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The overview of health promotion interventions addressed to elderly.

Pro-health 65+

WP.5 - Initial report from scoping review.

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Scoping review



Secondary evidence

Stage	I stage	II stage
Main objectives	definition of domain identification of gaps in evidence	assessment of effectiveness of interventions specific according to type and target area
Methods	scoping review	focused systematic reviews
Type of evidence	secondary evidence	primary sources
Main sources	systematic reviews	original quantitative studies
Additional sources	existing up-to-date recommendations and guidelines project results	qualitative studies



Key concepts

- health promotion
 - “the process of enabling people to increase control over, and to improve, their health”
[Ottawa Charter 1986]
- prevention
 - “measures not only to prevent the occurrence of disease, such as risk factor reduction, but also to arrest its progress and reduce its consequences once established” *[Nutbeam 1998]*
- prevention vs. health promotion
- interventions
- outcomes - outcome model proposed by The International Union for Health Promotion and Education (IUPHE):
 - health & social outcomes
 - intermediate health outcomes
 - health promotion outcomes
 - health promotion actions



Scoping review - objectives

- description of the domain
- understanding the scope of interventions and activities
- identification of interventions of confirmed effectiveness
- discovery of existing gaps in evidence



Main assumptions

- guiding definition of health promotion and classification of interventions
- search strategy in relation to general areas of interventions
- inclusion of health promotion and disease prevention interventions
- post-search classification of interventions
- selection of primary prevention interventions
- subjects with medical conditions as targeted audiences
- screening
- social support/care
- medical domain/condition



Search strategy

Population	Intervention/interest		Comparison	Outcome
Elderly	Health promotion*		Systematic review	Effectiveness
	terms used in the first pilot phase of search	terms used in the extended second phase of search		
<ul style="list-style-type: none"> Elderly Senior Senioral Elders Elder “Senior citizen” “Old age” “Old people” Seniors “Advanced age” Geriatric Aged Ageing Aging 	<ul style="list-style-type: none"> “Health promotion” Prevention Intervention Interventions Campaign Campaigns “Health programme” “Health program” “Social support” “Social care” “Social intervention” Screening Preventive Prophylaxis Nutrition “Physical activity” Habits Addiction 	<ul style="list-style-type: none"> “Health education” “Health literacy” “Health communication” “Health advocacy” “Community advocacy” “Social campaign” “Social campaigns” “Health coaching” “Environmental change strategies” “Healthy environment” “Community mobilization” “Behavior modification” Prophylaxis Screening “Primary prevention” “Health screening” “Support groups” “Social network” “Social gathering” “Health changes” 	<ul style="list-style-type: none"> “Systematic review” “Meta analysis” “Meta-analysis” Metaanalysis 	<ul style="list-style-type: none"> Effectiveness Efficacy Efficiency Impact Evidence Outcomes

