



A2 Action Group Newsletter

Less Falls Better Lives

Innovation to serve the older generation towards an active and healthy ageing and to prevent falls. Event organised by the FARSEEING consortium.

On 3rd December 2013, the workshop “Less Falls, Better Lives” took place in Florence, as a forum for discussing how innovation can make a difference in an ageing society.

The first session, “**Evidence based challenge**”, was chaired by Clemens Becker from the Robert Bosch Gesellschaft für



Source: <http://farseeingresearch.eu/less-falls/>

Medizinische Forschung (RBMF), in Stuttgart, Germany. Within this session, several aspects of this challenge were treated ranging from the related economic burden to the need of a multidisciplinary and holistic approach.

The second session entitled “**Ongoing local perspectives and initiatives**”, involved a round table discussion about innovations in

organisations and services to serve the older generation. It was chaired by Elena Meli, from Corriere della Sera. The key role of communities was stressed out.

The third session, “**Good practices and lessons learned worldwide**”, took place in the afternoon and was chaired by Chris Todd of the University of Manchester and Nick Guldmond of the University Medical Centre Utrecht. Additional details on the workshop are available at farseeingresearch.eu/less-falls-better-lives/ FARSEEING which organised the event, is a EU funded project under the FP7 R&D programme.

A new year for the A2 Action Group



A new year is beginning and new challenges and opportunities are becoming available to the EIP- AHA A2 Action Group members. The EIP-AHA Conference of Partners of the last 25th and 26th November supplied a comprehensive view of the ongoing work and set new targets to the Action Groups identifying synergies among them. On the other side, on last December, Horizon 2020, the new European Framework Programme for Research and Innovation, was launched.

In this evolving frame, we started wondering how this newsletter might become a working tool to allow A2 AG members to improve their cooperation. To answer this question, last December we opened an internal survey to know about members' expectations and wishes of the A2 Action Group.

We got several useful feedbacks pointing out, as main needs, the same two priorities listed before: enhanced communication and cooperation among Action Groups and better exploiting of existing funding opportunities.

EIP-AHA Conference of Partners in Brussels

On 25-26 November 2013, A2 Action group participated actively to EIP AHA Conference of Partners



Last November 25th and 26th, the annual Conference of Partners of EIP AHA took place in Brussels and A2 Action Group actively participated both in the plenary session held on 25th and in the brainstorming/hands-on sessions that took place the day after.

The aim of the clustering event was to bring together European projects for demonstration, presentation of innovative solutions, and discussion of potential synergies and cooperation.

Specifically, the following partners represented A2 Action Group in the various sessions:

DAY 1 – 25th November, Horizontal topics Session including first results of AG: Nick Guldemond (UMC Utrecht) and Helena Fernández López (Gradient- Galician R&D Center in Advanced Telecommunications) joined to illustrate the AG collective achievements and discuss horizontal issues along with the other AGs' representatives.

DAY 2 – 26th November, AG synergies/speed dating.

These sessions were organized in four separate groups of partners that were called to discuss transversal themes for all the AGs: evidence, patient's empowerment, multimorbidity and healthy lifestyle interventions.

Our representatives were:

Evidence: Ann Hever (Trinity EngAGE Centre for Research on Ageing - Trinity College Dublin) and Maria de Fátima Pina, University of Porto

Patients' Empowerment: Isabella Springhetti (IRCCS Salvatore Maugeri) and Ann Murray (NHS Scotland)

Multimorbidity: Amaia Mendez (University of Deusto) and Roberta Annicchiarico (Fondazione Santa Lucia)

Healthy Lifestyle interventions: Nick Guldemond (UMC Utrecht) and Chris Todd (University of Manchester/PROFOUND Thematic Network).

The four working sessions were preceded by a common session devoted to the setup of a EIP-AHA repository where Nick Guldemond and Chris Todd were contributing too.

Official minutes of both repository and AG synergies sessions have been released by the EC and they are available also in our dotProject document repository at the link <http://www.ab-acus.eu/dotproject/index.php?m=files>.

Finally a dedicated session on monitoring issues will be held in parallel on 26th November and A2 was represented by Irene O'Byrne Maguire (Health Service Executive – Ireland) and Andreu Català (Universitat Politècnica de Catalunya/E-NO FALLS Thematic Network).

