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Effect of community programs or models on healthy aging in the ICOPE domains. A systematic review

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Cruz-Peralta, MJ; Flores-Bello, C; Mendoza-Núñez, VM.

Corresponding author:

Víctor Manuel Mendoza-Núñez

mendovic@unam.mx

Author Affiliation:

Unidad de Investigación en Gerontología. Facultad de estudio superiores Zaragoza, Universidad Nacional Autónoma de México. Ciudad de México.

ADMINISTRATIVE INFORMATION

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Review Stage at time of this submission - Formal screening of search results against eligibility criteria.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 13 July 2024 and was last updated on 13 July 2024.

INTRODUCTION

Review question / Objective This rapid systematic review aims to present an updated synthesis of the effect of community intervention programs and models that promote healthy aging by adopting or strengthening healthy lifestyles, such as physical exercise, nutrition, and cognitive stimulation, sleep hygiene, leisure and recreation, and social participation, which consider at least two ICOPE domains as outcomes. Therefore, the following question is proposed: What is the effect of community programs for healthy aging on the ICOPE domains?

P: Older adults; I: Community program (Community model) for healthy aging; O: ICOPE (cognitive functions; mobility, nutrition and strength; sensory capacity, depressive symptoms; social participation, self-care and well-being).

Rationale The World Health Organization (WHO, 2015) defines healthy aging as "the process of

promoting and maintaining functional capacity that allows well-being in old age." Specifying that "functional capacity includes the health-related attributes that allow "It is made up of the person's intrinsic capacity, the characteristics of the environment that affect that capacity, and the interactions between the person and those characteristics." "It is the combination of all a person's physical and mental capabilities." "The environment includes all the factors of the external world that form the context of a person's life. It includes everything from the micro level to the macro level – the home, the community and society in general—". In this framework, the WHO in 2017 proposed the Integrated Care for Older People (ICOPE) model, as a strategy in which guidelines are established to detect priority conditions associated with decreased intrinsic capacity and unfavorable environment that affect functional capacity, a key element of healthy aging in the community, with a person-centered care approach (the health and social care needs of the person) and not on isolated diseases or symptoms.

The ICOPE domains are interrelated, so if the person has a deficiency in one, it is very likely that at least one other will be affected in another, thus affecting their functional capacity, quality of life, and in general their perception of well-being of the person.

Therefore, it is essential to have a synthesis of knowledge about the effects of community intervention models or programs focused on promoting healthy aging by optimizing and maintaining intrinsic and functional capacity, to achieve maximum health and well-being. In this sense, we consider the ICOPE domains as outcome indicators.

Nevertheless, although there are systematic reviews related to the topic, they address populations with some diagnosis of chronic non-communicable diseases (NCCD), without considering the distinctive elements of the community approach (i) collective programs (several participants), (ii) environment "community-dwelling", so our focus is to identify the effect of community intervention programs or models that promote healthy lifestyles to improve the functional capacity of older adults in the community, considering the ICOPE domains as outcomes.

Condition being studied In the current concept of healthy aging (WHO, 2015), the relevance of the adoption of healthy lifestyles is specified for the optimization of intrinsic and functional capacity during aging and old age. In this regard, community programs or models constitute an accessible strategy to maintain and prolong functional capacity, for which the WHO (2017) proposed the ICOPE model, establishing as indicators or domains: (i) cognitive functions; (ii) mobility, (iii) nutrition and strength; (iv) sensory capacity, (v) depressive symptoms; (vi) social participation, self-care and (vii) well-being). This systematic review aims to prepare a synthesis of knowledge regarding the effect of community intervention programs on functional capacity through a systematic search of randomized clinical trials (RCTs) and community interventions that impact one or more of the following domains of the ICOPE.

