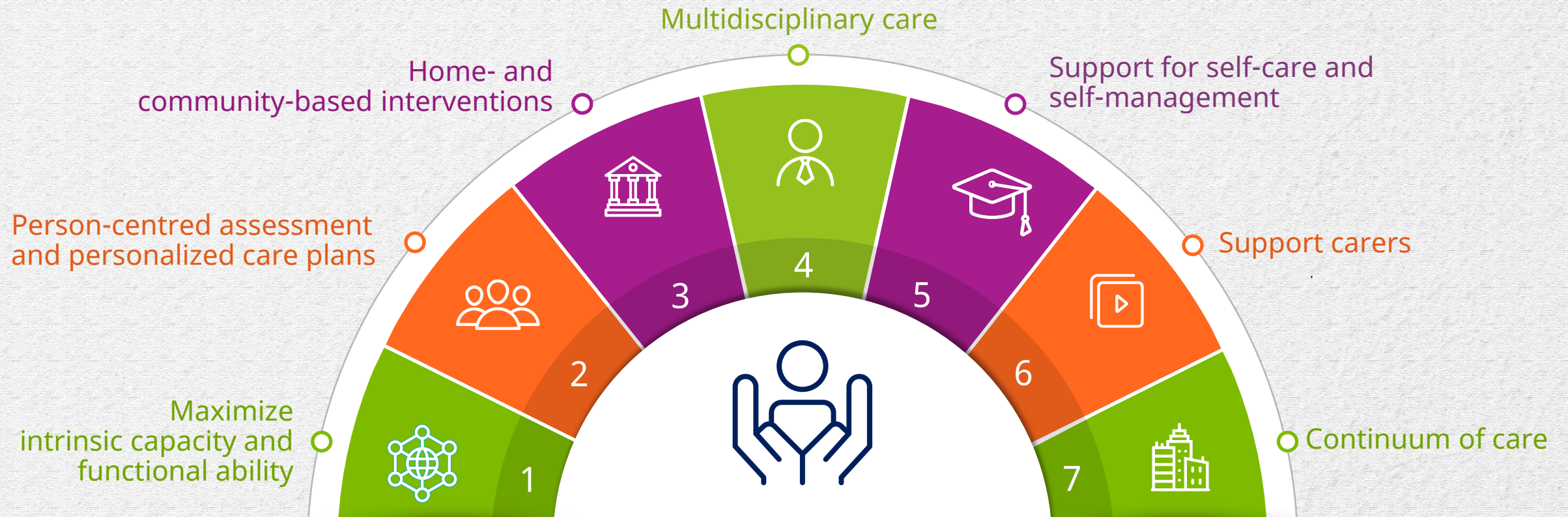
Learning objectives

By the end of this module, you will be able to:

- List the principles of ICOPE person-centred care
- Describe the four steps of the ICOPE care pathway
- Explain how to conduct the basic assessment of intrinsic capacity
- Present key lifestyle health advice that can be provided to older persons in primary care and community settings.



Principles of integrated care for older people



Integrated care for older people (ICOPE)

A comprehensive, community-based approach informed by evidence-based interventions targeting older people to prevent and manage impairments and declines in intrinsic capacity and functional ability