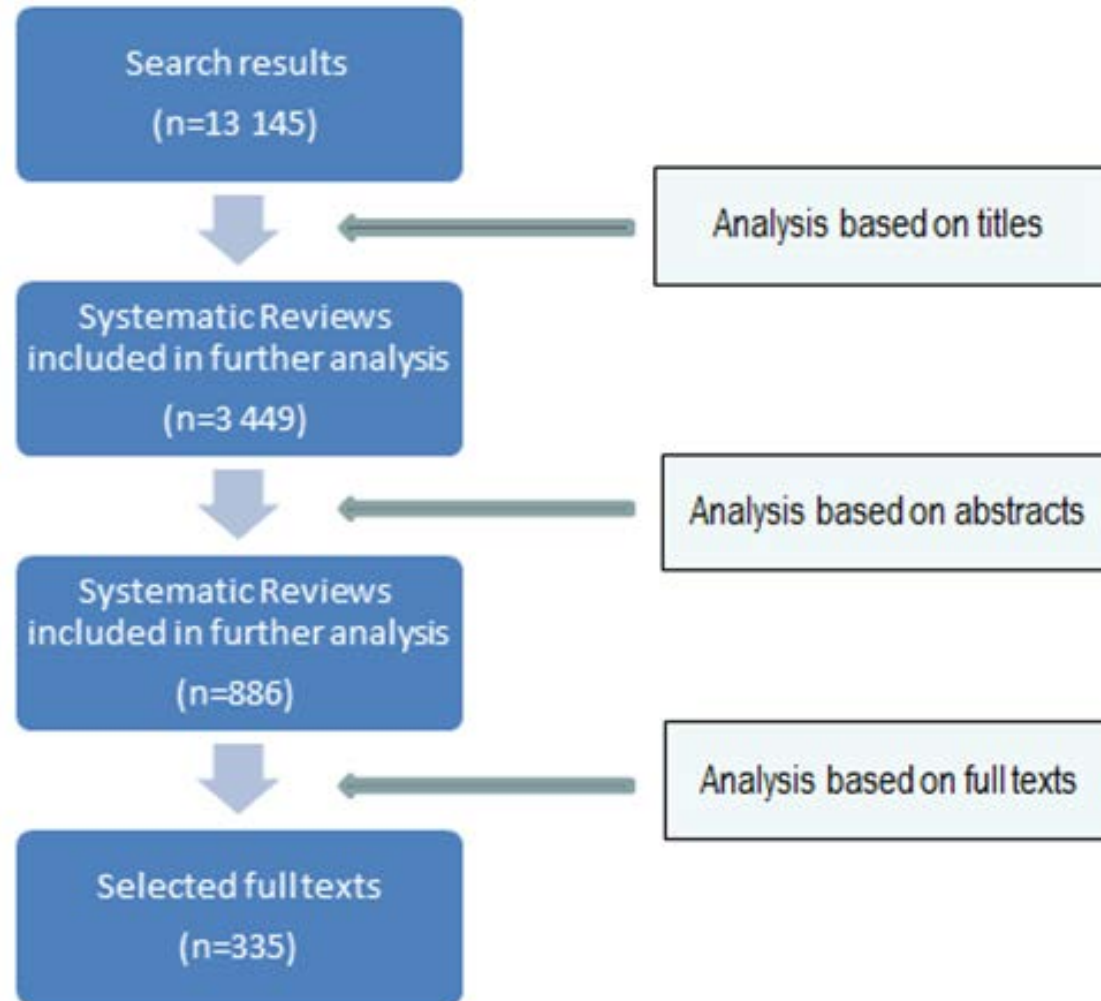


Inclusion & exclusion criteria

Inclusion criteria	Exclusion criteria
<ul style="list-style-type: none">• health promotion and/or related interventions (primary prevention, screening, social support/care)• secondary sources (systematic reviews, meta-analysis)• age of target group 55+ or 65+ or at least including subjects 65+• publication period 2000 – 2015• published in English• described effectiveness of interventions	<ul style="list-style-type: none">• interventions related to (medical) treatment or physiotherapy• interventions focused on treatment of consequences of medical conditions• age of target group <55 years old• publication period – before 2000• published in other language than English• effectiveness of intervention not addressed



PRISMA Diagram





Dimensions of classification and data collection tool

- year of publication
- age of targeted audience
- sex of targeted audience
- targeted area of interventions
- medical domain/condition, if applicable
- level of public health pyramid
- type of health intervention according to Issel
- type of health promotion intervention according to McKenzie et al.
- the use of technologies for intervention delivery
- types of studies included in the systematic review
- initial assessment of the effectiveness



Description of health promotion interventions – 2nd phase

- detailed information on types of studies included in the analysis
- types of outcomes according to Outcome Model for health promotion
- detailed analysis of interventions
- reliability of systematic review
- quality assessment of systematic review (R-AMSTAR)



