

Feasibility, appropriateness and meaningfulness analysis of the Sunfrail Tool to the European Portuguese population during cross-cultural adaptation process

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BACKGROUND

FRAILTY

Where are we
now?

- Frailty is an **age-related condition** characterized by **increased vulnerability** to **negative physical, psychological and social outcomes** (Rodriguez-Manas et al., 2013).
- Recent systematic reviews have highlighted that frailty is **malleable** and its **early diagnosis** may help **improve care** for older adults (Apóstolo et al., 2017; 2018).

FRAILTY

Where are we
going?

- Screening tools that cover **different domains** of individual functioning, **reliably predict future adverse outcomes** and can be **generalizable** to healthcare settings other than primary care **need to be developed**

(Apóstolo et al., 2017)



**Informed decision-
making**

Personalized practices

Frailty Management

FRAILTY

Sunfrail Tool

(Cesari et al., 2018)

- The **Sunfrail Tool (ST)** is an easy-to-use 9-item **screening tool** that enables **early identification** of **frailty** and **multimorbidity**. (Cesari et al., 2018).
- ST is a three dimensional tool (**bio-physical, psychological-cognitive** and **socio-economic**), and it has **two response options** (yes/no).
- There is **no Portuguese version** of the ST.

FRAILITY

Sunfrail Tool

(Cesari et al., 2018)



- ST can be administered by **different professionals and informal carers** within **health, social and community settings.**

FRAILTY

Sunfrail Tool

(Cesari et al., 2018)



- ST allows **first alert** generation, **activation of a referral** for **comprehensive assessment** and **diagnostic investigation** and **timely response** from the social and community sectors (Cesari et al., 2018).

AIM

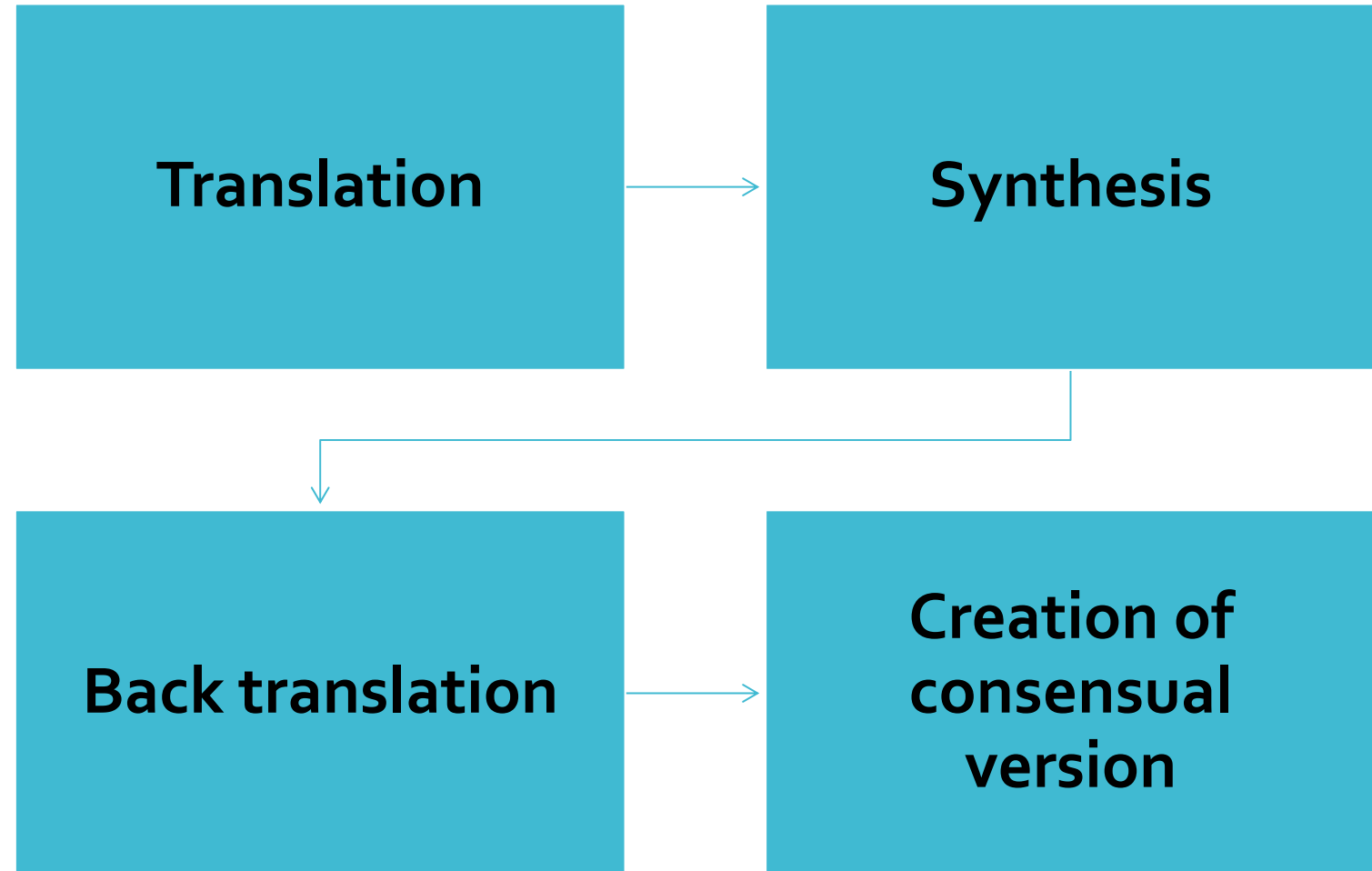
AIM

- To perform a **cross-cultural adaptation** of the **ST** for the **European Portuguese** population;
- To perform the **feasibility, appropriateness and meaningfulness** analysis of the **ST Portuguese version**.

