

**Centre of Expertise in Longevity and Long-term care**  
Faculty of Humanities, Charles University of Prague

**2021 Annual Report**



**November 2021**

## Ongoing research projects

### **Long-term care for patients with dementia, analysis of the current situation in the Czech Republic and Europe, possibilities of transformation of institutional care regarding quality of life, quality of care and resource use**

Registration Number: NV18-09-00587

Czech Health Research Council (Agentura pro zdravotnický výzkum České republiky)

Project proposal reflects, in the field of long-term care of persons with dementia, the main goal of the National programme of applied research "to assure internationally comparable research for better health of our population and better response to needs of health care system in the Czech Republic". Long-term care of persons with dementia has been internationally recognized as a research priority, this attention has not attracted in the Czech Republic. The goal of the project is to analyze current situation in long-term care of persons with dementia in the Czech Republic, provide overview on this topic and comparison with other European countries. Methods: mixed method research in long-term care institutions (data about patients, care quality, environment, team interactions, stakeholders roles etc.)

### **Distribution system for crisis situations**

This project creates an ethical and legally robust digital system for the distribution of strategic materials during crises. In peaceful times it will monitor supply and demand and provide an early warning of an impending crisis. The system will be based on algorithmic game theory and optimization, and will support such independent behavior of actors, that will be beneficial for a wide range of actors and ethical, at the same time. The advantages of the new system will be societal happiness, protection of small actors, support of cooperation, prevention of unbearable price increases and protection of both, producers and sellers. The legal framework of the operation and of implementation of the ethical rules, and protection of all data will also be addressed.

### **SANDOZ - Partnership Agreement**

The purpose of the project is to support education and dissemination of information and scientific knowledge in the field of care for gerontological patients. The purpose of the project is to organize a program of educational events for doctors, paramedics and other staff of facilities caring for the elderly. The project should have taken place in 4-5 places within the Czech Republic and should have included 6 seminars/workshops on various topics in the field of gerontology in any of the places, due to the global situation according to the Covid-19 issues, all educational events have been moved to the online space.

## **RECETAS - Re-imagining Environments for Connection and Engagement: Testing Actions for Social Prescribing in Natural Spaces**

Re-imagining Environments for Connection and Engagement: Testing Actions for Social Prescribing in Natural Spaces (RECETAS) will address loneliness, a modifiable health condition that is known to shorten one's lifespan and may be as dangerous to one's health as smoking or obesity. In Europe alone, and before COVID-19 pandemic, over 75 million European adults reported meeting with family and friends at most once per month and 30 million European adults frequently felt lonely. Loneliness knows no geographic, economic, cultural, and social boundaries and affects all age groups. For urban dwellers, nearby nature, with social structures, can improve health and mental well-being and reduce loneliness. Even under the extraordinary circumstances of COVID-19, people need time in nature for its healing benefits and its role in allowing people to interact in nature. Investments in nature-based solutions (NBS) and green infrastructure (GI) that address rapid urbanization and its adverse consequences on environmental systems in our cities, can be harnessed for health and well-being even in times of health emergencies. RECETAS explores loneliness through a transdisciplinary lens, integrating social, behavioral, health, and natural sciences, and is grounded in participatory principles. It will use randomized controlled trials (RCT) and other epidemiologic, anthropological and health economic methods to test socially- and culturally-innovative nature-based social prescribing (NBSP) in six cities in Europe, Latin America, and Australia. The approach aims to improve upon real-world policy and practice to reduce loneliness by connecting people experiencing loneliness with helping professionals and extensive investments in NBS and GI, while alleviating pressures on stressed health care systems. If successful, it will systematically reduce loneliness, promote and sustain vibrant, socially-connected communities, and reduce health inequalities by connecting to nature in meaningful ways.

## **"PERMANENTO – everyday functional exercise for older adults" – a new project supported by NF Veolia**

"PERMANENTO – everyday functional exercise for older adults" is a new project designed to help older adults to maintain fundamental components of functional fitness. The main goal is to contribute to a broader perception of physical activity, especially its effects on the aging processes and quality of life, and thus to raise the active role of each of us. The author of the project Katerina Machacova says: "I would like to help people of all ages to perceive exercise as an essential hygiene for the body, to help them understand the wider context in order to be able to live actively and responsibly for as long as possible."

We will organize educational-exercise workshops tailored to the needs of the older adults. Participants will learn why it is so important to take care of the own body and what the

benefits of exercise are. They will learn how to do so with regards to their own preferences, possibilities and current health status. The goal for each participant is to be independent for home exercise but at the same time nobody will be left without support. All participants will receive an access to the instructional videos with short routines designed to support fundamental components of functional fitness such as strength, flexibility and mobility. Furthermore, in each locality, we will offer training courses to more active older adults to become authorized trainers of Permanento group lessons.

The project also includes long-term care facilities since an adequate physical activity is very beneficial for the residents. In this case, we will collaborate with social workers and carers. They will be offered accredited educational seminars and provided all the crucial information, instructions as well as exercise videos to be used in the long-term care settings.

