



Restricted Activity & What it Means for Older Adults

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Overview

- Restricted activity could be an indicator of declining health.
- This could be used to monitor patients with multiple long-term conditions, alleviating the burden of monitoring many different vital signs (e.g. pulse, blood pressure).
- There is still a need to explore the most appropriate measure of restricted activity, and best method of delivery.

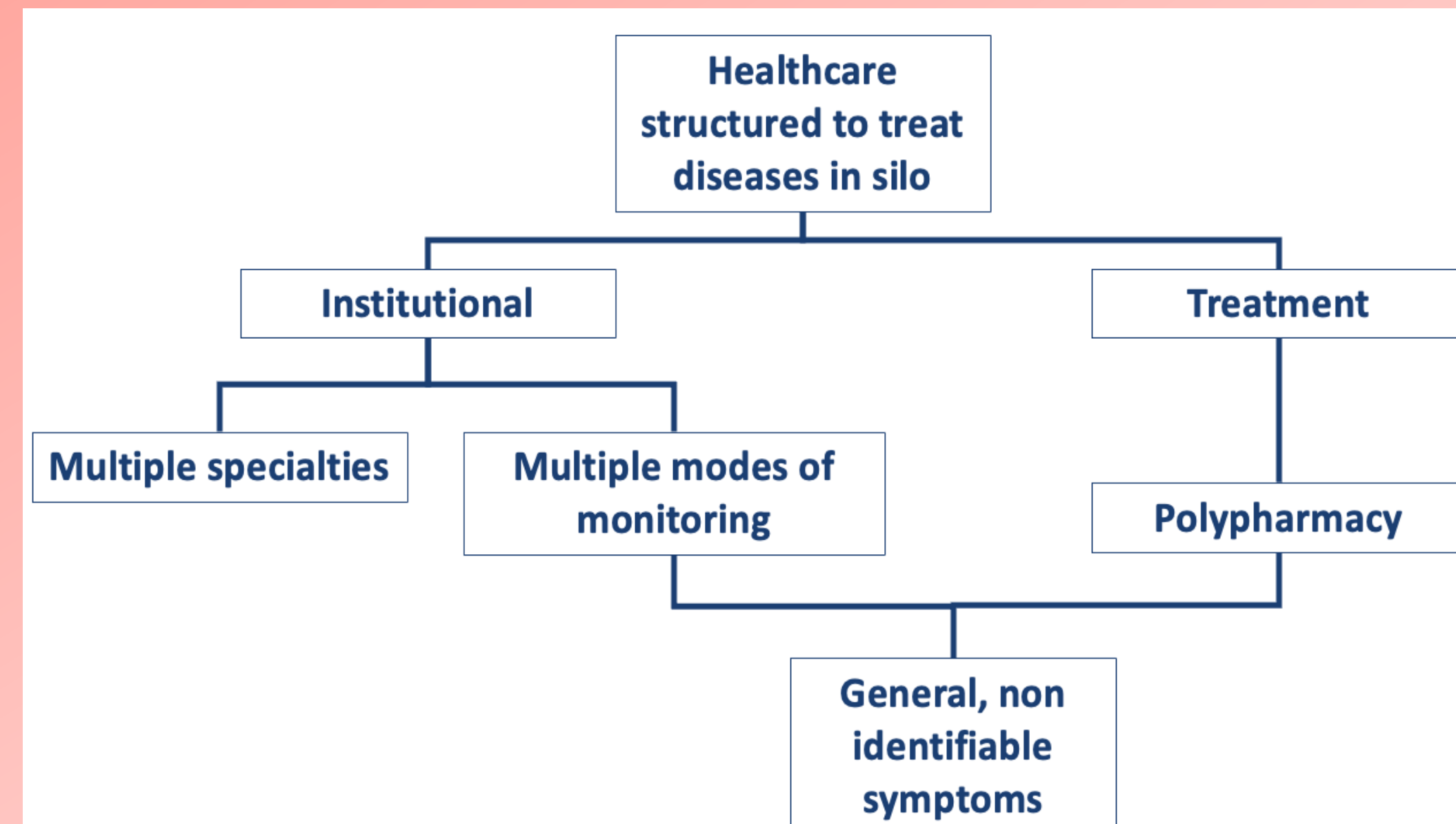
Multimorbidity

What is it?

Two or more long-term (chronic) conditions. This can be persistent physical, mental, non-communicable or infectious diseases.

Why is it important?

Multimorbidity can be any combination of chronic conditions, making it very complex to manage.



Especially as there is no 'one size fits all' for multimorbidity. Western healthcare is structured to treat each disease independently (see image above), which often results in poorer care for the patient.

