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# Health promotion and prevention of risk – actions for seniors

## **WP. 5**

# **Methods and types of health promotion of the proven clinical effectiveness addressed to the elderly**

Kick-off meeting

Consumers Health And Food Executive Agency (CHAFEA)

Luxembourg

3-4.11.2014



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# Plan of presentation

- Objectives
- Main tasks
- Methodology
- Relations with other WP
- Monitoring
- Summary



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# Objectives



# WP.5 Objectives

- accumulation and assessment of available evidence related to health promotion interventions targeting the elderly
- classification of interventions according to taxonomy of objectives and the validity of evidence.



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# Main tasks



# WP.5

# Main tasks

1. Identification of effective health promotion methods and programmes for the elderly
2. Classification of the quality of evidence
3. Innovation-driven health promotion for the elderly



# WP.5

# Main tasks

## 1. Identification of effective health promotion methods and programmes for the elderly

- the outcomes will be used for development of the list of recommended health promotion strategies designed for audience stratified according to
  - age categories
  - strength of achieved impact





# WP.5 Main tasks

## 2. Classification of the quality of evidence

- the classification of the quality of evidence will be established and implemented using taxonomy of outcomes relevant for public health interventions
- the multidimensional matrix describing available types of health promotion interventions according to objectives, audiences, applied tools and achieved impact will be applied



# WP.5 Main tasks

## 3. Innovation-driven health promotion for the elderly

- societies undergo substantial changes resulting not only from demographic and economic trends, but also from technological progress
- potential impact of digital media and emerging solutions will be analysed



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# Methodology



# WP.5

# Methodology

- guidelines
- questions
- areas
- preceding work
- data collection tool
- search strategy
- data sources
- classification of evidence



# WP.5 Methodology

- guiding documents on the preparation of reviews in health promotion
  - Higgins et Green, Cochrane Handbook for Systematic Reviews of Interventions. Cochrane Book Series 2008
  - The Evidence of Health Promotion Effectiveness. Shaping Public Health in a New Europe. Report for EC by the Int Union for Health Promotion and Education 2000
  - Jackson, Systematic Reviews of Health Promotion and Public Health Interventions. The Cochrane Collaboration 2004
  - Browson et al., Understanding Evidence-based Public Health Policy. Am J Pub H, 2009



# Questions

## Main question

What are effective health promotion interventions addressed to older adults and elderly population?



# Questions

## Specific questions

- Which general health promotion intervention applies to elderly persons?
- Are there specific effective interventions for elderly persons?
- What is quality of available evidence?
- Is there evidence for interventions targeting main health problems in the elderly?



# Areas for interventions

- main general health promotion areas
- areas of interventions specific to elderly





# Health promotion areas

- healthy diet
- physical activity
- addictions, substances use
- wellbeing
- social participation



# Areas specific for elderly

- Social withdrawal
- Decrease of cognitive function
- Decrease of Independence
- Falls prevention
- Tackling with chronic conditions



# Other areas ?

- depending on:
  - set priorities
  - available evidence
  - time
  - resources



# Preceding work

- previous projects
- publications
- reports
  - specifically:
    - available systematic reviews
    - documents from international projects
    - statements from professional organisations



# Preceding work - Projects

- completed
  - EUNAAPA
  - FARSEEING
  - HealthPROElderly
- ongoing
  - IROHLA
  - IN-MIND
  - CHANCES
  - SiforAGE
  - FUTURAGE
  - INNOVAGE



# Preceding work – Systematic reviews

- Cochrane Database
- NICE
- National Health Service: Centre for Reviews and Dissemination (CRD)
- EPPI Centre

[www.cochrane.org](http://www.cochrane.org)

[www.nice.org.uk](http://www.nice.org.uk)

[www.york.ac.uk/inst/crd](http://www.york.ac.uk/inst/crd)

[www.eppi.ioe.ac.uk](http://www.eppi.ioe.ac.uk)



# Evidence search strategy

- Two stages
  - I stage: secondary sources – scoping review
    - available systematic reviews
    - guidelines and statements from professional organisations
    - summaries from projects and networks
  - II stage: primary sources according to systematic review methodology
    - selected priority areas
    - when there is a gap in evidence
    - according to project timeliness



# I stage: secondary sources – scoping review

- available systematic reviews
- guidelines and statements from professional organisations
- summaries from projects and networks
- reports from social campaigns and health promotion programmes





## II stage: primary sources according to systematic review methodology

- selected priority areas
- when there is a gap in evidence
- according to project timeliness



# Data collection tool

- Publication details
- Study design
- Population details (number; characteristic)
- Intervention details
- Theoretical framework
- Provider
- Setting
- Target Group
- Study details (date, follow-up)
- Consumer involvement
- Process measures – adherence, exposure, training, etc
- Context details
- Outcomes and findings

Source: Jackson N. *Conducting systematic reviews of public health and health promotion interventions.* Cochrane Health Promotion and Public Health 2004.



