



WONCA ILOILO

ASIA PACIFIC REGIONAL
CONFERENCE 2026

in conjunction with the
PAFP 65th Anniversary
and Annual Convention
(March 23-24, 2026)

March 25 to 27,
2026

Iloilo Convention
Center, Iloilo City,
Philippines



Family Physicians Gifted to Give
Hearts that Care for Persons,
Family and Community





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Social Prescribing for elderly people

Insights from Aragon, Spain: Longitudinal Analysis (2018-2025)

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EVALRA Research group. Government of Aragon. Spain





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Competing interests

The author declare no competing interests.

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Ethics approval and consent to participate

This study was conducted in accordance with the ethical principles of the Spanish Biomedical Research Law 14/2007 and approved by the Ethics Committee of Clinical Research of Aragón (CEICA) in its meeting on January 13, 2021 (Act No. 01/2021) C.I. PI20/606.

Study protocol published

Pola-Garcia M, Carrera Noguero AM, Astier-Peña MP, Mira JJ, Guilabert-Mora M, Casseti V, Melús-Palazón E, Gasch-Gallén A; Consortium EvaLRA; Benedé Azagra CB. Social Prescribing Schemes in Primary Care in Spain (EvaLRA Project): a method study protocol to build an evaluation model. BMC Prim Care. 2023 Oct 25;24(1):220. doi: 10.1186/s12916-023-02164-9.



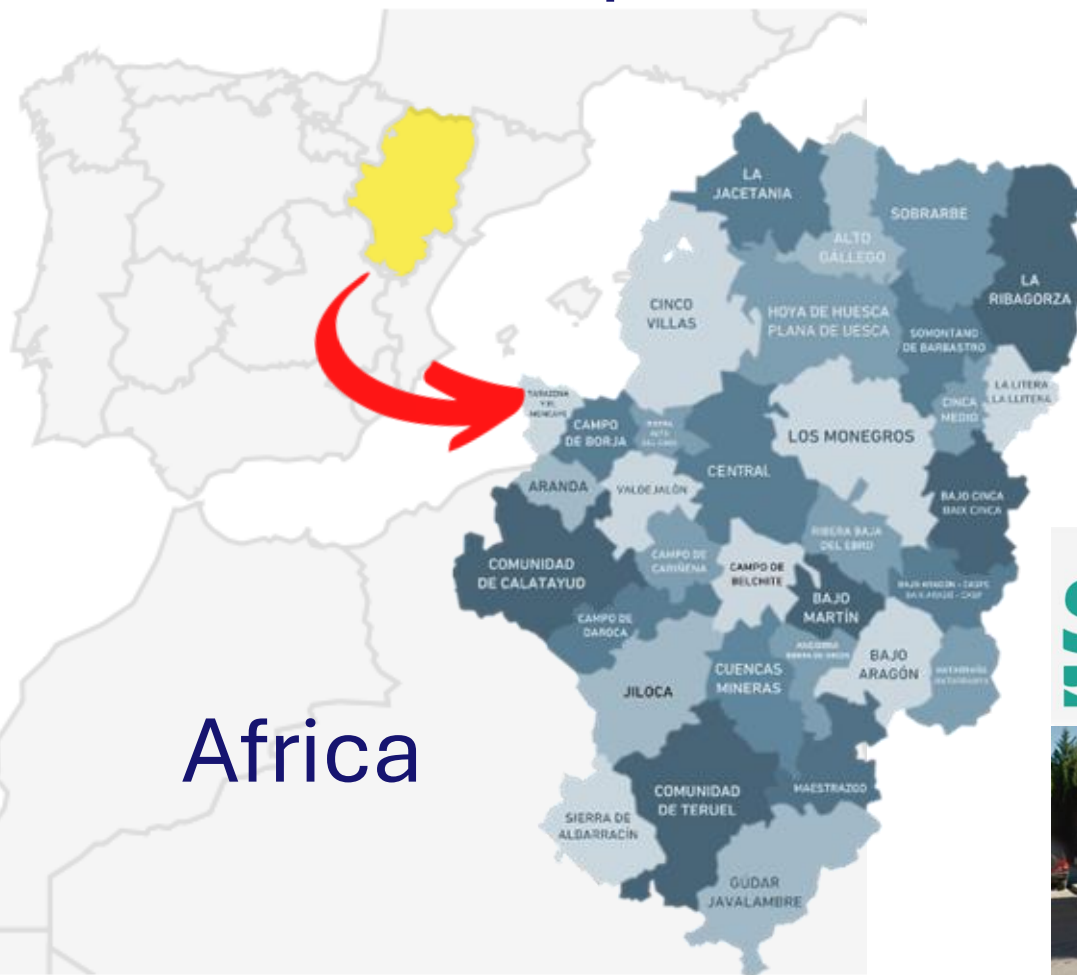


Health System of Aragón

Europe

Spain

Africa



ARAGON region:

