



## Frail Scale App - Quick Reference Guide

### About

The FRAIL Scale Topbar App allows a clinician to fill in a frailty risk screen quickly and easily, even while a patient is present.

The scale is based on the Northern Sydney Frailty Initiative FRAIL Scale and is an Australian adaptation of the Fried frailty index.

### 1. Completing the Questionnaire

Select the cross for no or tick for yes next to each category on the FRAIL Scale screen that applies to your patient. When you have worked your way through the 5 questions press the 'See Results' button at the bottom.

FRAIL Scale - Risk Assessment

Frailty is a common syndrome that occurs from a combination of reconditioning and acute illness on a background of existing functional decline that is often under-recognized. Frailty can affect up to 25% people aged 70 and over. Patients living with frailty have two or 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/tidying older people who are living with frailty.

<b>F</b>	During the past 4 weeks, did you feel tired most or all of the time?	<input type="checkbox"/> <input checked="" type="checkbox"/>
<b>R</b>	In the last 4 weeks by yourself and not using aids, do you have any difficulty walking up to 10 steps without resting?	<input type="checkbox"/> <input checked="" type="checkbox"/>
<b>A</b>	In the past 4 weeks by yourself and not using aids, do you have any difficulty walking 300 metres or one block?	<input type="checkbox"/> <input checked="" type="checkbox"/>
<b>I</b>	Do you have 5 or more illnesses or more than 6 prescribed medications?	<input type="checkbox"/> <input checked="" type="checkbox"/>
<b>L</b>	Have you lost more than 5kg or 5% of your body weight in the past year?	<input type="checkbox"/> <input checked="" type="checkbox"/>

**See results**

### 2. Viewing results

You will then be shown the results page and provide a Frail Score.

Frail Score's equate to the following: Robust =0, Pre-frail =1-2, Frail =>3

The relevant intervention and follow up strategies will also appear on the results page by clicking the word 'Intervention' or 'Follow-up' you can see the different management suggestions

You can choose to choose to retake the test if required by clicking the 'Retake' button at the bottom.

Score: 5 FRAIL

If Frailty Score is positive, address underlying causes as suggested below.

<b>Fatigue</b>	<b>F</b> Feeling fatigued all or most of the time	<b>Intervention</b> Follow Up
<b>Resistance</b>	<b>R</b> Difficulty walking up 10 steps without resting	- Consider screening for reversible causes of fatigue (sleep apnoea, depression, anaemia, hypotension, hypothyroidism, B12 deficiency)
<b>Ambulation</b>	<b>A</b> Difficulty walking 300m unaided	- Consider referring to an individualized progressive exercise program with resistance and strength component.
<b>Illnesses</b>	<b>I</b> Having 11 or more illnesses or prescribed medications	- Consider referring to an individualized progressive exercise program with resistance and strength component.
<b>Loss of Weight</b>	<b>L</b> Loss of >5% weight in 12 months	- Review indication, side effects, and use of medication (evidence for use of some medicines change after 75) - Consider discussing with pharmacists - Consider reducing/de-prescribing superfluous medication

**Retake**



### 3. Print save or view

To save, print or view previous results use the icons in the top right-hand corner



#### I. View previous scores.

Click on the person icon, it will show you previous report dates to choose from (or none available if this is the first screen) choose date of report to view

Patient report		
Date	Score	View
11 May 2019	3	<input checked="" type="radio"/>
19 Jun 2019	5	<input checked="" type="radio"/>
02 Aug 2019	2	<input checked="" type="radio"/>
09 Sep 2019	1	<input checked="" type="radio"/>
04 Oct 2019	4	<input checked="" type="radio"/>

#### II. Print

After receiving the result, you can choose to print the report for the patient or to accompany a referral.

Click the Printer icon on the top right hand of the app to print and print as usual.





### III. Save

The report can be saved to the patient's file in the Clinical System, allowing the practitioner to view the file for future reference or printing.

Click the Save icon on the top right hand of the App to save. Follow the pop up boxes generate and save the pdf. Open file then apply the document details. The default location to store and view your file should be the documents tab.