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# Search strategy



# Search strategy

- data bases
- Internet sources
- handsearching



# Data Sources

- **HEALTH**
  - Cochrane Library
  - MEDLINE
  - EMBASE
- **PSYCHOLOGY, EDUCATION, SOCIAL SCIENCES**
  - PsycInfo
  - PubPsych
  - SSRN (Social Science Research Network)
  - ERIC (Educational Resources Information Center)
  - AgeLine
- **Additionally:** general Internet search focusing on the websites of public health and senioral age related organisations



# Search strategy for original studies

- PICOS... PICO... PICOST... PICo

<b>P</b>	<b>Population</b>
<b>I</b>	<b>Intervention / Interest</b>
<b>Co</b>	<b>Context</b>

Source: Centre for Reviews and Dissemination. *Systematic Reviews. CRD's guidance for undertaking reviews in health care*. University of York 2008

Source: Systematic Reviews. *PICO or PICo?* Curtin University, Australia 2014



# PICO question

- What kind of health promotion **interventions** designed for the **elderly** and concerning their **health** are effective?

**P** elderly

**I** interventions

**Co** health area



# Query syntax stemming from PICO

**P = elderly**

MeSH

Free text

.....  
.....  
.....

.....  
.....  
.....

**OR**

**AND**

**I = interventions (MeSH **OR** Free text)**

**AND**

**Co = health problems (MeSH **OR** Free text)**





# Query syntax example

**P = elderly**

(elderly OR elders OR senior citizen OR old OR old age OR old people OR seniors OR seigniors OR seigniorial age OR older adults OR late adulthood OR older individuals OR advanced age OR geriatric)

**AND**

**I = interventions**

(program OR preventing OR prevention program OR intervention OR training OR campaign OR activity OR application OR impact OR influence OR promotion)

**AND**

**C = health area (e.g. mental health)**

(psychiatric problems OR mental problems OR mental health OR mental disorder OR mood disorder OR depression OR anxiety OR social withdrawal OR social isolation OR suicidal thoughts OR insomnia OR appetite changes OR loss of interest in appearance OR memory loss)