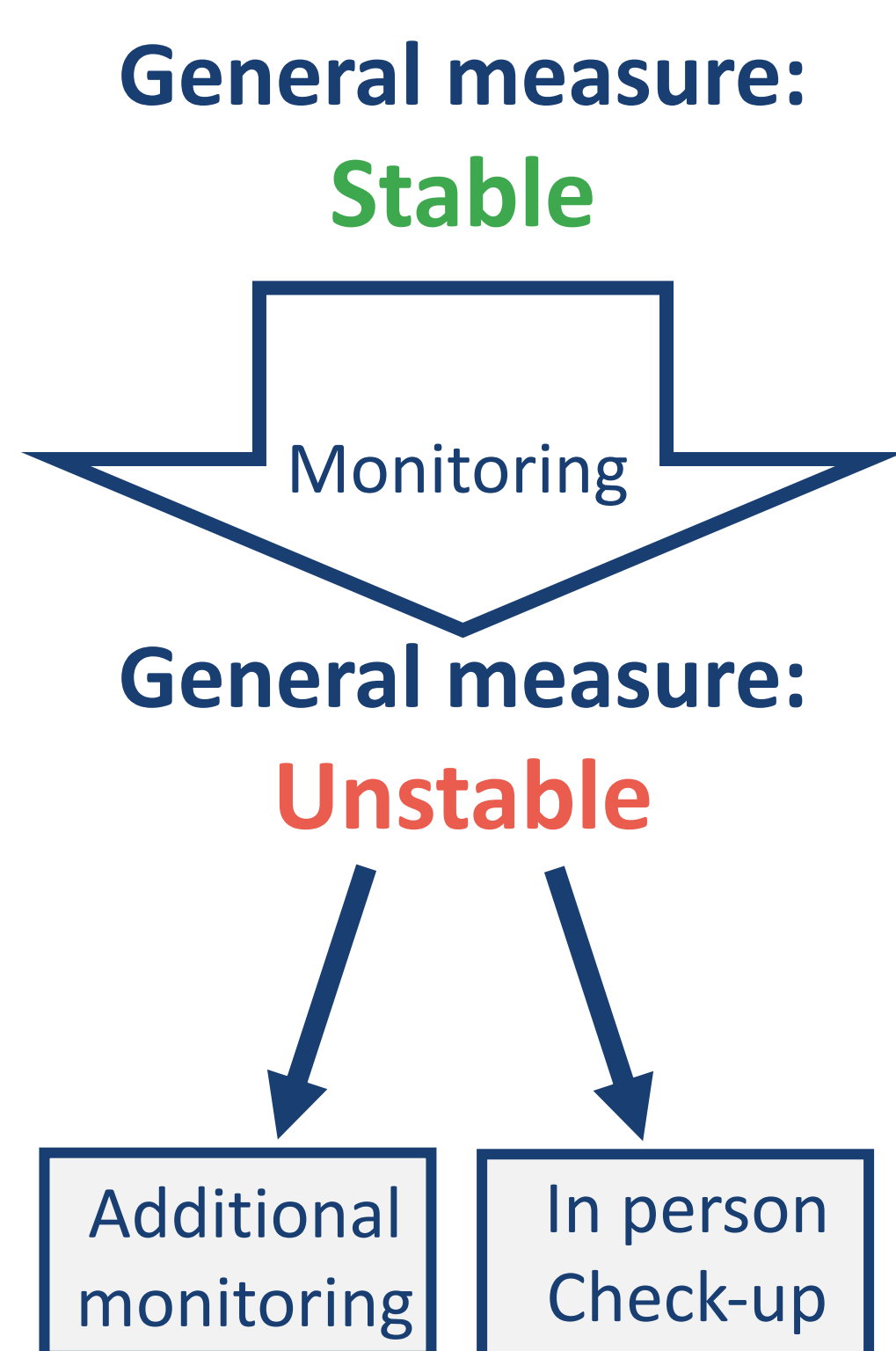
General symptoms

A big problem is the general non-identifiable symptoms displayed from many different conditions. This makes it hard to know how to respond to the symptoms.

A general measure of health

A general measure of health could offer a solution for the burden of monitoring numerous different conditions.

Such a measure could act as a first line of monitoring, to detect changes from a stable state, and act as a trigger point for additional monitoring or other interventions.



Measures of Restricted Activity

Measures of restricted activity looked at different physical limitations: for example ½ days in bed, difficulty moving around, dressing yourself, or transferring between a bed and chair. 'Activities of daily living' were the only verified measures (see below).



Eating



Bathing



Dressing



Transferring



Toileting



Walking or moving around

Methods to monitor



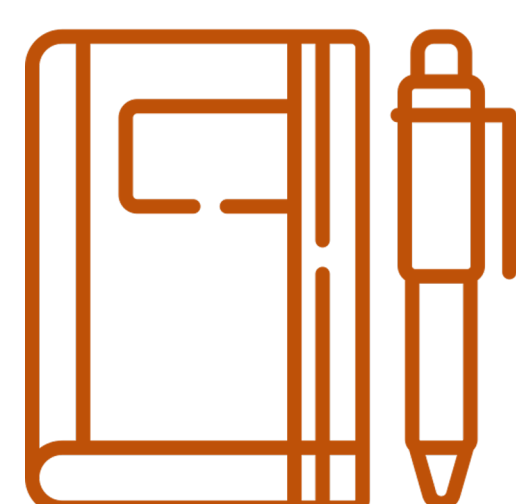
Phone checkups



Applications



Smart technologies



Diaries

Next steps

Can this information be incorporated into an early warning system to detect early changes in declining health?

Qualitative work will be used to understand the user needs, to ensure the intervention is accessible for the intended users.

The person-based approach (framework) will be followed.



We will be working with patients, healthcare professionals, and other key stakeholders to co-produce this intervention

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