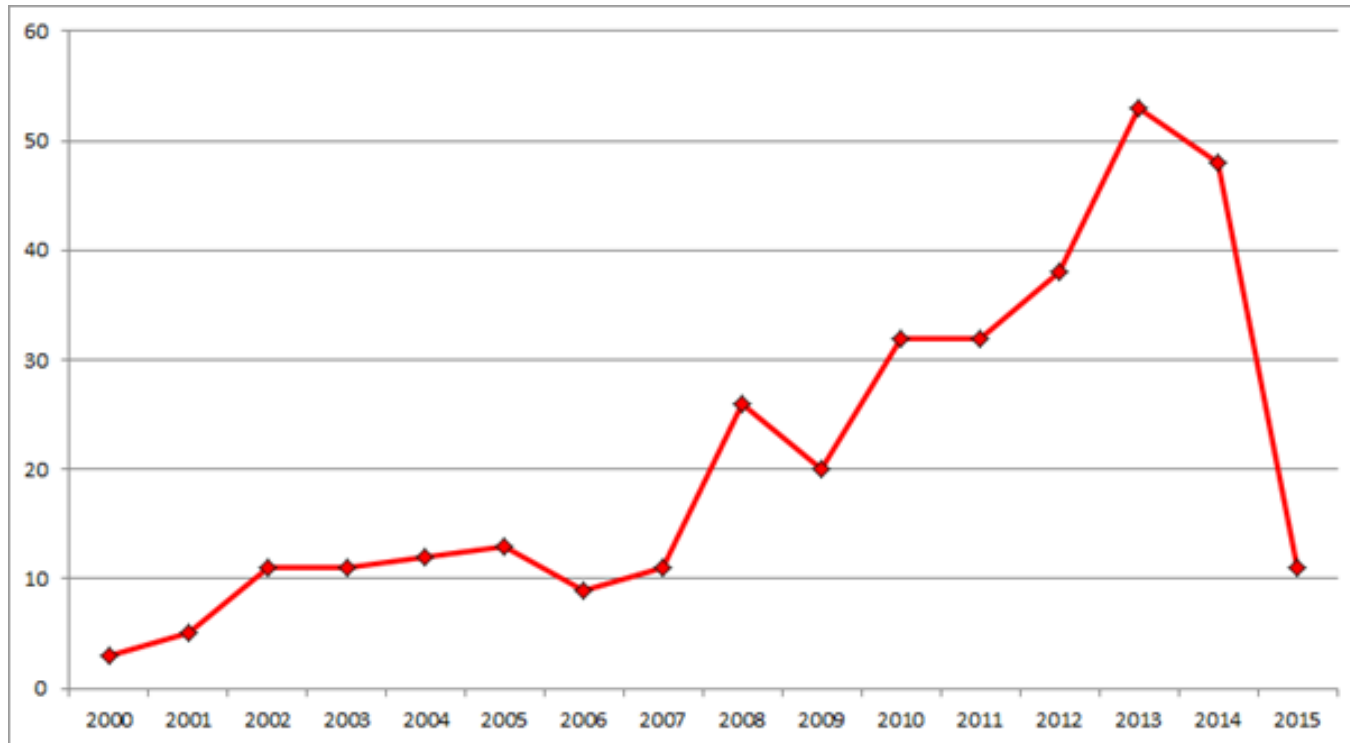
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Scoping review – initial results