- 47.720 km²
- 1.353.884 inhabitants
- 28 habitants per km²

- PHC organize in 124 Health Basic Zones

Basic Health Zone:

- A health centre for 5000 to 25 inhabitants
- A health team: family doctors, nurses, admin staff, social worker, midwife and physiotherapist and dentist.
- Public Provision. Health workforce are civil servants salaried by the Health authority



BUILDING A COMMUNITY OF PRACTICE TO SUPPORT SOCIAL PRESCRIBING

POLICY COMMITMENT



COMMUNITY CARE STRATEGY
for the
HEALTH CARE SYSTEM
of ARAGON



PRIMARY HEALTH CARE STRATEGY for
the **HEALTH CARE SYSTEM** of ARAGON

PHC HEALTH INFORMATION SYSTEMS

PATIENT ELECTRONIC MEDICAL RECORD

ACOGIDA/SEGUIMIENTO | COMENTARIOS |

RECOMENDACIÓN DE ACTIVOS

Aspectos a potenciar en el paciente:
(categorías no excluyentes)

☐ Actividad física
☐ Autocuidados
☐ Habilidades cognitivas

☐ Habilidades emocionales
☐ Habilidades relacionales y sociales
 Otros:

Motivo recomendación:

Activo recomendado: ¿Se deriva a Tr. Sec.? ☐ ☐ ☐

Imprima el informe asociado al protocolo si desea un volante de la recomendación

SEGUIMIENTO

Paciente: Grado de asistencia Valoración del 1 al 5 (siendo 5 la máxima puntuación)
Grado de satisfacción Valoración del 1 al 5 (siendo 5 la máxima puntuación)

Profesional: Grado de mejoría Valoración del 1 al 5 (siendo 5 la máxima puntuación)

HOJA DE RECOMENDACIÓN DE ACTIVOS PARA LA SALUD

CENTRO DE SALUD:

PROFESIONAL:

CATEGORÍA:

PACIENTE:

Localidad:

ACTIVO COMUNITARIO:

ASPECTOS A POTENCIAR: ☐ Actividad física ☐ Autocuidados ☐ Habilidades cognitivas
☐ Habilidades emocionales ☐ Habilidades relacionales y sociales

MOTIVO DE LA RECOMENDACIÓN:

Edo.:

Esta hoja, junto con los datos personales que contiene, es de uso y propiedad del paciente solicitante, a quien se le hace entrega por parte del profesional sanitario firmante. El uso por terceros queda supeditado a la existencia del consentimiento informado expreso del paciente y será de su entera responsabilidad.

