

[www.frail-fragile.ca](http://www.frail-fragile.ca)

# **Canadian Initiative on Frailty and Aging Initiative canadienne sur la fragilité et le vieillessement**

## **Progress Report**

**June 2004**

**Howard Bergman MD**

Funding :

Max Bell Foundation

Institute on Aging, CIHR

Quebec Research Network on Aging (FRSQ)

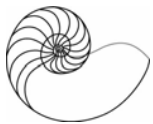
Gustav Levinschi Foundation

In partnership with Canadian, European, Israeli Research Groups

# The Canadian Initiative on Frailty and Aging Goals

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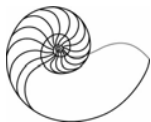
- ◆ An improved understanding of the causes, implications and trajectory of frailty in the context of our ageing population
- ◆ Promote wellness and improve both the quality of health care and of life for older Canadians through prevention, treatment and cost-effective organization of the delivery of care



# The Canadian Initiative on Frailty and Aging Objectives

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1. Through a systematic review, summarize present state of research on frailty in order to lay down a framework and identify research priorities
2. Propose to clinicians evidence based recommendations on interventions which may prevent, delay or slow progression of frailty
3. Propose recommendations to policy makers
4. Propose recommendations to population



# Approach

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## ◆ Integrative

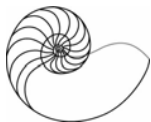
- From bench to bedside to the community
- Start from a broad and flexible perspective

## ◆ Societal

- A population approach
- Health promotion and policy

## ◆ Life Course approach

- The study of long-term effects on chronic disease risk of physical and social exposures during gestation, childhood, adulthood and later adult life. It includes studies of the biological, behavioural and psychosocial pathways that operate across an individual's life course, as well across generations, to influence the development of chronic disease.
  - Ben-Shlomo, Kuh. International Journal of Epidemiology 2002;31:285-293



# The Canadian Initiative on Frailty and Aging

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## **Phase 1 (Fall 2002 – Winter 2004)**

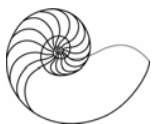
### Review and Investigator Meeting

- ◆ Carry out the Systematic Review
- ◆ Investigator Meeting held in Montreal, March 2004

## **Phase 2 (Winter 2004 – Winter 2005)**

### International Meeting

- ◆ Organization of an international working meeting of investigators



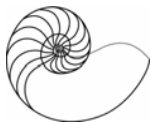
# The Canadian Initiative on Frailty and Aging

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## Phase 3 (Winter 2005 – Spring 2006)

### Research Program and Consensus Meeting

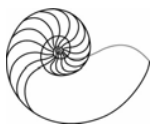
- ◆ Proposal and grant submission for an integrated research program on frailty by a network of Canadian and international researchers
- ◆ Organization of a Canadian Consensus Conference
  - Guidelines for health professionals
  - Policy recommendations
    - Social and health policy
    - Organization and financing of care
- ◆ Dissemination to the Canadian Community



# Steering Committee

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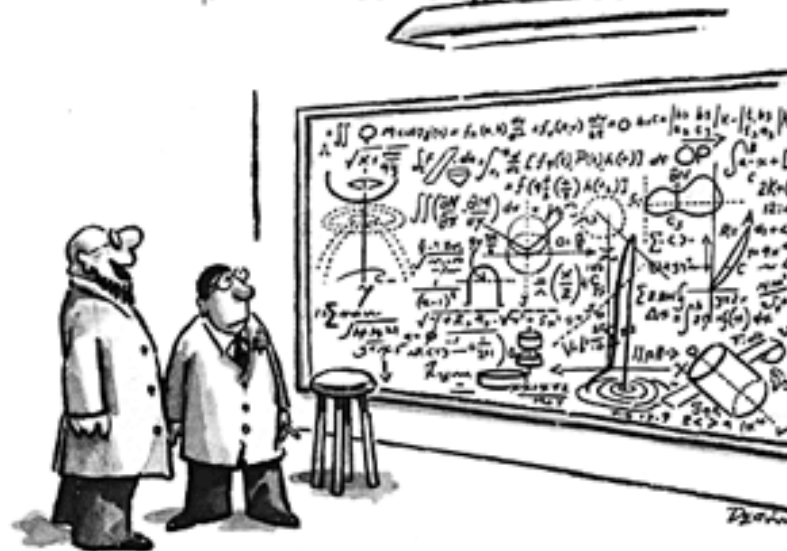
- ◆ Howard Bergman, Solidage/McGill University
- ◆ François Beland, Solidage/University of Montreal
- ◆ John Feightner, University of Western Ontario & Canadian Task Force on Preventive Health Care
- ◆ Geoff Fernie, Centre for Studies in Aging, Sunnybrook and Women's College Health Sciences Centre, University of Toronto
- ◆ Réjean Hébert, PRISMA/Université de Sherbrooke
- ◆ David Hogan, University of Calgary
- ◆ Chris MacKnight, Dalhousie University
- ◆ Jean-Pierre Michel, Université de Genève
- ◆ Fred Paccaud, Université de Lausanne
- ◆ Christopher Patterson, McMaster University
- ◆ Christina Wolfson, Epi Centre, JGH/Solidage/McGill University



