



30th International Conference on HPH in HIROSHIMA

Frailty Measurement Workshop Aimed at Utilizing the Regional Medical Collaboration Network “Salvia Net”

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Background and Objectives

In response to the "2025 Problem," which represents the challenges of the aging population, utilization of information communication technology (ICT) in regional medical collaborations has been encouraged. "Salvia Net," the first system to share medical information among medical and caregiving professionals in the Tsurumi ward of Yokohama City was established in 2019. This report presents the results of a frailty workshop conducted to deploy a frailty risk assessment solution using "Salvia Net" to enable early detection and appropriate support for frail older adults.

Methods/Intervention

A frailty-check measurement workshop was held at the Ushioda General Hospital in Tsurumi ward, Yokohama city. Participants completed questionnaires on physical function, nutritional status, oral function, cognitive function, and social aspects, followed by physical and cognitive function assessments. Individual feedback from physical therapists and materials related to frailty prevention were provided based on the results.

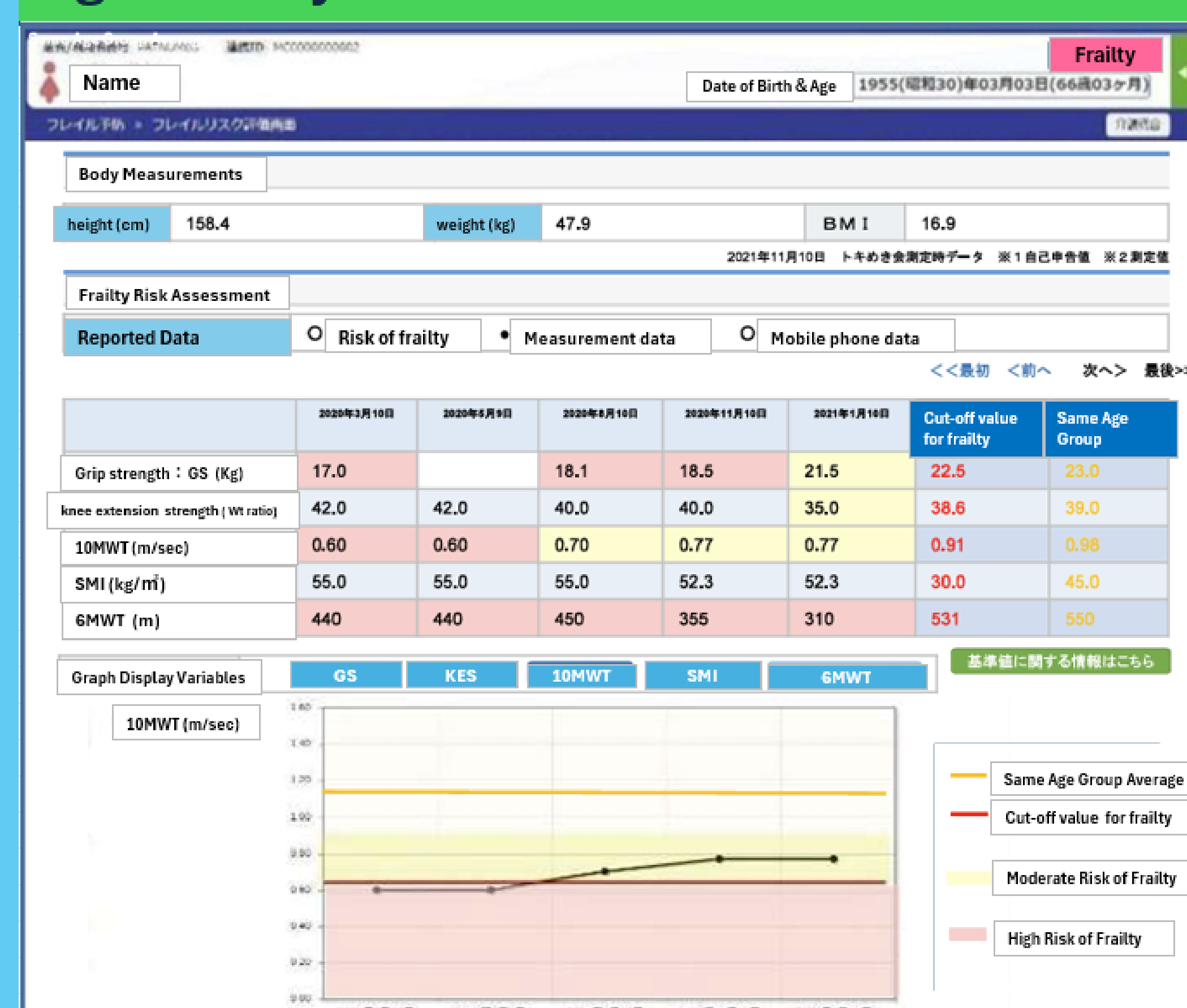
Table 1. Measurement items

(1) Mini mental State Examination : MMSE	(6) 10m Walking Test : 10MWT※
(2) 6-min walk test; : 6MWT	※Comfortable and maximum walking speed
(3) Short physical performance battery : SPPB	(7) Skeletal muscle index : SMI
(4) Knee extension strength	(8) revised J-CHS criteria
(5) Grip strength	

Results

Through the frailty-check measurement workshop, frailty risks among older adults in the community were identified, and feedback was provided. Among the 29 participants (average age 77.5 ± 6.0 years, 65.5% women), over 70% were classified as frail or pre-frail.

Fig1. Frailty risk assessment screen



	participant	height (cm)	weight (kg)	age	grip strength (kg)	Cutoff Value	knee extension strength (Weight ratio)	Cutoff Value	10MWT (m/sec)	Cutoff Value	SMI (kg/m ²)	Cutoff Value	6MWT (m)	Cutoff Value	MMSE	J-CHS
whole	29	155.7±8.10	55.4 ±8.48	77.5 ±6.0	25.3 ±7.68		47.6±13.28		1.86 ±0.31		6.21 ±0.88		472.7 ±86.84		28.6 ±1.83	2.2 ±0.95
male	10	159.9±7.09	59.7 ±7.07	75.7 ±6.29	29.2 ±7.69	28.0	48.4±15.32	45.0	1.92 ±0.36	1.00	6.87 ±0.69	7.0	471.7 ±83.53	400	29.0 ±2.06	2.3±0.94
female	19	152.7±6.91	53.2 ±8.30	78.4 ±5.52	23.2 ±6.83	18.0	47.2±12.05	35.0	1.83 ±0.28	1.00	5.93 ±2.96	5.7	473.2 ±88.53	400	29.2 ±1.18	2.1±0.94

Conclusion/Lessons Learned

Efforts to extend healthy life expectancies among participants were undertaken through a frailty workshop. Ensuring sustainable collaboration, leveraging the utilization of ICT, and initiatives to address community needs are imperative in the future. Implementing a frailty risk function based on the measured data into "Salvia Net" and electronic medical records facilitated medical information use.

Relevance to HPH

The establishment of regional medical collaboration networks plays a crucial role in contributing to overall health promotion in the community. Identifying frail older adults and providing appropriate information and support enables them to maintain healthy lifestyles. The implementation of such initiatives can promote community health.

Challenges and counter-actions

- (1) Utilization of the implemented frailty screen
- (2) Diversification of feedback content
- (3) (2) Provide a specific program for participants in frailty measurement workshop

COI disclosure information

I have no financial relationship to disclose

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