Specifically for the EIP-AHA Conference of Partners Ab.Acus produced a short video aimed at presenting A2 AG areas and activities. The video is available on YouTube and linked to our dotproject repository (<http://www.ab-acus.eu/dotproject/index.php?m=links>).

Next A2 Action Group meeting

Joint ProFouND, E-NO Falls and EIP AHA A2 Action Group meeting - Vilanova I la Geltru (Barcelona, Spain) 11-13 March 2014

The thematic networks ProFouND and E-NO Falls are going to organize a joint event next March at the premises of the Technical University of Catalonia in Vilanova I La Geltru (Barcelona).

The meeting will last three days from 11th to 13th March.

During the first day a session dedicated to joint planning will be held in order to better align the two TNs' perspectives and goals and exploit the existing and unexplored synergies.

During the second day separate sessions will be dedicated to internal development issues and focused workshops.

Finally, on the third day a joint workshop on innovation themes common to the two TNs will be held during the morning.

All the EIP AHA A2 participants are invited to participate to this workshop actively contributing with their expertise.

The joint ProFouND and E-NO Falls event is expected to close on 13th March at 15:00 and it will be followed by the EIP AHA A2 Action Group Meeting.

As like as in the last A2 meeting in Brussels, this will represent a great opportunity for all participants to networking, collaborating and exchanging information about the status of parallel activities on A2 deliverables and tasks many of you are contributing to.

Further information on venue, accommodation and transport facilities will be made available soon on Yammer.

The revised A2 Action Group Action Plan

The process of revision of the Action Plan to better detail activities planned in 2014 and 2015 is ongoing.

The A2 AG Action Plan (AP) was defined in late 2012, describing actions to take place since January 2013 up to December 2015. The AP reports also about participating commitments and their expected role and contribution.

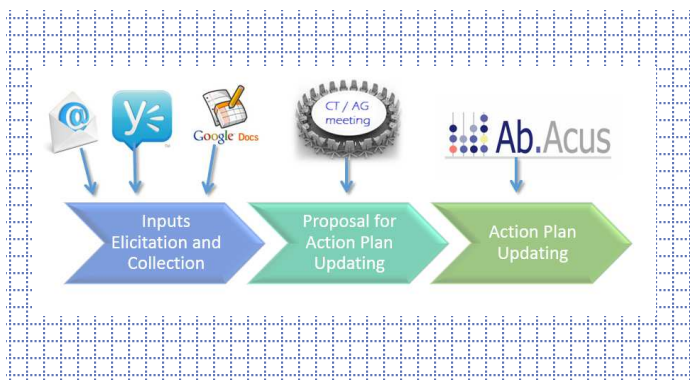
The current version of the AP is available for consultation on dotproject repository at <http://www.abacus.eu/dotproject/index.php?m=files&tab=1>

At the same URL is available also the full description of the revision process that is ongoing among the Coordination team members.

Indeed the Action Plan is expected to be a live documents.

The revision process builds on inputs from the AG constituency collected and filtered by Deliverable Leaders And Action Areas Coordinators.

The new AP text is expected to be agreed by the Coordination Team on next 6th February 2014.



PROFITER: ongoing activities

Within the commitment PROFITER - Prevention of Falls initiative in Emilia Romagna, three projects are running.

PROJECT 1: Falls Prevention in the elderly in the University Hospital of Parma: phenomenon's monitoring and health literacy of patients and caregivers

Authors: G. Campaniello, A. Dovani, S. Fontechiari, M. Ferrari, D. di Camillo, A. Belletti, C. Balbarini, L. Sircana, A. Nardelli, F. Lauretani, F. Montali - University Hospital of Parma, Italy

Description and aim:

- Identification of a multi-disciplinary workgroup;
- Implementation of an "Incident Reporting System" to detect falls at the University Hospital of Parma ("Falls-Incident Reporting" sheet);
- Analysis of risk factors for falling in each Department;
- Realization of a simple tool ("How to avoid Falls") for the staff;
- Production of posters and brochures addressed to patients/caregivers for improving measures of prevention;
- Realization of events addressed to professionals to minimize falls, including diffusion on Hospital Intranet website.