METHODS

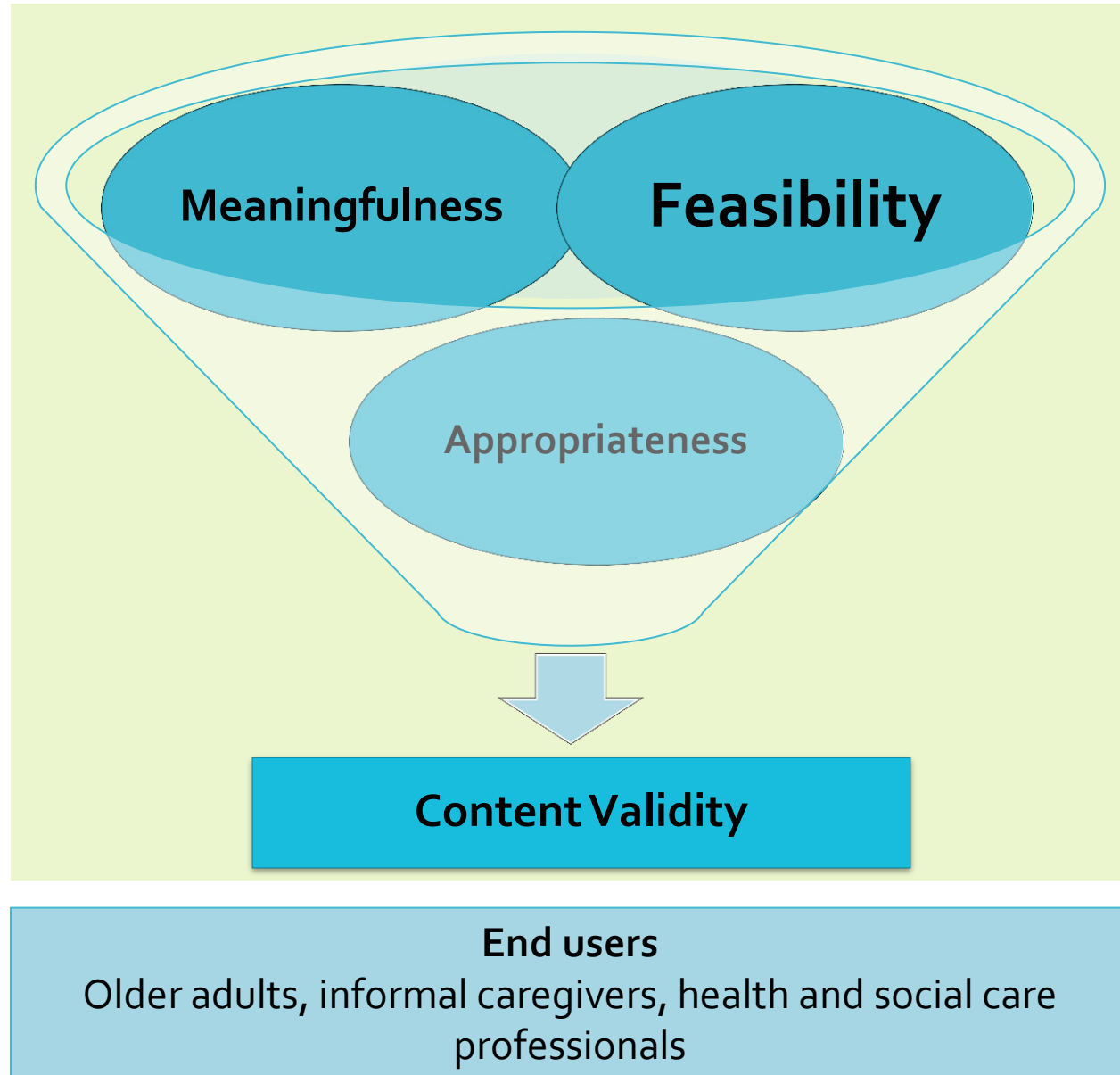
METHODS

Cross-cultural adaptation process



Beaton D, Bombardier C, Guillemin F, Ferraz MB. Guidelines for the Process of Cross- Cultural Adaptation of Self-Report Measures. Spine. 2000; 15(24):3186–91.

METHODS



RESULTS

RESULTS

- **Frailty concept** was considered **suitable** for **European Portuguese population**.
- A **consensus version** was reached by an **expert panel** after considering the results of two forward and two back-translations.
- This **pre-final consensus version** was endorsed to the author of the original instrument.

RESULTS

- Content validity was performed by **healthcare professionals** (n = 7), **patients** (n = 18) and **informal caregivers** (n = 3).
- ST was found as **moderately comprehensible** and **ambiguous**. **Five items** required changes for **cultural adaptation**.

CONCLUSIONS

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- ST seems to be an appropriate instrument for the **early identification** of frailty in the European Portuguese context.
- It enables **informing clinical decision** on preventive responses.

CONCLUSIONS

- There is a need to define **cut-off points** for detection of different frailty levels to **ensure effectiveness** on **activation of pathways** for frailty management.
- **Guidelines** supporting **interview process** are desirable.

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Thank you so much

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