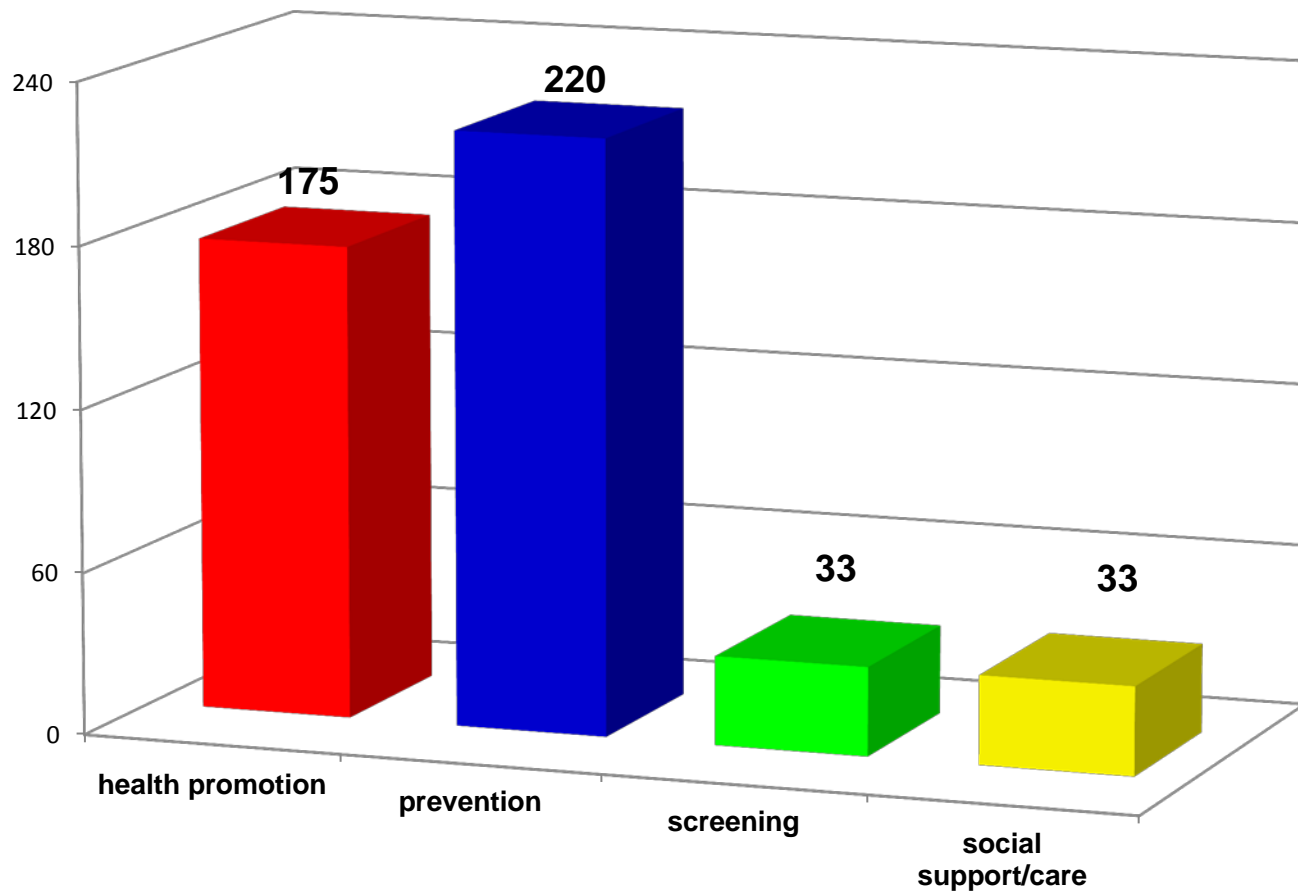


The numbers of retrieved systematic review according to the year of publication



