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A priori acceptability of a multimodal system for the early detection of frailty in older adults

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Abstract – Frailty would affect 4 out of 5 people aged of 85 and over in France. As part of a global project aimed to develop a multimodal system for the early detection of frailty among older adults living at home or in a senior residence, we reported prospective quantitative study assessing *a priori* acceptability of this system. This platform is composed of 5 devices: a weight scale, a tensiometer, a wrist-worn step counter, an activity tracker and a tablet to exchange data with the aforementioned sensors over internet. The inclusion criteria are: age ≥ 80 years old, living at home or in senior residence, assessed as 'robust' or 'pre-frail'. The *a priori* acceptability is assessed through self-evaluation questionnaires. The results of the first 22 volunteers included in this study would be in favor of an *a priori* intention to use rather favorable to the use of the system, despite an *a priori* acceptability judged rather moderate.

Keywords: Acceptability, frailty, prevention, information and communication technologies, gerontechnology

I. INTRODUCTION

As of 1 January 2020, the French population was estimated at 67,060,703, of which 9.5% were aged 75 and over and 3.4% were aged 85 and over [1]. The proportion of people aged 75 and over living at home is 90% [2]. Among them, 83.1% are considered independent [3]. The French National Institute for Statistics and Economic Studies estimates that in France, in 2060, the proportion of people aged 75 and over would be 16.2%, *i.e.* about 12 million individuals [4]. Most of French people express their desire to 'age' at home [5]. However, the risk of falls threatens this lifestyle choice. Indeed, falls are known to be the third most common cause of hospital admissions in acute medicine departments and the leading cause of fatal accidents among older adults [6, 7].

One of the main risk factors for falls is the 'frail status' [8-13]. Among approaches used to diagnose frailty syndrome, the phenotypic-type approach of Fried *et al.* [8] is one of the most frequently cited in international studies devoted to this concept [9-11, 13, 14]. According to Fried's frailty phenotype, people can be classified as 'robust', 'pre-frail' or 'frail', depending on

whether they meet respectively none, one or two, or three of the following criteria: unintentional weight loss, self-reported exhaustion, slow walking speed, weakness (grip strength) and low physical activity [8-11, 13, 14]. There is a continuum between the state of 'robustness' and the state of 'frailty', passing through a state known as 'pre-frailty' [8-10, 15, 16]. According to the European Survey of Health, Ageing and Retirement in Europe (SHARE), 9% of people aged 50 and over in France could be considered as 'frail' and 41% as 'pre-frail' [17]. The proportion of people aged 75 and over who are 'frail' and 'pre-frail' could be around 15% and 50% respectively. At the age of 85, less than one person out of five could be considered as 'robust'. The state of 'frailty' would increase the risk of falling (Hazard ratio (HR) = 1.23; Confidence interval (CI) 95% [1.50-2.21]), of loss of functional independency (HR = 1.79; 95% CI [1.47-2.17]), hospitalization (HR = 1.27; 95% CI [1.11-1.46]), and death (HR = 1.63; 95% CI [1.27-2.08]) at 2 years compared to people considered as 'robust' [8-11, 18].

The World Health Organization recommends a "proactive identification of older people in the community at risk of frailty" to provide "opportunities to intervene and so prevent or delay functional decline". Thus, we recently proposed the use of a multimodal health monitoring system for the early detection of elements linked to Fried's frailty, within a project presented in the next section. One of the key assumptions of this approach is that older citizens will use this information and communication technology (ICT)-enabled device. However, the development of ICTs is not always successful [19-24]. From this 'proof of concept' phase, we have developed an ancillary study to assess the acceptability of ICTs among older individuals.

In the present study, we present the results of the *a priori* acceptability of the system through the prism of Bel's integrative model, evaluated on the day of the inclusion of volunteers in the research protocol.

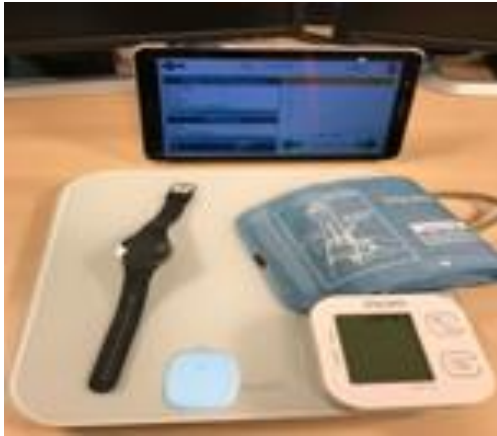


Figure 2. The ACCORDS platform including a weight scale, a tensiometer, a wrist-worn step and calories counter, an activity tacker and a tablet using the Calliopé® application

The present study assesses the *a priori* acceptability of this system by older adults. It was carried out on the base of collaborative and interdisciplinary work, from its design to its implementation, both in terms of choice of the collected parameters, the development of algorithms and interfaces and in the development of the research protocol for the present study on the ICTs' acceptability. The whole project received funding from the French National Research Agency in 2018 for a period of 4 years.