PRINTED SOCIAL PRESCRIBING SCHEME FOR PATIENTS

ASSESSMENT MODEL FOR SOCIAL PRESCRIBING

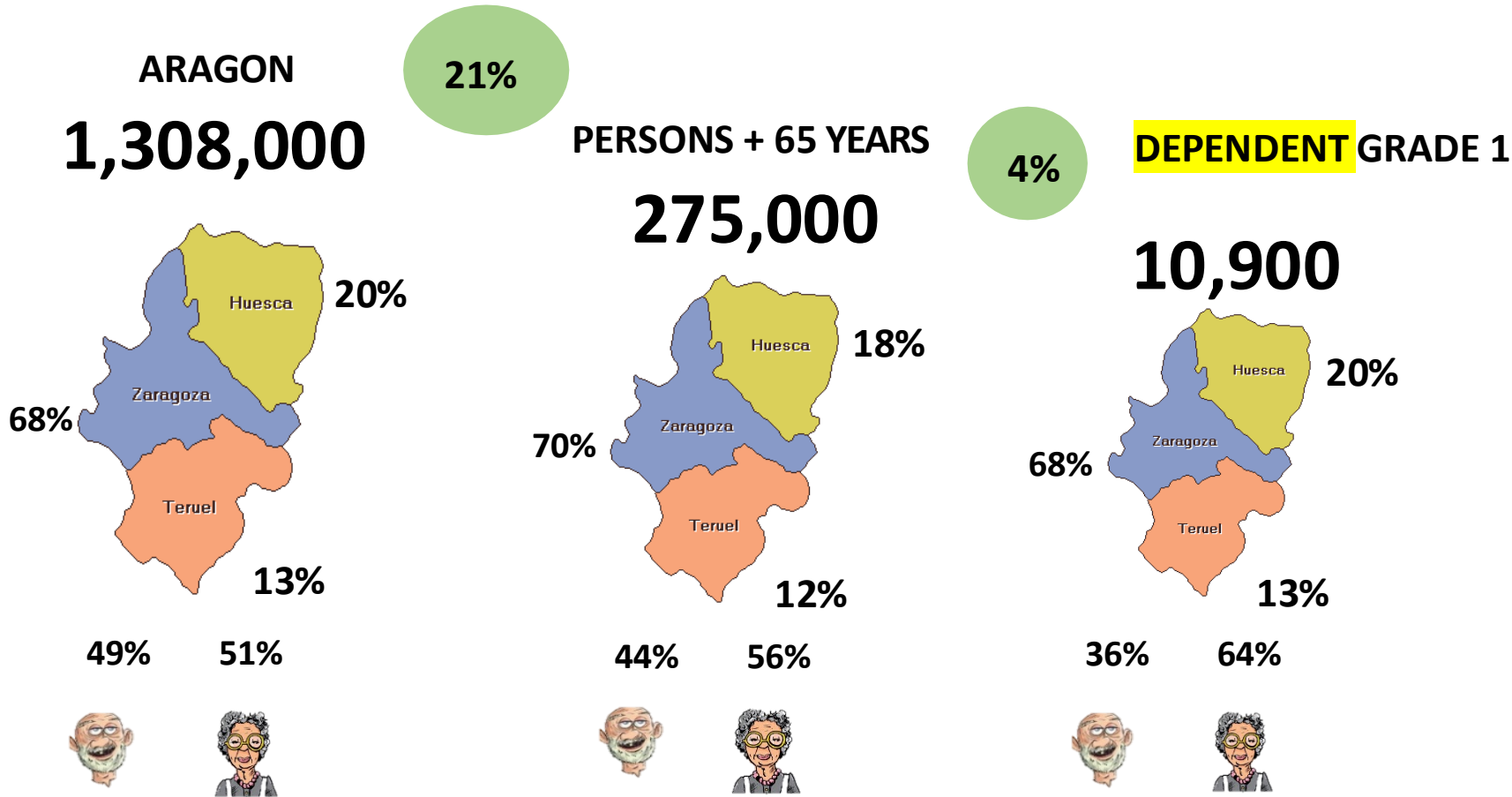
SCIENTIFIC RESEARCH TO DEVELOP
AN ASSESSMENT MODEL FOR SPS



Scan me!



Elderly People in Aragon, Spain



Administrations



**REGIONAL
GOVERNMENT**



**REGIONAL HEALTHCARE
SERVICE**



REGIONAL





Process of SP for elderly people

Software interface for health services, showing a menu with options like Fichero, Editar, Gestión, Auxiliares, Listados, Ventana, Ayuda. The main window displays a list of active protocols (PROTOCOLO-AP-RECOMENDACIÓN ACTIVOS PARA LA SALUD) and a section for clinical course (Curso Clínico) with episodes like 01/01/50 - HOJA DE EVOLUCION, 01/01/50 - ACTIVIDADES PREVENTIVAS, and 14/09/17 - PROGRAMA CRONICO COMPLEJO. Below this, there's a section for recommendations (RECOMENDACIÓN DE ACTIVOS) with checkboxes for physical activity, self-care, cognitive abilities, emotional skills, relational and social skills, and others. A search bar (Buscador de Activos) and a section for follow-up (SEGUIMIENTO) with patient and professional ratings are also visible.