Short video about the project: <https://youtu.be/jo74nK9n5TI>

## Policy and Advocacy Activities

### New cooperation

Ongoing negotiations with the municipality in order to establish a closer cooperation leading to better and effective care of older adults.

### COVID-19 and older adults

Centre of Expertise in Longevity and Long-term care published an important report containing principles to help older adults to live in the current situation affected by covid pandemic.

## Training and Education Activities

**“Longevity studies”** – 4-year postgraduate program designed to appeal to all students who successfully completed master degree in broad range of specialties and who want to establish foundation in issues of aging and apply it in their clinical or theoretical careers. The aim of the course is to help to address multidimensional and complex nature of lengthening human lifespan from various perspectives. We are very proud to pronounce that this is the first and so far only postgraduate program in the Czech Republic that focuses on such important and at the same time challenging topic. **In 2021, we celebrated new graduates as well as new students.**

## News

### Donatio Universitatis Carolinae 2021

At the beginning of this year, the founder and director of CELLO Iva Holmerová was awarded by the rector of the Charles University for her long-term achievements in the field of social gerontology. The awarded money are being used for further development of the Centre.

### October 6th - 7th, 2021 - Prague days of gerontology

This year's meeting of Gerontology professionals took place at Kongresové centrum Praha (5. května 1640/65, Praha 4). Participants could visit the event in person or on-line. The main topic was focused on a life with dementia in the new covid age.

## Recent publications

### Books:

HRDÁ, Karolína - LEJSAL, Matěj - ŠOUREK, David – Holmerová, Iva – Hájková, Alena – Krejčíková, Helena – Brunerová, Tereza – Kohoutová, Lenka – Konečná, Petra – Biňovcová, Jana - Vísnerová, Lucie - Barešová, Miroslava. Paliativní péče v rezidenčních službách se zaměřením na uživatele seniorského věku. 1 vyd. Tábor: APSS ČR, 2020, 201 s. 1. ISBN 978-80-88361-01-5.

### Book chapters:

ČELEDOVÁ, Libuše - ČEVELA, Rostislav - FIALA, Pavel – Fínek, Jindřich – Holčík, Jan – Holmerová, Iva – Kalvach, Zdeněk – Kilian, Jan – Kos, Jaroslav - Matějovská Kubešová, Hana – Polívka, Jiří – Raboch, Jiří – Svačina, Štěpán – Šafránek, Václav- Šimek, Jiří - Ulčová-Gallová, Zdeňka – Valenta, Jiří. Rozmluvy ze Šafránku : s úsměvem o životě, stárnutí a stáří. 1 vyd. Praha: Karolinum, 2020, 180 s. ISBN 978-80-246-4710-4.

HOLMEROVÁ, Iva - VAŇKOVÁ, Hana - ŠTEFFL, Michal – VELETA, Petr. Dancing with People with Dementia. In: MANTHORPE, Jill - MONIZ-COOK, Esme. Timely Psychosocial Interventions in Dementia Care : Evidence-Based Practice. 1 vyd. London: London: Jessica Kingsley Publishers, 2020, s. 191-203. ISBN 978-1-78775-302-0.

HRADCOVÁ, Dana - SYNEK, Michal - HOLMEROVÁ, Iva - . Promoting the Enjoyment of Food in Dementia Care : The Bon Appetit Intervention in Care Homes. In: COOK-MONIZ, Esme - MANTHORPE, Jill. MONIZ-COOK, Esme - MANTHORPE, Jill. Timely Psychosocial Interventions in Dementia Care : Evidence-Based Practice. 1 vyd. London: Jessica Kingsley Publishers, 2020, s. 244-259. 1. ISBN 978-1-78775-302-0.

BÁRTOVÁ, Alžběta - HOLMEROVÁ, Iva - DOSTÁLOVÁ, Vladimíra – Bláhová, Hana – Štefl, Michal. Self-reported needs of people with dementia living at home: a scoping review. In: HOE, Juanita - ORRELL, Martin. Camberwell assessment of need for the elderly. 1 vyd. Cambridge: Cambridge University Press, 2021, s. 10-20. ISBN 978-1-911623-36-6. DOI 10.1017/9781911623373.

#### Articles:

BLÁHOVÁ, Hana - BÁRTOVÁ, Alžběta - DOSTÁLOVÁ, Vladimíra - HOLMEROVÁ, Iva. The needs of older patients in hospital care: a scoping review. *Aging: Clinical and Experimental Research* [online]. 2020, 2020 (1 October 2020), 2020-10-21. ISSN 1720-8319. DOI 10.1007/s40520-020-01734-6.

BAJTOŠOVÁ, Radoslava - HOLMEROVÁ, Iva - RUSINA, Robert. Nové pohledy na léčbu demence. *Neurologie pro praxi*. 2021, 22 (3), 194-200. ISSN 1213-1814. DOI 10.36290/neu.2021.014.

BLÁHOVÁ, Hana - BÁRTOVÁ, Alžběta - DOSTÁLOVÁ, Vladimíra...et al. Patient needs and their satisfaction in hospital care as viewed and experienced by the patients in the time of the COVID-19 pandemic. *Romanian Journal of Family Medicine*. 2021, 4 (2), 5-12.

