

# Healthy Ageing and Frailty Intervention

## What is Frailty?

Frailty occurs when gradual loss of strength, endurance and physiological reserve makes a person more vulnerable to illness and decline.

People living with frailty have 2–3 times higher health-care use and often experience poorer outcomes.

Importantly, the risk of developing frailty increases progressively with age and adults over 50 begin to experience the early vulnerabilities associated with this trajectory.



Many causes of frailty can be managed and, in some cases reversed, highlighting the importance of identifying older people who are living with frailty.

You may find the following risk screen “The FRAIL Scale” and management suggestions useful to identify and treat patients aged 75+ and over.

Developed with support from Sydney North Health Network and the Northern Sydney Local Health District

## FRAIL SCALE RISK ASSESSMENT

	QUESTION	SCORING	RESULT
<b>F</b>	<b>FATIGUE</b> How much of the time during the past 4 weeks did you feel tired?  A = All or most of the time B = Some, a little or none of the time	A = 1 B = 0	
<b>R</b>	<b>RESISTANCE</b> In the last 4 weeks by yourself and not using aids, do you have any difficulty walking up 10 steps without resting?	Yes = 1 No=0	
<b>A</b>	<b>AMBULATION</b> In the last 4 weeks by yourself and not using aids, do you have any difficulty walking 300 metres OR one block?	Yes = 1 No=0	
<b>I</b>	<b>ILLNESS</b> Did your Doctor ever tell you that you have? <input type="checkbox"/> Hypertension <input type="checkbox"/> Diabetes <input type="checkbox"/> Cancer (not a minor skin cancer) <input type="checkbox"/> Chronic lung disease <input type="checkbox"/> Heart attack <input type="checkbox"/> Congestive heart failure <input type="checkbox"/> Angina <input type="checkbox"/> Asthma <input type="checkbox"/> Arthritis <input type="checkbox"/> Kidney disease <input type="checkbox"/> Stroke or Parkinson’s	0 – 4 answers ✓ = 0  5 – 11 answers ✓ = 1	
<b>L</b>	<b>LOSS OF WEIGHT</b> Have you lost more than 5kg or 5% of your body weight in the past year?	Yes = 1 No = 0	
<b>TOTAL SCORE</b>			
<b>SCORING: ROBUST = 0 PRE-FRAIL = 1-2 FRAIL = &gt;3</b>			

# FRAILTY MANAGEMENT/ DECISION TOOL

	Assessment Score	Referral/Follow up.
	<b>FRAIL scale</b> <b>0 = robust</b>	<ul style="list-style-type: none"> <li>Encourage ongoing activity levels</li> <li>Provide Staying Active and On Your Feet and Eating Well resource</li> </ul>
	<b>FRAIL scale</b>	<b>If Frailty Score is positive,</b> <b>address underlying causes as suggested below</b>
<b>F</b>	<b>Feeling fatigued most or all of the time</b>	<ul style="list-style-type: none"> <li>Consider screening for reversible causes of fatigue (sleep apnoea, depression, anaemia, hypotension, hypothyroidism, B12 deficiency)</li> <li>Use EPWORTH scale, K10 or Geriatric Depression scale in Health Assessment</li> </ul>
<b>R</b>	<b>Resistance against gravity - Difficulty walking up 10 steps without resting</b>	<ul style="list-style-type: none"> <li>Consider referring to an individualised progressive exercise program with resistance and strength component</li> </ul>
<b>A</b>	<b>Ambulation- Difficulty walking 300 metres unaided</b>	<ul style="list-style-type: none"> <li>Consider referring to an Individualised progressive exercise program with resistance and strength component</li> </ul>
<b>I</b>	<b>Having 5 or more illnesses</b>	<ul style="list-style-type: none"> <li>Review indication, side effects and use of medication (evidence for use of some medicines changes after 75!)</li> <li>Consider discussing with pharmacist</li> <li>Consider reducing/de-prescribing superfluous medication</li> </ul>
<b>L</b>	<b>Loss of &gt; 5% weight in 12 months</b>	<ul style="list-style-type: none"> <li>Consider screening for reversible causes of weight loss and consider</li> <li>Protein and caloric supplementation/ food fortification (75mg protein per day required- range of products available at pharmacy)</li> <li>Advice and encourage healthy eating; provide "Eating Well" resource</li> </ul>

Learn more by scanning the QR Code below



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