HOJA DE RECOMENDACIÓN DE ACTIVOS PARA LA SALUD	
CENTRO DE SALUD:	
PROFESIONAL: CATEGORIA:	
PACIENTE:	
Localidad	
ACTIVO COMUNITARIO:	
ASPECTOS A POTENCIAR:	Actividad física [] Autocuidados [] Habilidades cognitivas [] Habilidades emocionales [] Habilidades relacionales y sociales []
MOTIVO DE LA RECOMENDACIÓN:	Edo.: []

Esta hoja, junto con los datos personales que contiene, es de uso y propiedad del paciente solicitante, a quien se le hace entrega por parte del profesional sanitario firmante. El uso por terceros queda supeditado a la existencia del consentimiento informado expreso del paciente y será de su entera responsabilidad.



Instituto Aragonés de Servicios Sociales



CuidArte



HEALTH ASSETS FOR PEOPLE



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Program Implementation Scope (2018 to 2025)



Primary Care Teams carried out **23,984 health asset** recommendations

7,870 patients (74,4% women and 25.6% men)





ICPC-2 Coding in Patient Health Records Associated with SP



HEALTH AND SKILLS PROTOCOL DISTRIBUTION (POPULATION % AND TOTALS)

Chapter	Frequency	%
Physical activity	4,083	30.15%
P → Psychological (depression, anxiety...)	2,182	16.11%
T → Endocrine-metabolic (diabetes, obesity...)	1,932	14.27%
K → Cardiovascular (hypertension, heart disease...)	1,541	11.38%
Z → Social problems	1,491	11.01%
L → Musculoskeletal	1,136	8.39%
A → General / non-specific	418	3.09%
N → Neurological	190	1.40%
X → Female / gynecological	188	1.39%
Others	72	0.75%

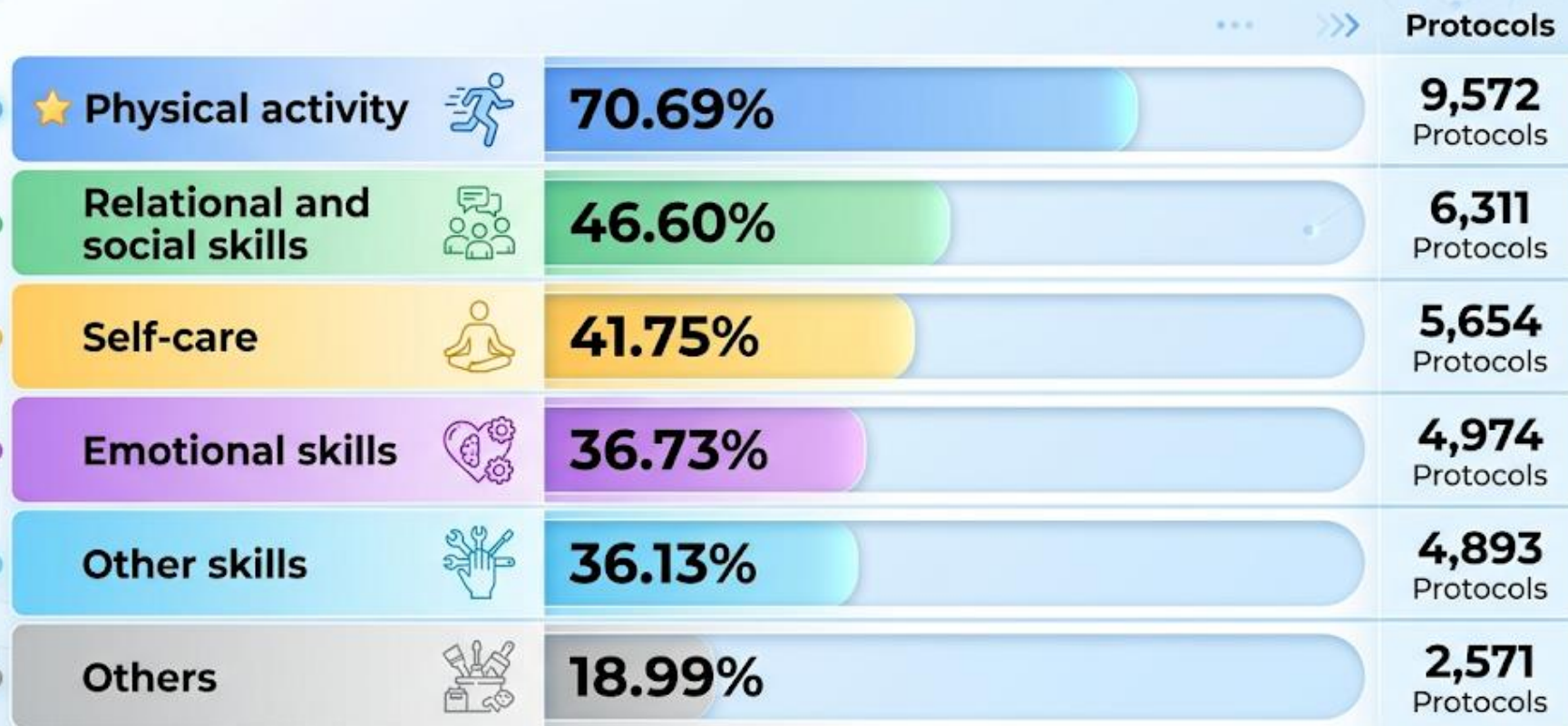
Source style: | modern analytical figure