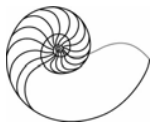
# Should we conduct a systematic review of Frailty?

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*"Hey, no problem!"*

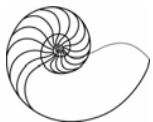




# Why start with the systematic review

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- ◆ Many, many models, definitions and criteria- Hogan et al
- ◆ Many opinion and review papers
- ◆ Need to look at the evidence and quality of the evidence
- ◆ A broad and flexible perspective
- ◆ Through this process, develop a working framework



# A multidisciplinary approach

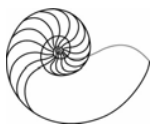
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*W. Spinnaker*

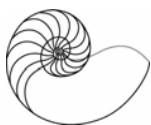
*“And it was so typically brilliant of you  
to have invited an epidemiologist.”*



# Systematic Review: The Questions and the Investigators

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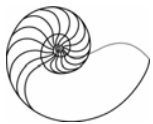
Questions	Investigators
History, concept, current definitions	D. Hogan, C. Macknight, H. Bergman
Biological basis	T. Fulop, G. Duque, D. Hogan
Social basis	M. Penning, F. Béland
Prevalence	C. Wolfson, H. Bergman
Risk factors	G. Naglie, S. Gill
Impact	B. Santos-Eggimann, L. Seematter-Bagnoud
Identification	S. Sternberg, M. Clarfield
Prevention and Management	C. Patterson, J. Feightner
Environment and Technology	G. Fernie, B. Row
Health services	M. Hollander, F. Béland
Health and social policy	M. Hollander, N. Chappell, M. Prince



# Other International Collaborators

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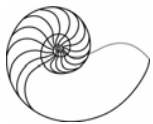
- ◆ Jack Guralnik (USA)
- ◆ Shinya Matsuda, Kenji Toba (Japan)



# Update<sup>1</sup>

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- ◆ Steering Committee created 2002
- ◆ Successful grant application to Max Bell and funding support from Research groups, associations and foundation



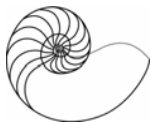
# Update<sup>2</sup>

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## ◆ Systematic review

- PI's – Christina Wolfson, Howard Bergman, David Hogan, François Béland
- Co-investigators – Question and Co-Question Leaders – 24 investigators from Canada, Switzerland, Israel
- Staff – Sathya Karunanathan, Rebecca Rupp, Lora Todorova, Audrey Attia
- Infrastructure support – funding, reference manager, abstracts, papers, blinding, etc.

## ◆ Investigator Meeting held in Montreal, March 2004

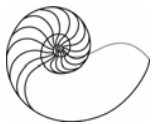


# Update<sup>3</sup>

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## ◆ International collaboration

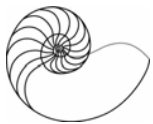
- Europe, Israel, USA, Japan, Switzerland
- Invitation to NIA funded AGS meeting – January 04, Baltimore
- Swiss-Canada Seminar – October 2003, Lausanne (UK, France, Italy, Switzerland, Canada, Holland)



# Update<sup>4</sup>

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- ◆ Publication –Hogan DB, MacKnight C, Bergman H. Models, definitions and criteria for frailty. Aging Clin Exp Research. 2003 Vol 15, suppl. to No. 3: 3-29
  
- ◆ Dissemination
  - EUGMS symposia – 2003 and 2004
  - AGS symposium – May 2004
  - CGS Symposium – May 2004
  - Abstract CGS – 2003
  - Numerous invited presentations – Canada, Europe, Israel





# Update<sup>4</sup>

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## ◆ Research agenda

- CLSA and embedded study on frailty
- International “group” – Frailty and Longitudinal Study
  - » Swiss-Canada Seminar
  - » CIHR submission – international initiative