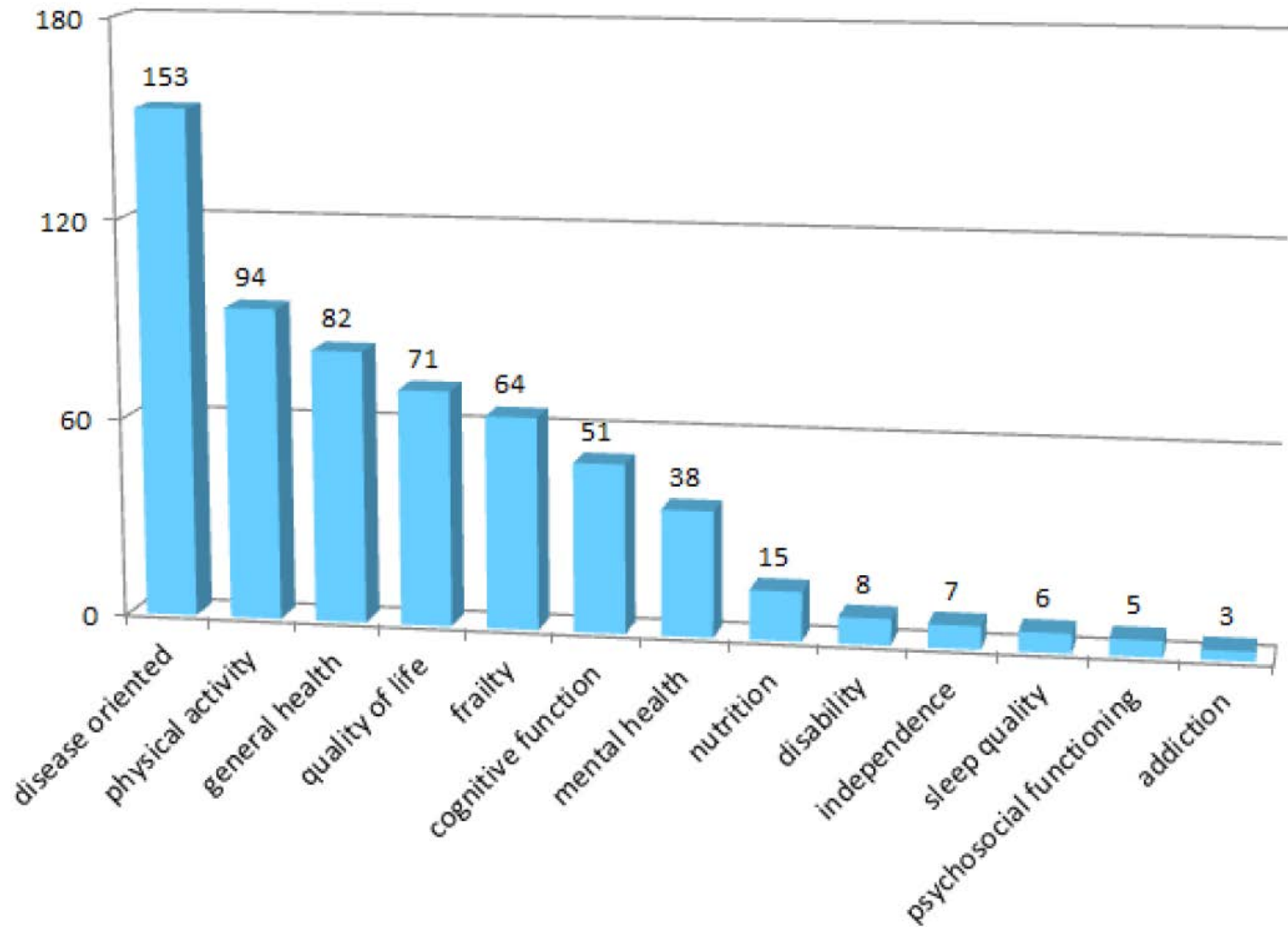


The numbers of systematic reviews classified as belonging to four main general areas of intervention.