Skills to enhance in every patient

HEALTH AND SKILLS PROTOCOL DISTRIBUTION (POPULATION % AND TOTALS)



Source style: | modern analytical figure





Health assets recommended by PHC Teams: others

DISTRIBUTION OF SENIOR ENGAGEMENT ACTIVITIES

  	Activity Category	Frequency	Percentage (%)
	 Other / Widely Dispersed Activities	8,070	59.59%
	 Physical Activity (Gymnastics, Walks, Exercise...)	2,424	17.90%
	 Cognitive Stimulation (Memory, Training...)	872	6.44%
	 Social Intervention (Loneliness, Companionship...)	822	6.07%
	 Active Aging Programs (PAP, Cuidarte...)	635	4.69%
	 Community Resource (Senior Center / Day Center)	474	1.31%
	 Associations / Third Sector	245	





Health assets recommended by PHC Teams

DETAILED BREAKDOWN: 'OTHER / WIDELY DISPERSED ACTIVITIES' CATEGORY

  	Subcategoría	Frecuencia	% sobre "Otros"
	 "Other Very Unspecified" ★ 	7,253	89.32%
	 Health Education (talks, workshops) 	408	5.02%
	 Light Community Activity (walking, park...) 	170	2.09%
	 Specific Professional Care (psychology, nutrition...) 	119	1.47%
	 Leisure & Social Participation (dance, gatherings...) 	100	1.23%
	 Informal Accompaniment / Volunteering 	53	0.65%
	 Follow-up / Referral 	17	0.21%

Source: Detailed Analysis of 'Other' Category Data





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3. PRIMARY CARE ELECTRONIC HEALTH RECORD (EHR) FOLLOW-UPS:



• Follow-ups for >65 years:

4,355



• Total Protocols Applied:

13,542



• Registered Follow-ups
per Applied Protocol:

32.16%



**32.16% of the total protocols applied have
had a registered follow-up.**





ANALYSIS OF PATIENT AND PROFESSIONAL ENGAGEMENT

ATTENDANCE GRADE



Category	Frequency	Percentage (%)	Remaining patient count
Regular	3,561	81.77%	
Occasional	356	8.17%	
Does not attend	355	8.15%	
Other attendance formats	83	1.91%	

Very high adherence → more than 80% attend regularly.

PATIENT SATISFACTION (Patient Perspective)



Very high satisfaction level.



Rating	Frequency	Percentage (%)
★ 5 (Very High)	2,811	64.55%
4	481	11.04%
3	109	2.50%
2	27	0.62%
1	55	1.26%
★ 5 (Great Improvement)	2,089	47.97%
4	544	12.49%
3	354	8.13%
2	85	1.95%
1	76	1.75%

Almost half perceive very high improvement.





CONCLUSIONS

- **High Engagement:** Great adherence with 82% of seniors attending recommended activities regularly.
- **Proven Impact:** Over 75% of patients and professionals report high satisfaction and clinical improvement.
- **Preventive Focus:** Physical activity is the primary intervention (71%) to combat frailty and maintain autonomy.
- **Holistic Care:** Strong focus on mental health and social isolation, addressing the "whole person" beyond physical illness.
- **System Integration:** Successfully embedded in Primary Care, reaching over 7,800 patients through structured clinical protocols.





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THANK YOU SO MUCH

