



I-CARE4OLD

Newsletter Spring '24

June 2024



Open webinar on ageing - Tuesday 2nd July 2024 6 PM CET

Participate in our joint webinar with EU H2020 projects I-CARE4OLD and AFFIRMO and learn how both projects address the challenges of ageing on *Tuesday, July 2nd 2024, at 6 PM CET.*

Participation is *free & open to everyone* – register now & save the date:

[Read more](#)



European Nurses in Science Summer Conference 3-4 July (Hybrid)

Are you a European nurse active in science?

Engage in the topic of Past, Present and Future of Nursing Science in Europe and register for the *EUROPEAN ACADEMY OF NURSING SCIENCE 2024 SUMMER CONFERENCE in Torino (Hybrid) on 3RD & 4TH JULY 2024.*

The I-CARE4OLD Project will also share its research insights at the event, with a presentation entitled: 'Caring for older adults with complex chronic conditions: Translating big data results to care planning' by Elizabeth Howard, Boston College (USA)

Registration is also open for non-EANS members (€ 25 for online participation):

[Read more](#)



[Paper] Benzodiazepine use in community-residing older adults in 7 EU countries

Inappropriate benzodiazepine use significantly alters older adults' clinical and functional status. A recent study published in *BMC Geriatrics* comparing the prevalence, prescribing patterns and factors associated with BZD use in community-dwelling older patients in 7 EU countries showed significant differences across these countries. Article available in open access.

[Read more](#)

[Paper] Deprescribing potential of commonly used medications among community-dwelling older adults

Commonly prescribed and used medications can be inappropriate for older adults. To help reduce the risk of use of potentially inappropriate medications and improve outcomes, *patients should be introduced to the concept of*



deprescribing, the healthcare provider-led process of dose reduction or withdrawal of medication which are no longer of benefit to the patient.

A new study on the deprescribing potential of commonly used medications among community-dwelling older adults shows that **a significant proportion of older adults are eligible candidates for deprescribing one or more medicines**. Polypharmacy and poor self-reported health, as well as being a woman, have been identified as factors contributing to increased deprescribing potential. Available now in open access.

[Read more](#)



New Technologies for Translational Research in Pharmaceutical Sciences /Project NETPHARM

The new project NETPHARM, co-financed by the European Commission, aims to create an integrated network of collaborating R&D centres of excellence involved in the **translational development of advanced therapies and drug delivery systems**. Part of the research is devoted to **'Geriatric clinical pharmacy and new technologies for individualization of drug schemes in older patients'** and is being led by **Dr. Daniela Fialová** (*Charles University/I-CARE4OLD*). The project also aims to enhance interdisciplinary cooperation of geriatricians, clinical pharmacists, nephrologists and general practitioners in research and clinical care, and cooperation of 3 international societies (EuGMS, ESCP and ISPE) on rational geriatric pharmacotherapy.

[Read more](#)

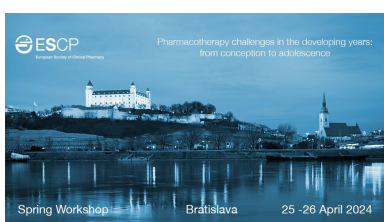


I-CARE4OLD presents at NKG 2024, Stockholm, June 12-14

I-CARE4OLD will actively participate at the 27th Nordic Congress of Gerontology in Stockholm, Sweden, June 12-14, 2024.

On Friday morning, Davide Vetrano (Karolinska Institutet) will chair a symposium entitled *'Risk stratification of multimorbid patients across the care continuum: insights from three EU-funded projects'*. For this symposium, I-CARE4OLD will share its insights together with EU Horizon 2020 projects Affirmo and EHRA-PATHS. Johanna Edgren (THL) will present a poster on *'Multimorbidity in home care clients with cognitive decline and its association with use of health and care services'* on Wednesday. We hope to engage with many fellow researchers, but also practitioners, professionals, and policymakers at the event! Check out the full programme:

[Read more](#)



I-CARE4OLD at ESCP Spring Workshop in Bratislava

I-CARE4OLD researchers shared results of trend analyses of the use of pharmacological and non-pharmacological interventions in Nursing Homes at the most recent ESCP Spring Workshop in April, in Bratislava, Slovakia.

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I-CARE4OLD presents recent results on effects of COVID-19

Within the I-CARE4OLD EU Project, the Canadian team of Prof. John Hirdes has been focusing on various topics such as physical and mental conditions related to the **COVID-19** pandemic in Long-term care (LTC) and Homecare (HC) facilities.

Last month, an important piece of this research was completed with Reem Mulla successfully defending her *PhD on transitions in mood in Long-Term Care (LTC) homes during the COVID-19 pandemic*.

The team also focuses on the effects of **pharmacological treatment** on the health of LTC facilities, and the **development of algorithms** to predict a delay in discharge in hospitals and preclinical mobility limitation status in HC residents. The researchers have been applying **advanced methods such as propensity score matching & weighting** in their work.

This resulted in various outcomes, which have been presented in several events in Canada to fellow researchers and policy makers.

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interRAI & I-CARE4OLD team up at ICIC '24

At the most recent conference on integrated care (ICIC 24) in Belfast, researcher Johanna de Almeida Mello (LUCAS KU Leuven) moderated an interactive session on the use of *interRAI in Homecare*. The session highlighted how interRAI supports shared decision-making and goal-oriented care. Dr de Mello also presented the I-CARE4OLD project for an attentive audience of clinicians, researchers and policy makers active in the field of Healthcare and AI. By using a common assessment tool such as the *interRAI Suite*, I-CARE4OLD researchers were able to identify homogeneous patterns in the heterogeneous group of older persons with multimorbidity receiving care.

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I-CARE4OLD team gathered in Kraków

I-CARE4OLD partners gathered in Kraków, Poland, on April 18 & 19 April 2024. The meeting was hosted by the *Chair of Epidemiology and Preventive Medicine at the Medical Faculty of Jagiellonian University Medical College*, which consists of epidemiologists, medical doctors, statisticians, public health specialists, psychologists and sociologists. The most recent results of the different project groups were discussed, including the first version of the decision tool that provides a dashboard for clinicians working in elderly care.

[Read more](#)



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