



INTEGRATED CARE FOR OLDER PEOPLE

GENERIC CARE PATHWAY AND BASIC ASSESSMENT

Learning Objectives

By the end of this module, you will:

- Understand the principles of ICOPE person-centred care.
- Describe the four steps of the ICOPE approach.
- Explain how to assess and manage the various domains of intrinsic capacity in primary care, including in the community.

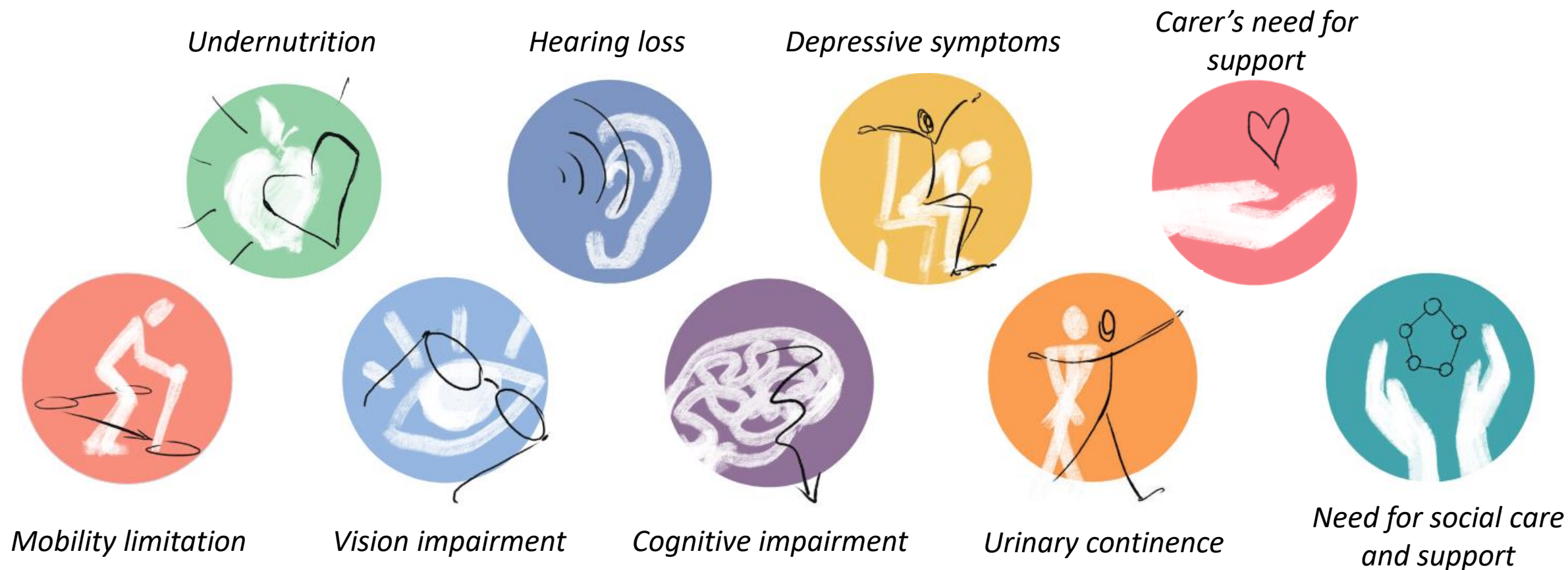


Principles of Integrated Care for Older People

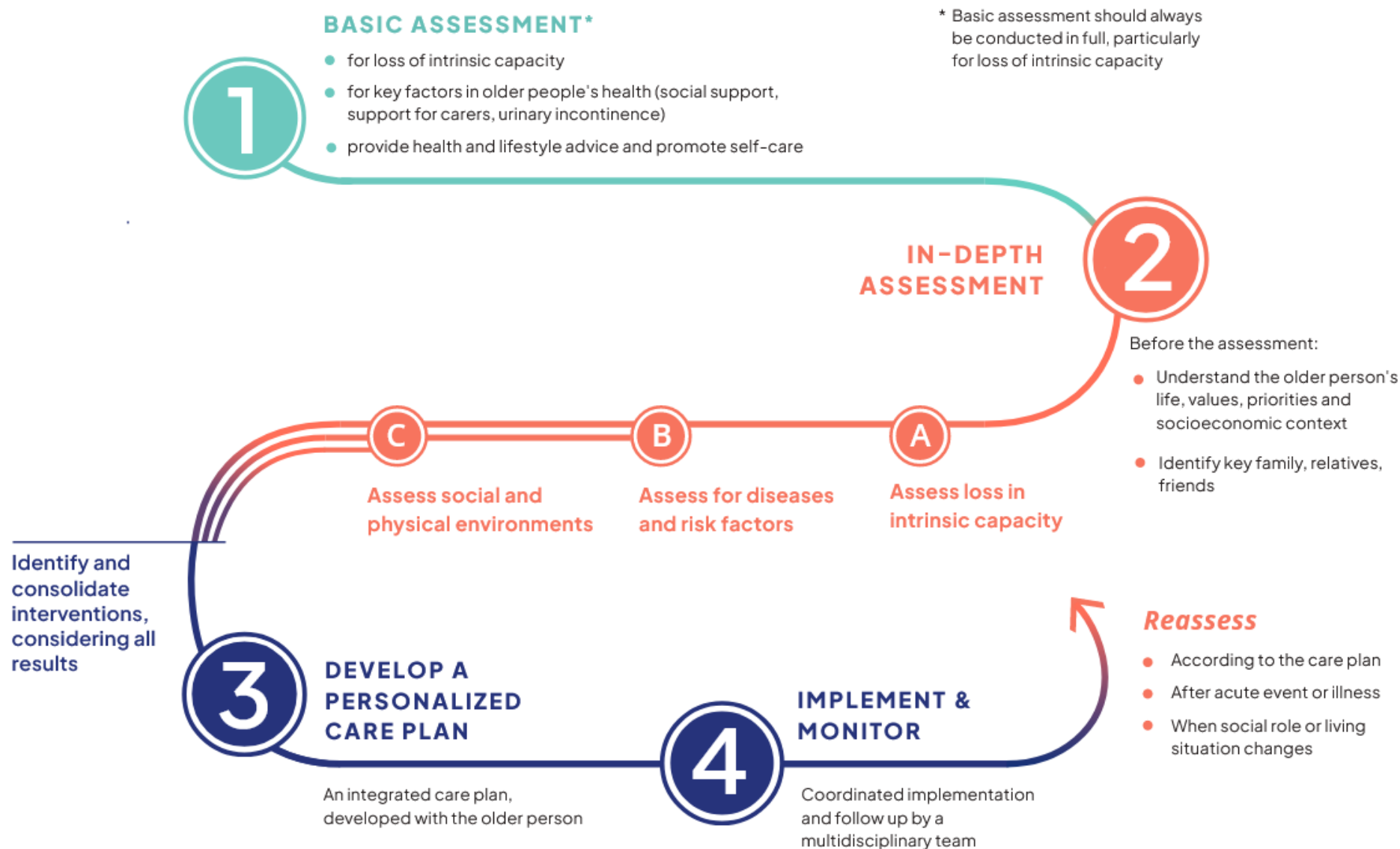


Integrated Care for Older People (ICOPE)