Outcomes:

- 295 falls were registered in the Hospital in 2013. The majority of patients had "intrinsic" risk factors (age > 65 years, type and number of drugs, etc..).
- 83% of falls was concentrated in 4 out of 11 Departments.
- These results, compared with the literature, were utilized to construct and validate informative tools useful for healthcare professionals, to realize intervention strategies, and for patients/caregivers to improve prevention strategies and minimize falls.
- "The Hospital Reporting System of Falls" was transposed and used by professionals.
- The structured training (interactive mode and in small groups), with analysis of real cases submitted by participants, allowed

to actively involve professionals belonging to the most involved departments.

- The initiative has been deemed "relevant and useful" by the professionals (there are many reports of falls without injury in demonstration of the professionals' commitment to monitor the phenomenon)
 - It has led to schedule additional training sessions for 2014.
 - This experience was presented at a regional level and contributed to the development of regional and Hospital "best practices" (FIASO, 2013 – "Libro bianco della Buona Sanità", pp 143-144
- The project was carried out through internal resources of University Hospital of Parma

PROJECT 2: Importance of motion sensors in the identification of older patients at risk of falling

Authors: C. Mussi, A. Cattabriga, C. Tacconi, S. Mellone, F. Veltri, A. Ferri, S. Bertoli, L. Chiari – University of Modena and Reggio Emilia and University of Bologna, Italy

Description and aim:

- Technological innovation in clinical field for primary and secondary prevention.
- To identify quantifiable elements measured by the motion sensors that can be useful in defining older patients at risk of falling and in building therapeutic programs (both non-pharmacologic and pharmacologic).
- The tests used in the study are widely validated in literature. The wearable motion sensor is a non-invasive tool, easily replicable in different clinical settings, and easily transferable.

Outcomes: We report preliminary data related to a pilot study carried out on 90 patients admitted to the Cardiogeriatric Ward of the Chair of Geriatrics of Nuovo Ospedale S. Agostino-Estense a Baggiovara.

All patients were submitted to complete examination, 12-leads electrocardiogram, history of fall risks, blood pressure measurement and evaluation of orthostatic hypotension.

Moreover, the principal tests for gait, balance and strength (standing balance, chair standing, Functional Reach test, Timed Up and Go test -TUG) were performed

instrumented with the wearable motion sensor. The 90 patients were divided in two groups, according to their risk of falling. Interestingly, with equal scores in the clinical TUG, patients with a higher risk of fall had worst performance in many parameters measured by motion sensors. In conclusion, we strongly believe that the routine use of wearable sensors will be able to add new and fundamental elements in the prevention of falls and of the subsequent disability.

PROJECT 3: Efficacy of a multifactorial and personalized intervention aimed at preventing falls in community-dwelling elderly in comparison to the usual care: a randomized controlled trial.

Principal Investigator: Dr Fabio La Porta, MD, Rehabilitation Medicine Unit, Modena Civil Hospital, Modena, Italy.

Current status: Approved for funding by the Emilia Romagna Health Funding Agency; currently seeking ethical approval.

Expected Start Date: Summer 2014.

Description and aim: The primary aim of this study is to evaluate the efficacy of a multifactorial and personalized intervention aimed at preventing falls in community-dwelling elderly (CDE) in comparison to the usual care. CDE at high risk of falling because of Parkinson's disease or stroke, who are usually excluded by these



Nuovo Ospedale Civile S. Agostino Estense, Baqaiovara (MO)

interventions, will also be enrolled. In this project wearable sensors will be used to improve the diagnostic accuracy of the fall risk screening procedures.

Treatment:

- Duration : 11 Weeks
- Personalized group and home-delivered exercises to improve balance
- Active modifications of home hazards
- Educational intervention to reduce risky behaviors
- Personalized multifactorial intervention to reduce other individual risk factors (e.g. psychotropic drug)
- It will be delivered by an interdisciplinary team (a nurse, a geriatrician, a neurologist, a physiatrist and a physiotherapist) in an outpatient setting.
- The treatment of the Control Group will be carried out at discretion of the subject's General Practitioner.