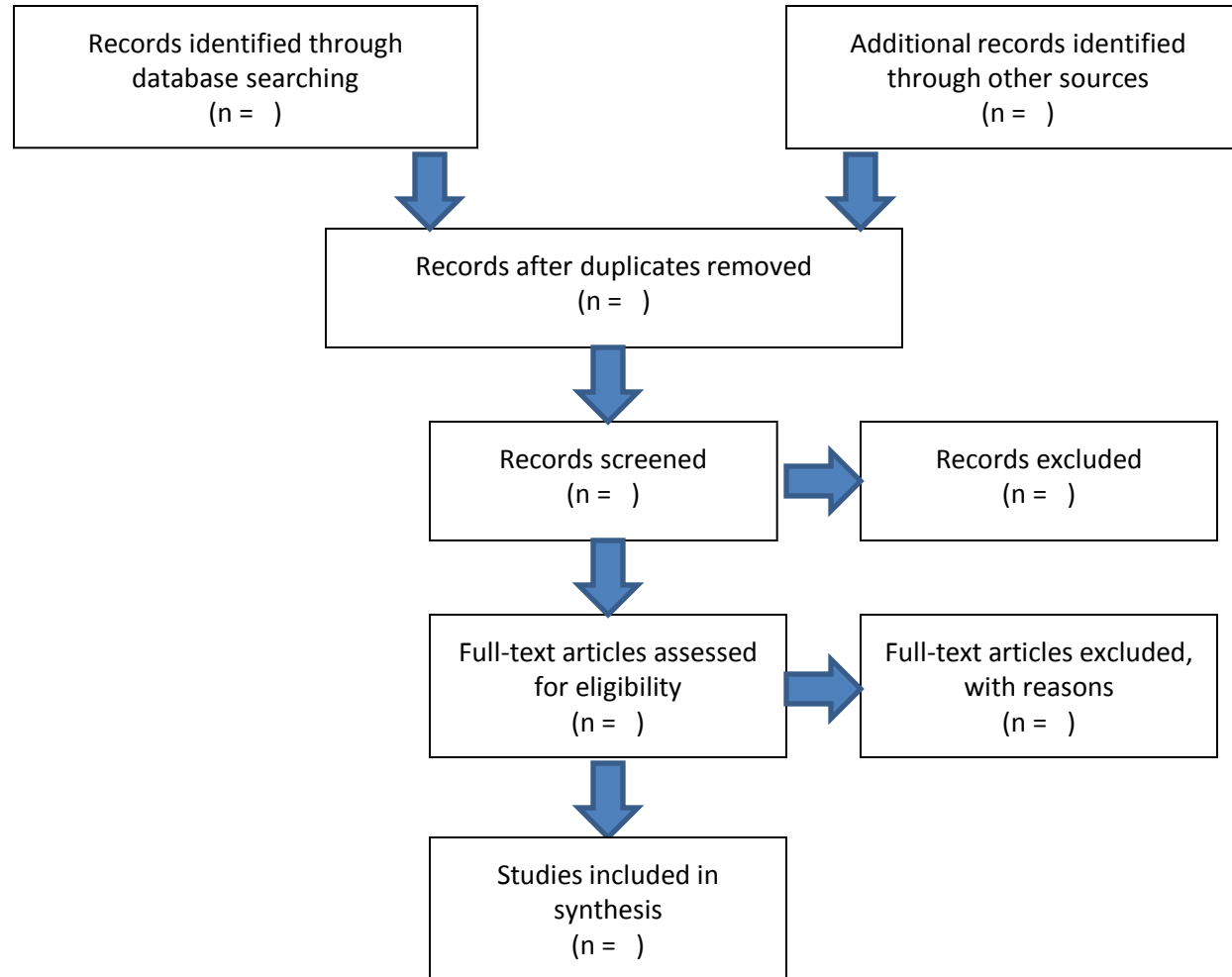


# Query syntax example

(((((((((((((mental health) OR psychiatric problems) OR  
 mental problems) OR mental disorder) OR mood  
 disorder) OR depression) OR anxiety) OR social  
 withdrawal) OR loss of interest in appearance) OR  
 memory loss)) AND (((((((((((((intervention) OR  
 program) OR programme) OR prevention) OR  
 preventing) OR training) OR campaign) OR activation)  
 OR activity) OR application) OR promotion) OR health  
 promotion) OR impact) OR influence)) AND  
 (((((((((((((elderly) OR elders) OR senior citizen) OR old)  
 OR seigniorial age) OR older adults) OR late adulthood)  
 OR older individuals) OR advanced age) OR geriatric)



# Records selection based on PRISMA





# Classification of evidence

- randomized trials
- non-randomised studies
- qualitative studies

Source: Jackson N., Waters E.: Criteria for the systematic review of health promotion and public health interventions. Health Promotion International, Vol. 20, No. 4, 2005.



# Classification of evidence

- Integrity of interventions – five criteria:
  - Adherence to specified program
  - Exposure (eg. length, frequency)
  - Quality of delivery
  - Participant responsiveness
  - Potential for contamination

Source: Jackson N., Waters E.: Criteria for the systematic review of health promotion and public health interventions. Health Promotion International, Vol. 20, No. 4, 2005.



# Gantt chart for WP.5

Pro-health 65+	M 1	M 2	M 3	M 4	M 5	M 6	M 7	M 8	M 9	M 10	M 11	M 12	M 13	M 14	M 15	M 16	M 17	M 18	M 19	M 20	M 21	M 22	M 23	M 24	M 25	M 26	M 27	M 28	M 29	M 30	M 31	M 32	M 33	M 34	M 35	M 36		
<b>WP5 - Methods and types of health promotion of the proven clinical effectiveness addressed to the elderly</b>																																						
Deliverable 1 (policy paper and scientific article)																																						
Milestone 1 (recommendations of health promotion interventions)																																						



