

The European Rural and Isolated Practitioners Association (EURIPA)
define a
Position Paper on Frailty in the Population in Rural and Remote
Areas

Short version

By EURIPA frailty task force*

Aged populations in rural settings have to be engaged to prevent or/and cure frailty (frailty leads to dependency). To address this objective, rural GPs in collaboration with all stakeholders have to:

- Favour the self-empowerment of inhabitants in their environment with the utilisation of all local resources.
- Identify for each inhabitant the risk of pre-frailty and frailty.
- Lead the positive diagnosis of frailty, with useful, simple, validated tools in general practice
- Define a preventive and/or curative plan regarding frailty, in partnership with the patient's will and local resources (relevant, feasible, realistic, and sustainable):
 - Increase physical activity, with a personal scheme
 - Appropriate diet, with respect to financial capability
 - Optimisation of drug prescription
 - Propose a social involvement
- Evaluate the plans implemented, including: patient satisfaction, quality of life, impact on the community and stakeholders, cost effectiveness ratio.

EURIPA urges to all relevant authorities and policy makers, to take into account this position paper of EURIPA.

For this we urge to:

- 1/ Organise the rural primary care unit, to be able to accomplish the goals described above.**
- 2/ Organise social and public resources to be able to address frailty.**
- 3/ Providing resources in terms of human, organisation, devices and financial support to all the social and health care local stakeholders.**

The full version is available on demand, from EURIPA.