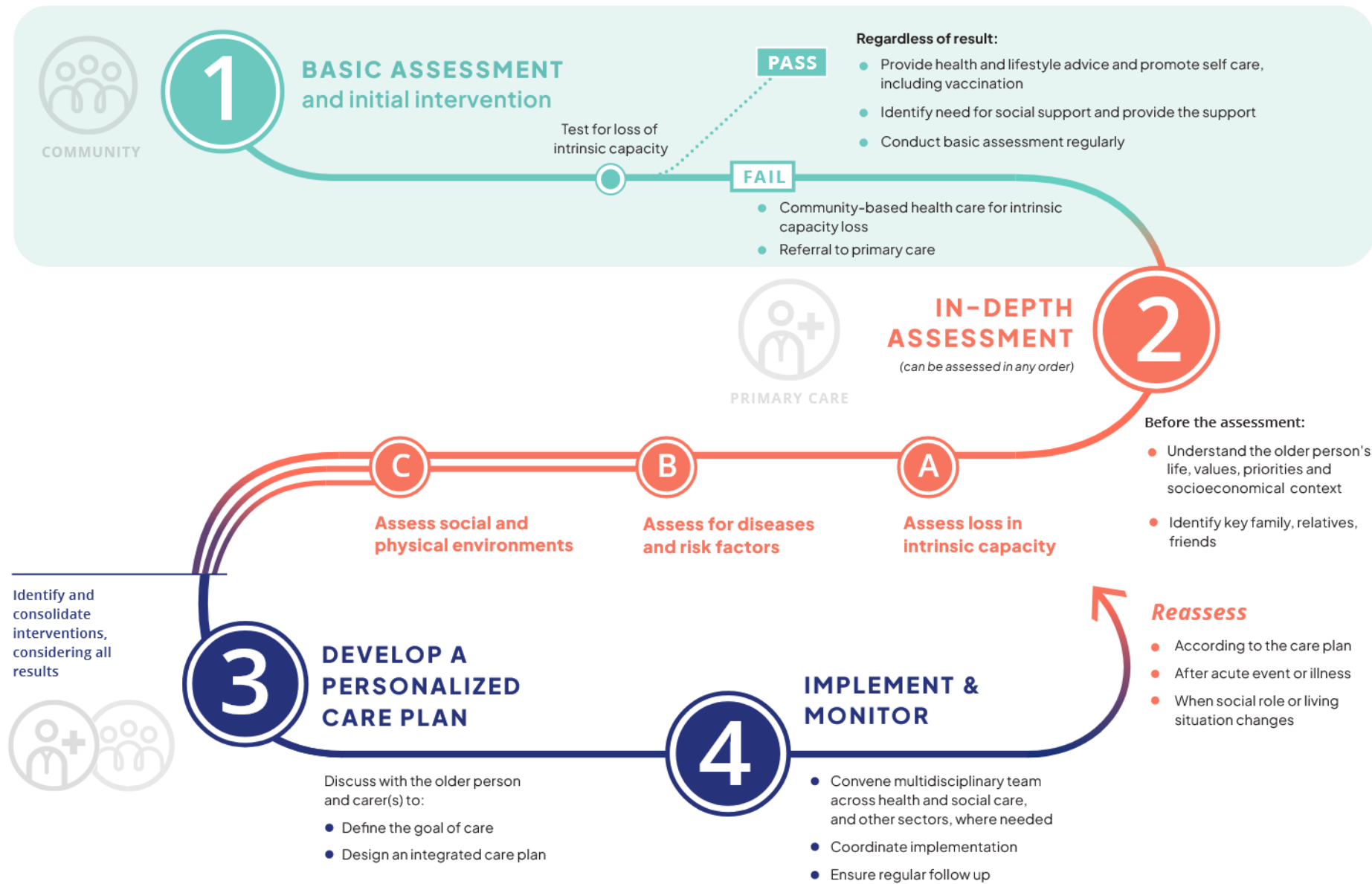
A comprehensive, community-based approach based on evidence-based interventions targeting older people to prevent and manage impairments and declines in intrinsic capacity and functional ability



The ICOPE Care Pathway



The ICOPE Care Pathway in Primary Care



ICOPE Basic Assessment (I)



Every 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 workers.



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

At the end of the 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)?	<ol style="list-style-type: none"> Remember three words (use nouns, for example): flower, door, rice. Orientation in time and space: What is the full date today? Where are you now (home, clinic, etc.)? Recalls the three words? 	<input type="radio"/> Wrong to either question or does not know <input type="radio"/> Cannot recall all three words	<input type="radio"/> 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?	<input type="radio"/> No	<input type="radio"/> Yes
Undernutrition (Vitality)		<ol style="list-style-type: none"> Weight loss Have you unintentionally lost more than 3 kg over the last 3 months? Appetite loss Have you experienced loss of appetite? 	<input type="radio"/> Yes <input type="radio"/> Yes	<input type="radio"/> 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? <small>*with spectacles if normally worn</small>	<ol style="list-style-type: none"> External eye check Visual acuity test using WHO vision screening chart*: <ul style="list-style-type: none"> Distance vision (6/12 for each eye) Near vision (N6 for both eyes) 	<input type="radio"/> Fail <input type="radio"/> Fail	<input type="radio"/> Pass <input type="radio"/> Pass for both distance and near vision
Hearing loss (Hearing)	Do you have a hearing problem? <i>For those using a hearing aid(s) add, "even when using your hearing aid(s)".</i>	Whisper test or Screening audiometry or Digits-triplet-in-noise test	<input type="radio"/> Fail	<input type="radio"/> Pass
Depressive symptoms (Psychological capacity)		Over the past 2 weeks, have you been bothered by either of the following: <ul style="list-style-type: none"> Feeling down, depressed or hopeless? Little interest or pleasure in doing things? 	<input type="radio"/> Yes <input type="radio"/> Yes	<input type="radio"/> 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