METHODS

Search strategy The search terms for the PubMed and Scopus platforms were: ("Community model" OR "Community program" OR "Community intervention" OR "Community Exercise" OR "Community alimentation" OR "community peer support" OR "community leisure" OR "Generativity" OR "community volunteering") AND "healthy aging" OR ((ICOPE) OR (Mobility,

Cognition, Depression, Vitality, Sensory, Social participation))

For the Web of Science platform, the search strategy was: ("Community model" OR "Community program" OR "Community intervention" OR "Community Exercise" OR "Community alimentation" OR "community peer support" OR "community leisure" OR "Generativity" OR "community volunteering") AND ALL=("healthy aging" OR (ICOPE) OR "Mobility" OR "Cognition" OR "Depression" OR "Vitality" OR "Sensory" OR "Social participation")

For the Lilacs platform, the search strategy was: ("Community model" OR "Community program" OR "Community intervention") AND ("healthy aging" OR (ICOPE)) utilizando los filtros: ingles, español (se eliminaron artículos en inglés, portugués y japonés)

Meanwhile the search terms for the SciELO platforms were:

("Community model" OR "Community program" OR "Community intervention") AND (healthy aging OR ICOPE).

Participant or population Older adults aged 60 years and older who participated in community-based interventions are eligible for this review.

Intervention All community programs or models that carry out actions for the adoption or strengthening of healthy lifestyles with the purpose of strengthening the ICOPE healthy aging domains: (i) cognitive functions; (ii) mobility, (iii) nutrition and strength; (iv) sensory capacity, (v) depressive symptoms; (vi) social participation, self-care and (vii) well-being).

Comparator There is no comparator, it is a PIO question.

Study designs to be included Randomized, pre-experimental and quasi-experimental clinical trials (according to the PIO question).

Eligibility criteria Age (≥ 60 years), intervention study design; community programs, community-dwelling; healthy lifestyles; ICOPE domains; English, Spanish, and Portuguese language.

Information sources An exhaustive search of scientific information will be carried out in 5 databases: PubMed, Web of Science, Scopus, SciELO, LILACS. In addition, the gray literature from TESIUNAM and Google school, in accordance with the PRISMA-2020 guidelines.

Main outcome(s) Improvement and/or maintenance of indicators of functional capacity

and well-being. A synthesis will be presented on the effect (changes before and after) of the community intervention on the variables related to the ICOPE domains.: (i) cognitive functions; (ii) mobility, (iii) nutrition and strength; (iv) sensory capacity, (v) depressive symptoms; (vi) social participation, self-care and (vii) well-being).

Additional outcome(s) None.

Data management For this review, studies will be classified according to: (i) author year, (ii) country, (iii) study design, (iv) population, age, sex, diagnosis (ECNT), (v) components or characteristics of the intervention, (vi) measurement instruments, (vii) effect on the variables of the ICIPO domains. Two reviewers will participate in the selection of studies for inclusion and eligibility and in case of discrepancy, a third researcher will intervene.

Quality assessment / Risk of bias analysis The RoB2 and ROBINS-I tool will be used.

Strategy of data synthesis A systematic review table will be prepared considering the elements of the PIO acronym. Revman software version 5.4.1 will be used, in the case of carrying out a meta-analysis with a random effects model to estimate the effect size.

Subgroup analysis Subgroup analyses will be performed to identify the causes of heterogeneity and variation in effect size between the different instruments used to evaluate the effect of the programs on the ICOPE domains, as well as by the implementation period and country where it was carried out.

Sensitivity analysis Sensitivity analysis would be performed if the combined outcome had a high risk of heterogeneity.

Language restriction Only studies published in English, Spanish and Portuguese will be considered.

Country(ies) involved Mexico.

Other relevant information None.

Keywords Older adults; Community intervention; intrinsic capacity, functional capacity; healthy aging; ICOPE.

Dissemination plans At the end of the review it will be published in a peer-reviewed journal, and

the results will also be presented at a dissemination event.

Contributions of each author

Author 1 - María de Jesús Cruz-Peralta - conception of the review; review design; coordination of the review; data collection; data management; analysis of data; data interpretation; writing the protocol or review.

Email: mcruzperalta.asuntosdocencia@gmail.com

Author 2 - Víctor Manuel Mendoza-Núñez - reviewer, data interpretation; writing the protocol or review.

Email: mendovic@unam.mx

Author 3 - Cristina Flores-Bello - reviewer.

Email: rasguosaflores@yahoo.com.mx