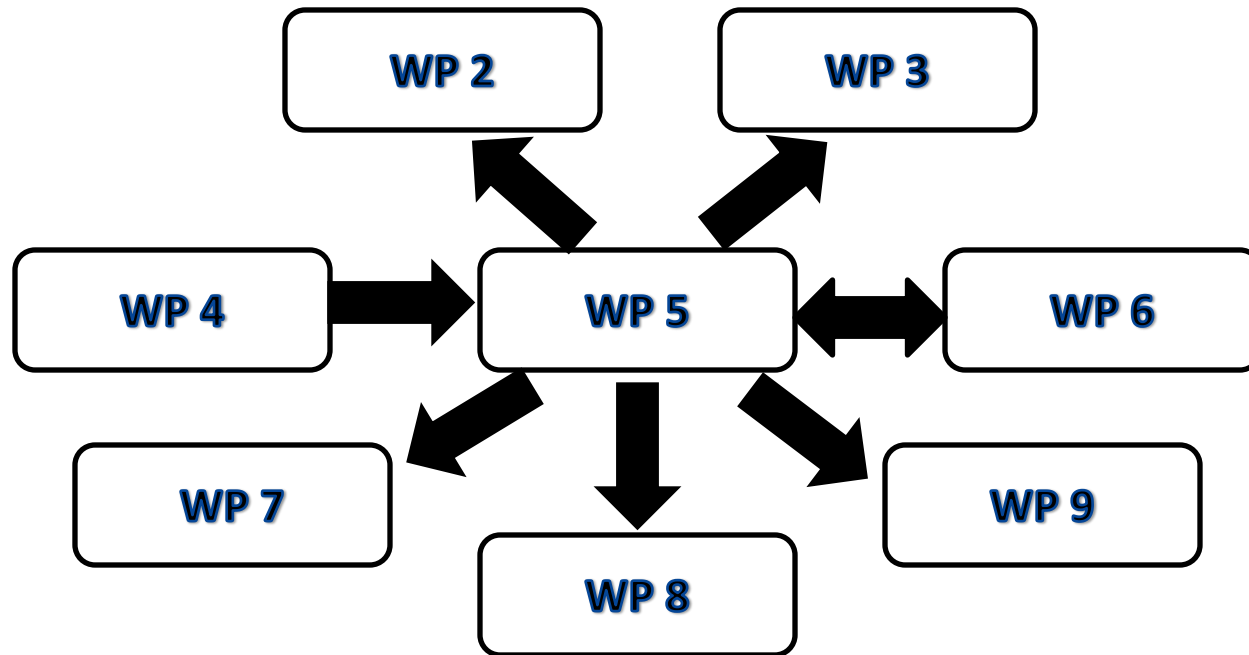
# Work plan

- Detailed Gantt chart for WP.5

Pro-health 65+	M 1	M 2	M 3	M 4	M 5	M 6	M 7	M 8	M 9	M 10	M 11	M 12	M 13	M 14	M 15	M 16	M 17	M 18	M 19	M 20	M 21	M 22	M 23	M 24	M 25	M 26	M 27	M 28	M 29	M 30	M 31	M 32	M 33	M 34	M 35	M 36				
<b>WP5 - Methods and types of health promotion of the proven clinical effectiveness addressed to the elderly</b>																																								
<b>evidence search – stage I</b>																																								
guidelines																																								
systematic reviews																																								
other projects																																								
reports from campaigns																																								
<b>set priorities</b>																																								
<b>evidence search – stage II</b>																																								
data bases																																								
additional sources																																								
<b>classification of evidence</b>																																								
<b>(M1) recommendations</b>																																								
<b>(D1) policy paper</b>																																								



# Realations with other WP







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# Monitoring



# WP.5 Monitoring: Main Objective

- Accumulation and assessment of available evidence related to health promotion activities targeting all age groups of the elderly persons.



# Process indicators

- Accumulation of available evidence related to health promotion activities
- Assessment of available evidence related to health promotion activities
- Drafting policy and research papers related to evidence overview
- Drafting factsheets, cases and briefs related to evidence overview



# Accumulation of available evidence related to health promotion activities

- Output Indicators
  - Description of available evidence related to health promotion activities
- Outcome indicators
  - A comprehensive overview report on the available evidence related to health promotion activities



# Assessment of available evidence related to health promotion activities

- Output Indicators
  - Results of the assessment of available evidence related to health promotion activities
- Outcome indicators
  - Feedback from the internal and external review of the assessment of evidence overview



# Drafting policy and research papers related to evidence overview

- Output Indicators
  - A set of policy and research papers related to evidence overview
- Outcome indicators
  - Feedback from the internal and external review of the policy and research papers on the evidence overview



# Drafting factsheets, cases and briefs related to evidence overview

- Output Indicators
  - A set of factsheets, cases and briefs related to evidence overview
- Outcome indicators
  - Successful dissemination of factsheets, cases and briefs on the evidence overview, among stakeholders



# Summary

- addressing priority topics
- two-phase approach
- incorporating available summaries
- searching for original data
- observing guidelines on review activities in health promotion