#### FRAIL SCALE RISK ASSESSMENT

	QUESTION	SCORING	RESULT
F	FATIGUE  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	
R	RESISTANCE 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	
A	AMBULATION 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	
•	ILLNESS Did your Doctor ever tell you that you have?  Hypertension Diabetes Cancer (not a minor skin cancer) Chronic lung disease Heart attack Congestive heart failure Angina Asthma Arthritis Kidney disease	0 - 4 answers ✔ = 0 5 - 11 answers ✔ = 1	
L	LOSS OF WEIGHT Have you lost more than 5kg or 5% of your body weight in the past year?	Yes = 1 No = 0	

SCORING: ROBUST = 0 PRE-FRAIL = 1-2 FRAIL = >3



#### **CONTACT DETAILS**

Contact us, if you would like to know more or be part of the Initiative

# Northern Sydney Frailty Initiative

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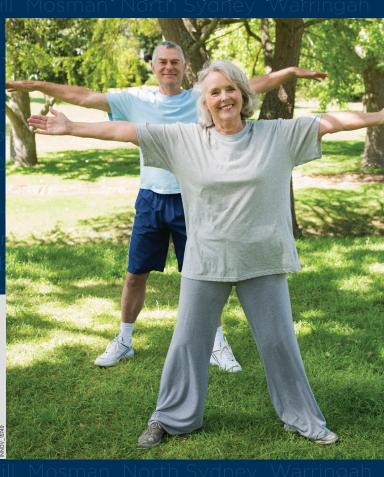








#### Information for Clinicians



www.snhn.org.au/programs/frailty

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# Healthy Ageing & FRAILTY

The Northern Sydney Frailty Initiative SNHN and NSLHD



## WHAT IS FRAILTY?

Frailty is a common syndrome that occurs from a combination of deconditioning and acute illness on a background of existing functional decline that is often under recognised.

Frailty can affect up to 25% people aged 70 and over, this equates to approximately 26,000 people residing in Northern Sydney.

Patients living with frailty have two to three times the health care utilisation of their non-frail counterparts and experience higher morbidity, mortality and lower quality of life. Their carers can also experience high levels of stress.

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.

### FRAILTY MANAGEMENT/ DECISION TOOL

	Assessment Score	Intervention	Referral/Follow up
	FRAIL scale 0 = robust	Encourage ongoing activity levels     Provide Staying Active and on your feet     and Eating Well resource	Re-do FRAIL scale in 12 months  Community exercise with balance/resistance component.  Try NSLHD Stepping On and Healthy Lifestyle classes.  Example of exercises in Staying Active and On Your Feet booklet and NSW exercise venues: ww.activeandhealthy.nsw.gov.au
	FRAIL scale If Frailty Score is positive, address underlying causes as suggested below		uses as suggested below
F	Feeling fatigued most or all of the time	Consider screening for reversible causes of fatigue (sleep apnoea, depression, anaemia, hypotension, hypothyroidism, B12 deficiency)  Use EPWORTH scale, K10 or Geriatric Depression scale in Health Assessment	Consider referral to Geriatrician / Specialist for complex care patients  Consider referral to Occupational Therapy for functional and home review  Consider referral Psychologist using Mental Health Care Plan  Consider referral to Aged Care organisation for loneliness support (isolation can be a cause of fatigue!)
R	Resistance against gravity - Difficulty walking up 10 steps without resting	Consider referring to an individualised progressive exercise program with resistance and strength component	Physiotherapy or Exercise Physiologist for exercise prescription If has diabetes-> group session Medicare funded ex. physiologist Healthy Lifestyle for group exercise prescription and/or Stepping On Get Healthy for free telephone-based health coaching NSHNS Safe and Steady program
A	Ambulation- Difficulty walking 300 metres unaided	Consider referring to an Individualised progressive exercise program with resistance and strength component	Physiotherapy or Exercise Physiologist for exercise prescription Healthy Lifestyle for group exercise prescription and/or Stepping On Get Healthy for free telephone-based health coaching Exercise options https://www.activeandhealthy.nsw.gov.au
1	Having 5 or more Illnesses	Review indication, side effects and use of medication (evidence for use of some medicines changes after 75!) Consider discussing with pharmacist Consider reducing/de-prescribing superfluous medication	Pharmacist for comprehensive medication review, (HMR item 900) Cocupational Therapy for functional and home safety review Self-management support from aged care org volunteer
L	Loss of > 5% weight in 12 months	Consider screening for reversible causes of weight loss and consider  Protein and caloric supplementation/food fortification (75mg protein per day required- range of products available at pharmacy)  Advice and encourage healthy eating; provide "Eating Well" resource	Weigh and assess BMI - record in patient record     Dietician for diet review and management     Add Sustagen     Meal Delivery Services     Speech pathologist for swallowing review     Dentist for dental review (pain/infection/ill fitting dentures)     Occupational Therapy for functional and home cooking ability review