Cognitive
impairment



Mobility
limitation



Undernutrition



Vision
impairment



Hearing loss



Depressive
symptoms



Need for social
care and support

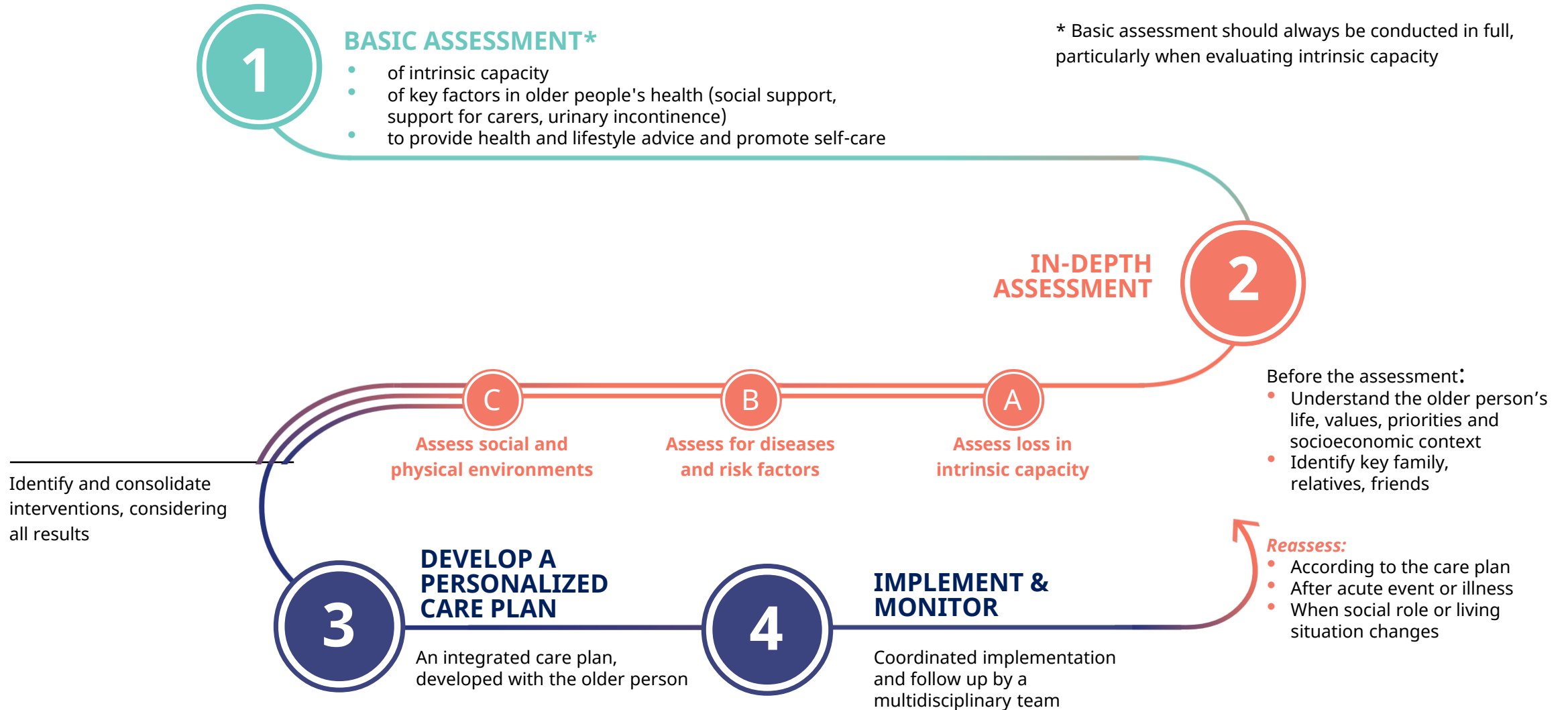


Carer's
support needs

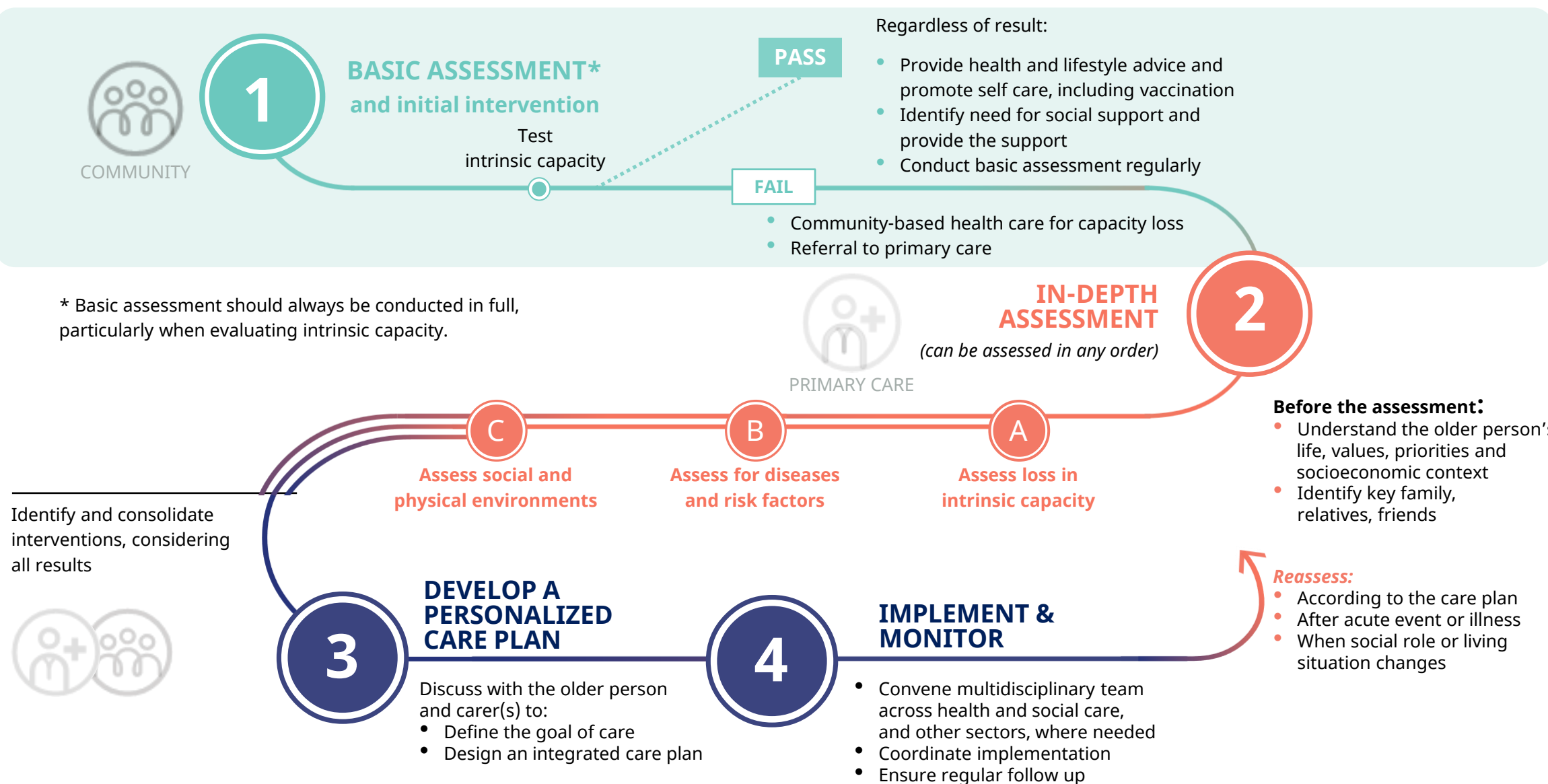


Urinary
incontinence

The ICOPE care pathway



The ICOPE care pathway in primary care



ICOPE basic assessment (I)



Trained health
and care worker
or community
stakeholder



Assess all domains
of intrinsic
capacity at one
time, rather than
separately



Adapt to the local
health system and
capacity of health
and care workers



For cognition,
vision, and
hearing: consider
asking a “filter
question”

At the end of the basic assessment,
always explain the results and the importance of regular re-evaluations.