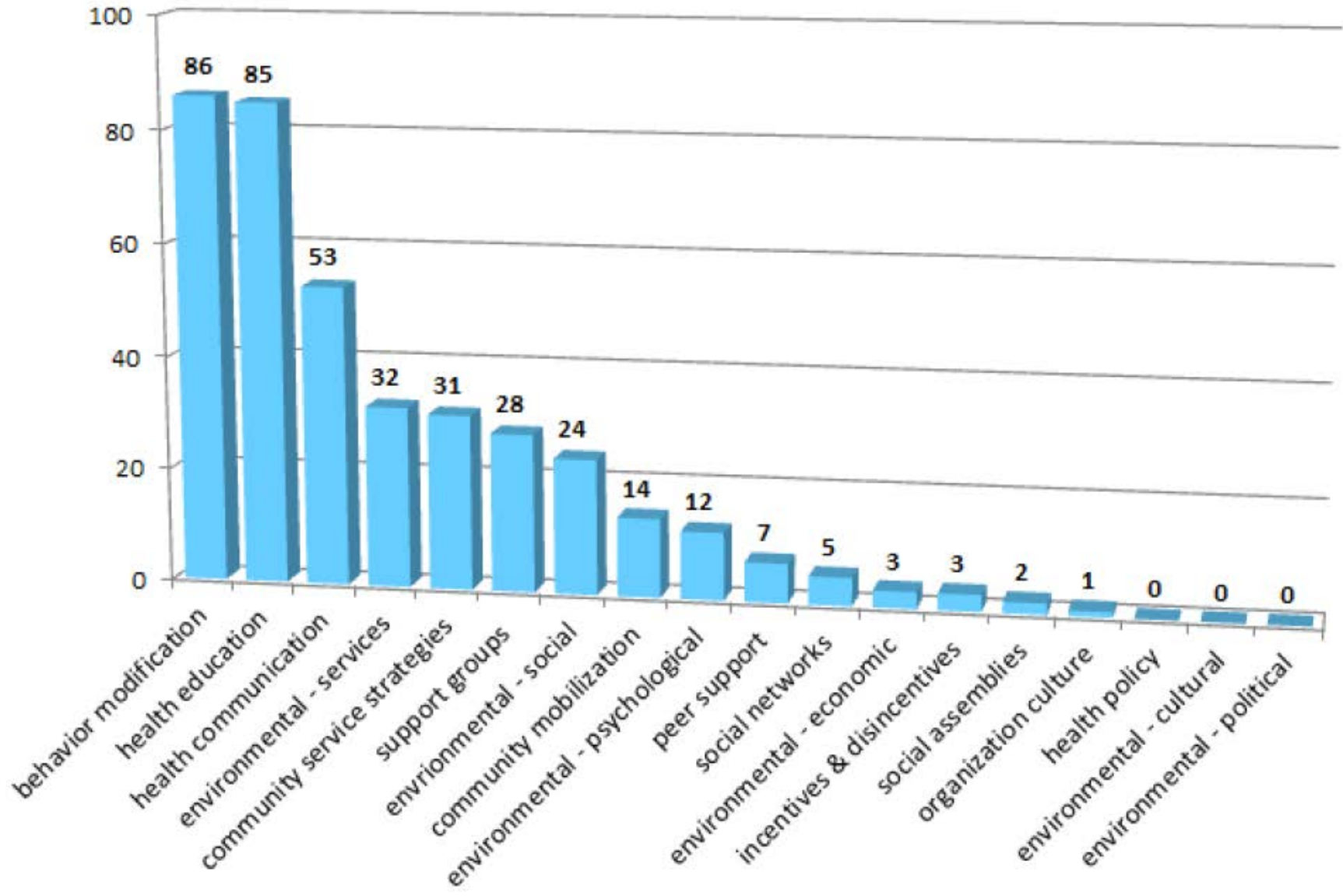


The numbers of systematic reviews classified according to main issues targeted by analysed interventions





Type of interventions according to McKenzie et al.





Summary

- The report aimed at obtaining a view of the landscape of interventions in the domain of health promotion
- Retrieved systematic reviews were classified according to several dimensions
- 335 systematic reviews



Summary

- behaviour modification and health education were two the most common types of interventions (n=86 and n=85, respectively) classified as a health promotion interventions
- 46% of analyzed interventions were effective
- of 48% effectiveness was low or the results were ambiguous
- no effectiveness was reported in 6% of reviews



Future work

- description of secondary evidence, focused only on systematic reviews classified to health promotion as general area of intervention
- recommendations on health promotion interventions effective in relation to older adults and elderly
- gaps in secondary evidence – systematic review



Workpackage contribution

Author	Work contribution
Mariusz Duplaga	study design, analysis of results, edition of the Report
Marcin Gryzta	search strategy, classification and description of retrieved papers
Marcin Rodzinka	classification and description of retrieved papers
Agnieszka Kopec	classification and description of retrieved papers