CHIRICO, Ilaria - CHATTAT, Rabih - DOSTÁLOVÁ, Vladimíra - Povolná, Pavla - Holmerová, Iva - de Vugt, Marjolein E - Janssen, Niels - Dassen, Fania - Sánchez-Gómez, María Cruz - García-Peñalvo, Francisco José - Franco-Martín, Manuel A - Ottoboni, Giovanni. The Integration of Psychosocial Care into National Dementia Strategies across Europe: Evidence from the Skills in DEmentia Care (SiDECAR) Project. *International Journal of Environmental Research and Public Health*. 2021, 18 (7), 3422. ISSN 1660-4601. DOI 10.3390/ijerph18073422.

DOSTÁLOVÁ, Vladimíra - BÁRTOVÁ, Alžběta - BLÁHOVÁ, Hana - HOLMEROVÁ, Iva. The Needs of Older People Receiving Home Care: A Scoping Review. *Aging: Clinical and Experimental Research*. 2021, 33 (3), 495-504. ISSN 1594-0667. DOI 10.1007/s40520-020-01505-3.

DOSTÁLOVÁ, Vladimíra - BÁRTOVÁ, Alžběta - BLÁHOVÁ, Hana - HOLMEROVÁ, Iva. The experiences and needs of frail older people receiving home health care: A qualitative study. *International journal of older people nursing*. 2021, 2021 (21. srpna 2021), 1-10. ISSN 1748-3743. DOI 10.1111/opn.12418.

FIALA, Petr - HOLMEROVÁ, Iva - RUDA, Tomáš -. Financial balance of home nursing care providers in the Czech Republic. *Health Economics Review* [online]. 2021, 11 (1), 1-7. ISSN 2191-1991. DOI 10.1186/s13561-021-00331-1.

HOLMEROVÁ, Iva. Geriatrické syndromy v době nového koronaviru - význam deliria. *Medicína po promoci*. 2020, 21 (3), 216-220. ISSN 1212-9445.

HOLMEROVÁ, Iva. Doporučení Alzheimer Europe k péči o osoby s demencí v době pandemie COVID-19. *Geriatric a gerontologie*. 2020, 9 (2), 105-107. ISSN 1805-4684.

HOLMEROVÁ, Iva - BERÁNKOVÁ, Anna. Bolest u dospělých a starších lidí s mentálním postižením. *Bolest*. 2021, 24 (2), 72-79. ISSN 1212-0634.

SHIELLS, Kate Rebecca - PIVODIC, Lara - HOLMEROVÁ, Iva...et al. Self-reported needs and experiences of people with dementia living in nursing homes: a scoping review. *Aging & Mental Health*. 2020, 24 (10), 1553-1568. ISSN 1360-7863. DOI 10.1080/13607863.2019.1625303.

SONTÁKOVÁ, Lenka - BÁRTOVÁ, Alžběta - DAŘOVÁ, Klára...et al. Effects of physical exercise on cognitively impaired older adults: a systematic review. *Acta Universitatis Carolinae Kinanthropologica* [online]. 2021, 57 (1), 51-78. ISSN 2336-6052. DOI 10.14712/23366052.2021.5.

VAŇKOVÁ, Markéta - VACÍNOVÁ, Gabriela - VČELÁK, Josef...et al. Plasma levels of adipokines in patients with Alzheimer's disease - where is the "breaking point" in Alzheimer's disease pathogenesis?. *Physiological Research*. 2020, 69 (Suppl. 2), S339-S349. ISSN 0862-8408. DOI 10.33549/physiolres.934536.

O'NEILL, Desmond - BRIGGS, Robert - HOLMEROVÁ, Iva...et al. COVID-19 highlights the need for universal adoption of standards of medical care for physicians in nursing homes in Europe. *European Geriatric Medicine*. 2020, 11 (4 Special Issue SI), 645-650. ISSN 1878-7649. DOI 10.1007/s41999-020-00347-6.

OTTOBONI, Giovanni - CHIRICO, Ilaria - POVOLNÁ, Pavla - DOSTÁLOVÁ, Vladimíra - Holmerová, Iva - Janssen, Niels - Dassen, Fania - de Vugt, Marjolein E - Sánchez-Gómez, María Cruz - García-Peñalvo, Francisco José - Franco-Martín, Manuel A - CHATTAT, Rabih. Psychosocial care in dementia in European higher education: Evidence from the SiDECare ("Skills in DEmentia Care") project. *Nurse Education Today*. 2021, 103 (18. květen 2021), 104977. ISSN 0260-6917. DOI 10.1016/j.nedt.2021.104977.

## Future vision

### The general goal of CELLO ILC

Contribution to improve the situation in the field of healthy aging and long-term care in the Czech Republic with respect to global pandemic situation by:

- ongoing research projects (see above)
- cooperation with state administration and government departments
- cooperation with other non-governmental organization
- network support of academic and other initiatives in the field of longevity and long-term care
- education: the doctoral program Longevity studies (see above) and other accredited programs supporting professional life long learning
- promotion of active approach to ageing of each of us
- active PR: media, social media

On behalf of the ILC-Czech Republic

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