ICOPE basic assessment (II)

	Filter question If YES, proceed for in-depth assessment (Step 2)	Tests	Assess fully any domain with a checked circle	Pass
Cognitive decline (Cognition)	Do you have problems with memory or orientation (such as not knowing where you are or what day it is)?	1. Remember three words (use nouns, for example): flower, door, rice. 2. Orientation in time and space: What is the full date today? Where are you now (home, clinic, etc.)? 3. Recalls the three words?	☐ Wrong to either question or does not know ☐ Cannot recall all three words	☐ Correct to both questions
Limited mobility (Locomotor capacity)		Chair rise test Rise from chair five times without using arms. Did the person complete five chair rises within 14 seconds?	☐ No	☐ Yes
Undernutrition (Vitality)		1. Weight loss Have you unintentionally lost more than 3 kg over the last 3 months? 2. Appetite loss Have you experienced loss of appetite?	☐ Yes ☐ Yes	☐ No to both questions
Vision impairment (Vision)	Do you have any problems with your eyes: difficulties in seeing far or near*, eye pain or discomfort? Do you have diabetes, or hypertension, or are currently using steroids or eye medications? *with spectacles if normally worn	1. External eye check 2. Visual acuity test using WHO vision screening chart*: • Distance vision (6/12 for each eye) • Near vision (N6 for both eyes)	☐ Fail ☐ Fail	☐ Pass ☐ Pass for both distance and near vision
Hearing loss (Hearing)	Do you have a hearing problem? For those using a hearing aid(s) add, "even when using your hearing aid(s)".	Whisper test or Screening audiometry or Digits-triplet-in-noise test	☐ Fail	☐ Pass
Depressive symptoms (Psychological capacity)		Over the past 2 weeks, have you been bothered by either of the following: • Feeling down, depressed or hopeless? • Little interest or pleasure in doing things?	☐ Yes ☐ Yes	☐ No to both questions

Cognitive impairment



Filter question

*Do you have problems with memory or orientation
(e.g., not knowing where you are or what day it is)?*

The answer
is "YES"

**Proceed to
in-depth
assessment**

1. Remembering three words

Ask the person to remember
three words that you will say
(e.g., flower, door, rice)

2. Orientation

*What is the full date today?
Where are you now?*

3. Recalling three words

Ask the person to repeat the
three words that you
mentioned

The person cannot answer one of the two questions
about the orientation; **OR**
Cannot recall all three words

**Proceed to
in-depth
assessment**

Limited mobility



Ask

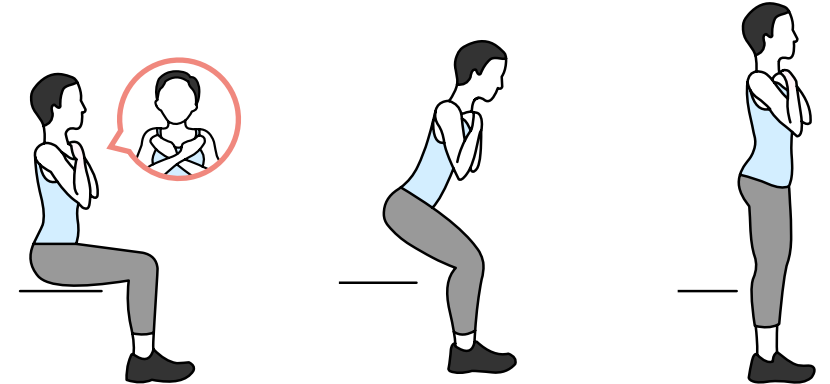
Do you think it would be safe for you to try to stand up and sit down from a chair five times as quickly as possible without using your arms, and without causing yourself pain or discomfort?

Stand up fully and sit down again five times as quickly as possible

Time the person taking the test



Chair Rise Test



The person is unable to attempt the chair rise test; OR
is unable to stand up five times within 14 seconds.

**Proceed to
in-depth
assessment**

Undernutrition



Ask

- **Weight loss**

Have you unintentionally lost more than 3 kg over the last three months?