The device is entrusted to the volunteer for a maximum of 2 years, to be used in his/her daily living. It is composed of:

- a connected weight scale (iHealth HS2 and HS6), to monitor the subject's weight, to be used at least twice a month,
- a connected blood pressure monitor (iHealth Track KN-550BT), to monitor blood pressure and heart rate, to be used at least once a month,
- a wrist-worn step and calories counter (iHealth AM4), integrated into a wristwatch, to monitor the subject's activity via the number of daily steps, the estimated energy expenditure and the daily travelled distance, to be used at least 15 days, consecutive or not, per month,
- a sensor for quantifying physical activity called 'activity tracker' (manufactured by the company RF-Track) comprising an accelerometer, a barometer and a radio transceiver, which can be worn around the neck or the waist, to be used at least 15 days, consecutive or not, per month,
- a touch tablet (Samsung Galaxy Tab A 2016, Android 6.0 operating system) allowing access to a health monitoring application for the above-mentioned parameters, which is accessed by the subject at least once per two weeks.

The health monitoring application called Calliopé® was specially developed for this study, based on collaborative work within the team. It allows data to be retrieved from the 3 iHealth sensors, secure data connection and storage, as well as the

visualization of the daily data history for the volunteer. This platform is shown in Fig. 2.

III. CLINICAL TRIAL

The project received a favorable opinion for its implementation from the Protection of Persons Committee Ouest VI - 1228 HPS2, under the code IDRCB 2019-A02316-51 on 2 January 2020. The French National Commission for Information Technology and Civil Liberties and the French National Agency for the Safety of Medicines and Health Products have been informed of this study. The duration of the inclusion period is 12 months from 1st September 2020. The estimated data processing time is 6 months. The total duration of the study is 54 months, including a 6-month extension of the study due to the SARS-Cov2 epidemic.

A. Participants

The number of subjects to be included was estimated at 30, considering the diversity of older people's profiles. The inclusion criteria for the project were: age ≥ 80 years old, living at home or in a senior residence, assessed as 'robust' or 'pre-frail' according to Fried's frailty phenotype. The criteria for non-inclusion were: hospitalization in the month preceding the first visit, cognitive impairment prohibiting proper use of the system, inability to give consent to participate in the study, or being subject to legal protection [25]. If the person is classified as 'frail' (3, 4 or 5 Fried's criteria) during the follow-up, the health monitoring is concluded so we can analyze his/her frailty trajectory and the criteria that could indicate the onset of frailty at an early stage.

B. Calendar of home visits

We propose a set of 10 home visits over 2 years. The first inclusion took place on September 2020. In the framework of the SARS-Cov2 pandemic, the barrier measures were respected during home visits. It included the wearing of masks for investigators and respondents, washing hands with a hydro-alcoholic solution before and after handling objects, physical distancing avoiding close contacts and room ventilation for the duration of the visit.

C. The collection of data for the *a priori* acceptability study

The quantitative part of the *a priori* acceptability study presented here is based on four self-evaluation questionnaires constructed from data in the literature, in particular Bel's integrative model of behavioral prediction of the use of an unknown technology, and reflections of our research team [19-22]. These questionnaires include 46 items grouped into eight themes. The items are assessed using a 7-point Likert scale. The first 15-item questionnaire explores three themes: the person's prior experience and attitudes towards information and communication technologies, and prior experience with health

(Reerink-Boulanger, 2012, p.104), the knowledge developed through the completion of these questionnaires does not provide the critical content on which to act in order to allow effective appropriation of the systems, which remains the goal of any technological implementation” [21]. Overall, user involvement from the start of the design phase of a new technology is essential, so designers can improve the development of the technology at the very beginning of the developing process. Moreover, in this way, older users can develop empowerment and so their well-being [26, 27]. Thus, the acceptability of interventions in health promotion would be improved by the integration of individuals throughout the project process [23].

The main limit of this study is the intrinsic limits of acceptance theoretical models that helped to develop the acceptability questionnaires. According to Bobillier-Chaumon and Dubois in 2009, “new technologies include change factors that cannot always be anticipated *a priori*”. The use of quantitative questionnaires alone does not always reflect real-life situations, and the mean scores obtained from the questionnaires do not usually reflect the reality of the heterogeneity of people, particularly older adults [19, 28]. Therefore, we decided to lead a parallel prospective qualitative study assessing acceptability of the system to obtain new perspectives of this topic. Results are in progress.

Finally, if the system under study is scientifically validated in the future, the platform would integrate the 'healthy ageing' strategy [29, 30, 31]. However, the right to know a level of risk to one's health should not oblige individuals to use this tool. The "agentisation process" triggered by public health policies [32] must not, in our view, be a source of guilt for individuals, whether or not they take advantage of this system. Similarly, the right to incompetence remains a right and the empowerment of individuals must not be the only response to improve the individuals' well-being. It must be part of a global health promotion project, via its five areas of reflection, at the risk of increasing social health inequities [25, 33, 34, 35].

VI. CONCLUSION

The results shown in this study are encouraging and in favor of an intention to use rather favorable to the developing system, despite an *a priori* acceptability judged rather moderate, probably due to the numerous connected devices to use. Simplicity of use and perfect technical condition seem to be other very important factors for its acceptability. Whereas they are not totally consistent with the literature, those results allow the study to be continued by enriching Bel's model used as a reference in this project and to better understand the actual use of the system beyond its *a priori* acceptability.

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