Expected outcomes:

- At 12 months, participants in the multifactorial and personalized intervention will have a significant reduction of falls, risk of falling, fall-related fractures, falls severity and a significant prolongation of fall-free time, along with a reduction of fall-related usage of acute hospital services.
- At 3 months, a significant improvement of balance, mobility, mood, social participation, and quality of life is expected. This improvement is expected to be maintained at 6 months.

On 25-26 November 2013 Results from the survey on the A2 internal newsletter

To improve the A2 internal newsletter, making it more suitable to support all A2 members, an internal poll was launched on last November.

On the last 9th December, we launched a survey on the Internet to check and collect expectations and proposals on this internal newsletter from the A2 AG constituency.

From the analysis of your answers, we got full confirmation of the need of the newsletter as a means to improve communication inside, but also outside, the Action Groups. Several requests address the need of short summaries of ongoing research work both in our own Action Areas and other Action Groups.

To answer this request we have started to contact representatives for the other AGs coordination teams to get updated information from their side. They are overall interested to setup synergies with our AG and we expect to be able to publish early contributions in the next issue. Looking within the AG, apart news on the ongoing Action Group work, information on upcoming events is expected.

A2 AG members are eager to know about meetings and initiatives relevant to their research. In this issue, you got information on the next AG plenary meeting but also about

the ProFouND an E-NO Falls joint meeting. Please, let us know about events you are organising, we will be happy to share their venue and program with everyone in the Action Group. Another important area is the availability of a sort of "AG library". Partners are invited to make available titles and short abstracts of relevant recent publications together with reference terms to get them (e.g. publisher URL).

More in general, partners would like to exploit the newsletter also to know about funding opportunities. The new Horizon 2020 programme is just started and partners would like to know more about it and related potential cooperation.

While the setting up of consortia might be hard to pursue through the newsletter, new calls might be announced together with new research ideas.

As you see, this newsletter may become a live tool for communication, but to do so we need your participation.

All the members expressed their availability to write articles for us, please do, we will be happy to publish them.

Next events:

- Special Session on Web Intelligence and Bioinformatics - WIB 2014, within the International Conference on Bioinformatics Models, Methods and Algorithms - BIOINFORMATICS 2014 3- 6 March, 2014 - Angers, France <http://www.bioinformatics.biostec.org/WIB.aspx>
- IMIT 2014 ,INTERNATIONAL MEDICAL INFORMATICS and TELEMEDICINE Conference on e-Health and Telemedicine in the Global Society April 13-15, 2014 ,Geneva, Switzerland
- Euro-Mediterranean Medical Informatics and Telemedicine ,EMMIT 2014 ,10th International Meeting e-Health and Telemedicine in Mediterranean Countries, 2nd week of May 2014 , Athens,Greece
- 11th International Meeting, e-Government & e-Health,eGeH'14, 2nd week of July, Desio /Monza e Brianza,Milano (Italy)

A2 Action Groups modifications:

We are happy to welcome on board in the A2 Action Group, MACROSAD, Grupo Empresarial Cooperativo, represented by Lucía González López as new leader of the Innovative ICT tools for Falls Detection, cooperation between groups and stakeholders (AssisLAnd).

Funding opportunities:

Horizon calls related to the Societal Challenge 1 "Health, demographic change and wellbeing", and with deadlines in 2014, are available here:

<http://ec.europa.eu/research/participants/portal/desktop/en/opportunities/h2020/calls/h2020-phc-2014-two-stage.html>

<http://ec.europa.eu/research/participants/portal/desktop/en/opportunities/h2020/calls/h2020-phc-2014-single-stage.html>

<http://ec.europa.eu/research/participants/portal/desktop/en/opportunities/h2020/calls/h2020-hco-2014.html>

In Horizon 2020 funding is allocated to Pre-Commercial Procurement (PCP) or Public Procurement of Innovative Solutions (PPI). For more details, please check the EIP-AHA MarketPlace:

<https://webgate.ec.europa.eu/eipaha/news/index/show/id/501>

Structural funds are managed by National Authorities, who define programmes and appointed Managing Authorities. To know more about these funding opportunities consult your Managing Authority. For more details, please check the EIP-AHA MarketPlace:

<https://webgate.ec.europa.eu/eipaha/news/index/show/id/498>

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