If body weight is unknown, ask: Have you noticed loose clothes, belts or wrist watches?

- **Appetite loss**

Have you experienced loss of appetite?

The person answers “YES” **to either** question

**Proceed to
in-depth
assessment**

Vision impairment (I)



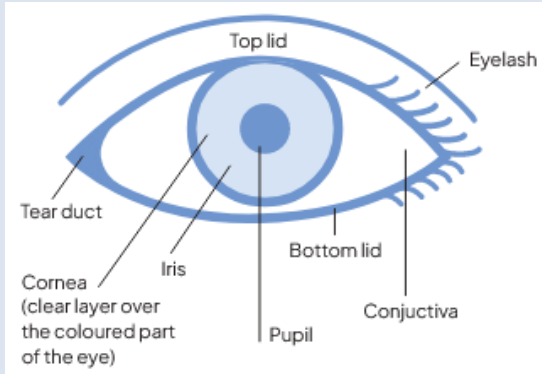
Filter question

- *Do you have any problems with your eyes: difficulties in seeing far or near (with spectacles if normally worn), eye pain or discomfort?*
- *Do you have diabetes or hypertension, or are currently using steroids or eye medications?*

The person answers “YES” **to either** question

**Proceed to
in-depth
assessment**

Vision impairment (II)

**1**

External eye check
Look for possible external eye abnormalities

If present

Proceed to in-depth assessment

**2**

Visual acuity test
Distance vision, then near vision

Distance vision
<6/12
(either eye)
OR
Unable to see N6
with reading
spectacles

Proceed to in-depth assessment

If the person already wears spectacles, examine visual acuity while wearing them.

Hearing loss



Filter question

*Do you have a hearing problem?
For those using hearing aids add "...even when using
your aids"*

The
answer
is "YES"

**Proceed to
in-depth
assessment**

Whisper voice test

The person fails to repeat three or more
of four words

Screening audiometry

The person fails to respond at 35 dBHL
at one or more frequencies in **either** ear

Digits-in-noise test



The person fails to respond at 35 dBHL
(low score)

**Proceed to
in-depth
assessment**

Depressive symptom



Ask

Over the past two weeks, have you been bothered by either:

- *Feeling down, depressed or hopeless?*
- *Little interest or pleasure in doing things?*