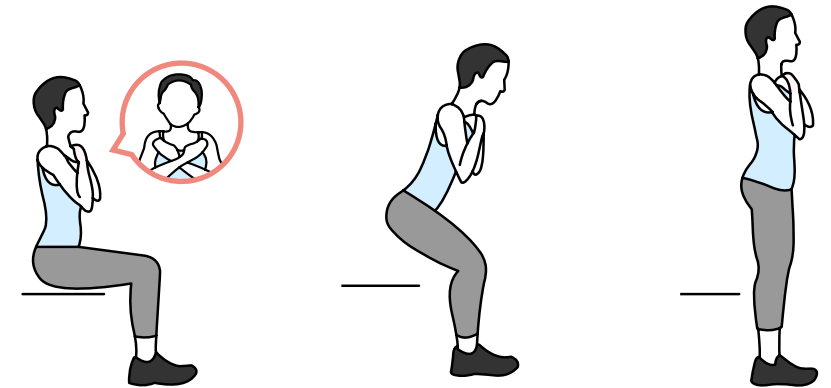
Do you think it would be safe for you to try to stand up and sit down from a chair five times as quickly as possible without using your arms, and without causing yourself pain or discomfort?

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



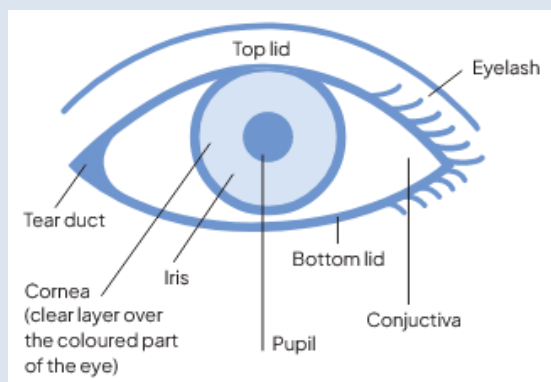
Do you have any problems with your eyes: difficulties in seeing far or near (with spectacles if normally worn), eye pain or discomfort?

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**

One of three possible tests

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-triplet-in-noise test

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

**Proceed to
in-depth
assessment**

Depressive Symptoms

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?	<input type="radio"/> Yes	<input type="radio"/> No
	Financial situation Do you often have insufficient funds to pay for your food, housing and health care costs?	<input type="radio"/> Yes	<input type="radio"/> No
	Social isolation and loneliness Do you often feel lonely?	<input type="radio"/> Yes	<input type="radio"/> No
	Social engagement and participation Do you have difficulty in pursuing leisure interests and other activities that are important to you?	<input type="radio"/> Yes	<input type="radio"/> 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?	<input type="radio"/> No	<input type="radio"/> Yes
	Do you feel confident in your ability to provide care and support?	<input type="radio"/> No	<input type="radio"/> Yes
	Assess if there is negative impact of the carer role (physically, mentally, financially, socially).	<input type="radio"/> Yes	<input type="radio"/> No
Urinary incontinence	Do you have any problems with bladder control, such as accidental leakage of urine?	<input type="radio"/> Yes	<input type="radio"/> No

Healthy lifestyle advice for older people



Summary

The ICOPE care pathway is a person-centred approach that utilises evidence-based interventions to manage declines of intrinsic capacity in primary care.

The ICOPE care pathway is composed of four steps:

1. Basic assessment
2. In-depth assessment
3. Development of a personalised care plan
4. Implementation and monitoring of the care plan

For each domain of intrinsic capacity, a basic assessment allows the identification of potential impairments and enables evidence-based interventions.

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