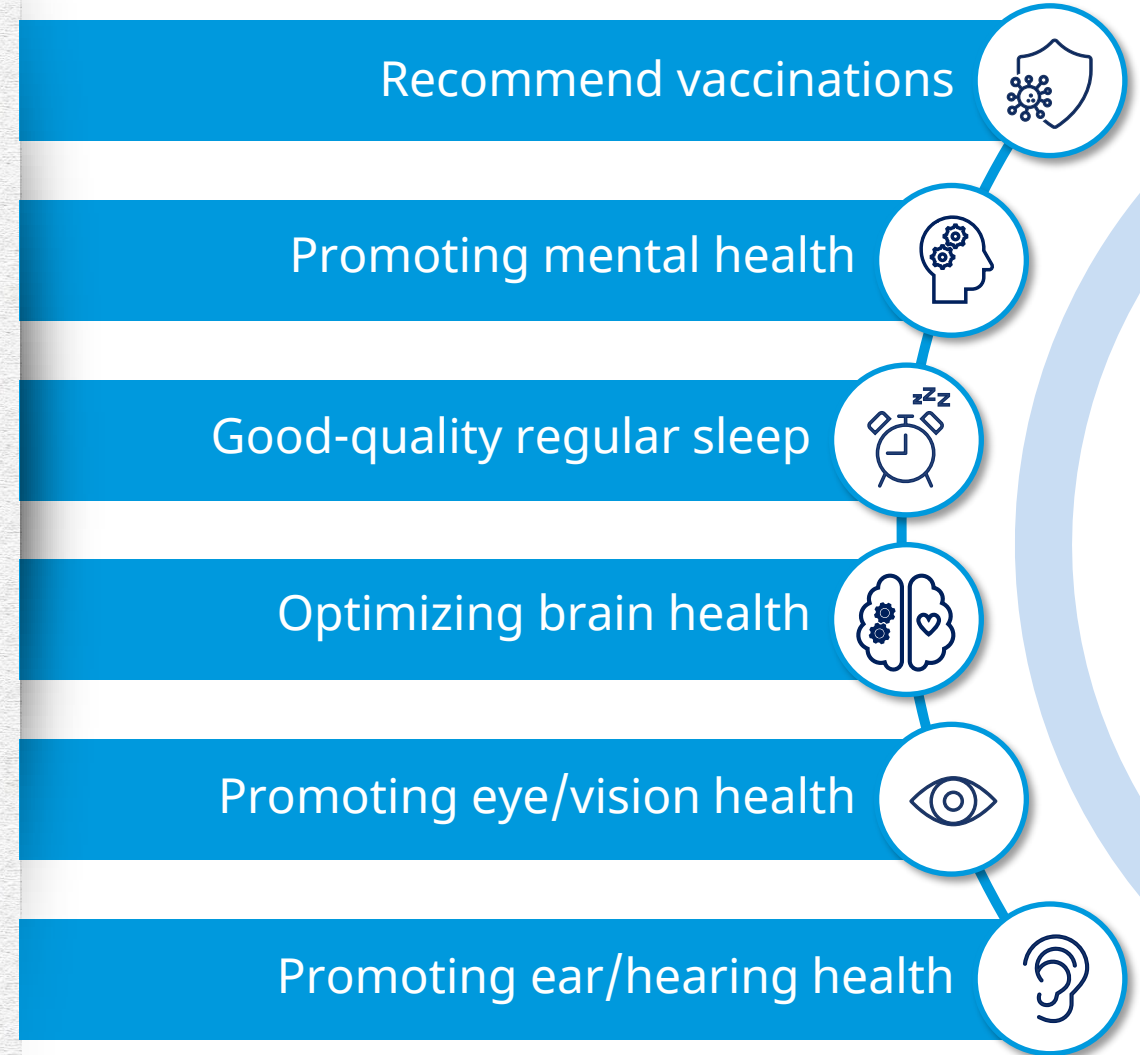
The person answers “YES” **to either** question

**Proceed to
in-depth
assessment**

ICOPE basic assessment (III)

	Questions/assessment	Further assessment/ supplementary questions should be considered	Re-ask regularly
Social care and support	Home environment Do you have problems with your home, for example, house condition, location, safety?	☐ Yes	☐ No
	Financial situation Do you often have insufficient funds to pay for your food, housing and health care costs?	☐ Yes	☐ No
	Social isolation and loneliness Do you often feel lonely?	☐ Yes	☐ No
	Social engagement and participation Do you have difficulty in pursuing leisure interests and other activities that are important to you?	☐ Yes	☐ No
Carer support (Ask the carer of the older person in private)	Do you feel you have whatever support you need in your role as a carer?	☐ No	☐ Yes
	Do you feel confident in your ability to provide care and support?	☐ No	☐ Yes
	Assess if there is negative impact of the carer role (physically, mentally, financially, socially).	☐ Yes	☐ No
Urinary incontinence	Do you have any problems with bladder control, such as accidental leakage of urine?	☐ Yes	☐ No

Healthy lifestyle advice for older people



Summary



- The ICOPE care pathway is a person-centred approach that utilizes evidence-based interventions to manage intrinsic capacity impairments and promote functional ability in primary care and community settings.
- The ICOPE care pathway is composed of four steps:
 1. Basic assessment
 2. In-depth assessment
 3. Development of a personalized care plan
 4. Implementation and monitoring of the care plan
- For each domain of intrinsic capacity, a basic assessment helps identifying potential impairments and enables evidence-based interventions.

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