

Frailty: Screening & Beyond

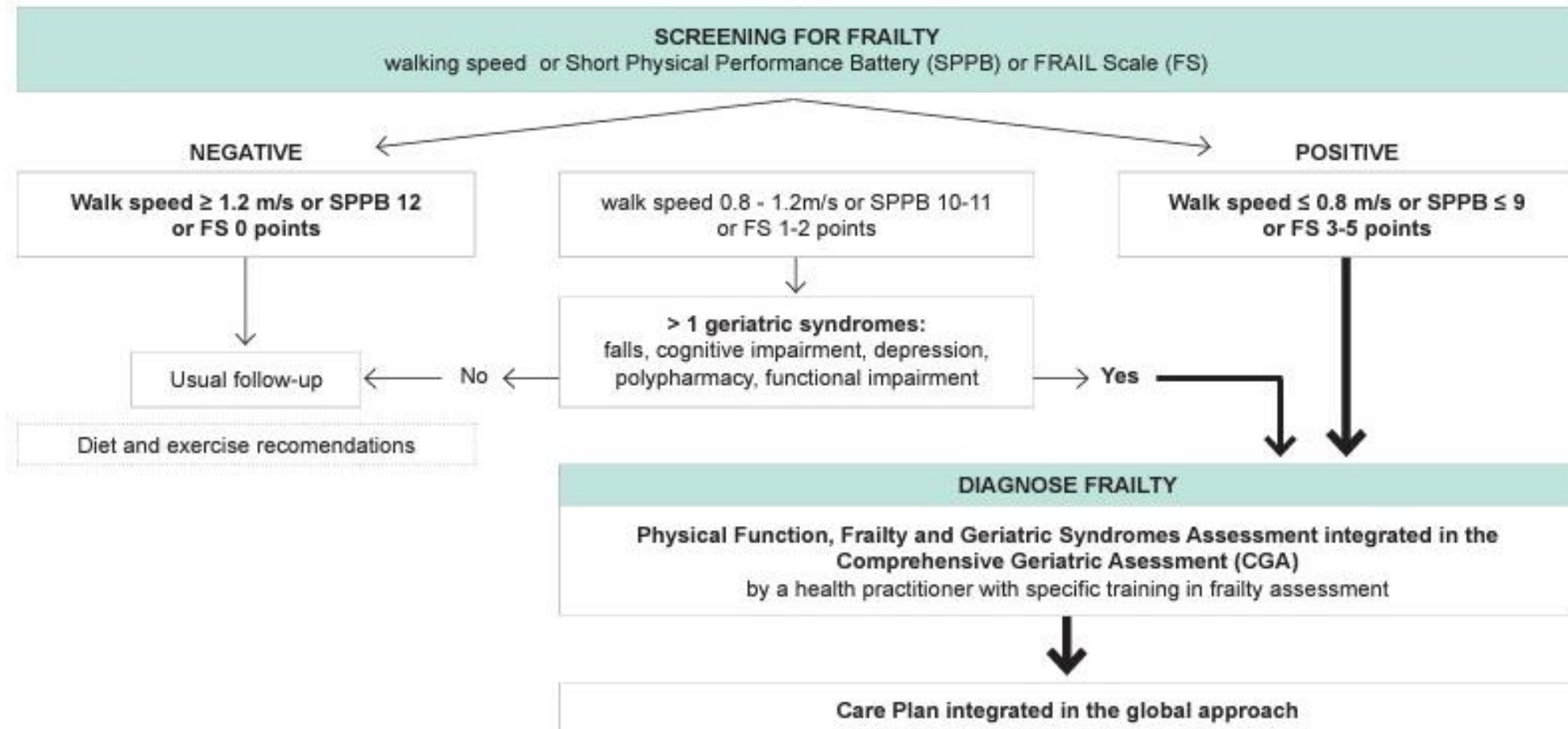
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What is frail?



Frailty Screening: EACS



Short Physical Performance Battery

Balance (0-4 points)

- Standing feet together
- Standing feet together, side of heel touching toe
- Standing heel to toe

Gait Speed (0-4 points)

- Best of 2 times walking 4M at normal speed

Chair Stand (0-4 points)

- Sit-to-stand with arms crossed over chest 5 times as *quickly* as possible



Frail Scale

FRAIL SCALE	
How much time during the previous 4 weeks did you feel tired?	All the time, most of the time = 1 point
Do you have any difficulty walking up 10 steps alone without resting and without aids?	Yes = 1 point
Do you have any difficulty walking several hundred meters alone with/without aids?	Yes = 1 point
How many illnesses do you have from this list?: hypertension, DM, cancer, chronic lung disease, heart attack, congestive heart failure, angina, asthma, arthritis, stroke and kidney disease.	> 5 = 1 point
Have you had weight loss of 5% or more?	Yes = 1 point

G8 Screening Tool

Reduced intake (3m) from appetite, chewing, swallowing, or digestion problems? (0-2)

Weight loss (3m)? (0-3)

Mobility problems? (0-2)

Neuropsych problems, e.g. dementia/depression? (0-2)

BMI (0-3)

>3 meds/d? (0-1)

Self-perceived health for age (0-2)

Age (0-2)



Now that you've screened...

What do you do with the results?

Comprehensive Geriatric Assessment (CGA)

Identify interdisciplinary interventions for functional status:

- Malnutrition
- Weakness/Fall risk
- Cognitive problems
- Care needs
- Psychosocial problems
- Polypharmacy



CGA: Neuropsychiatric Screen

Mini-Cog

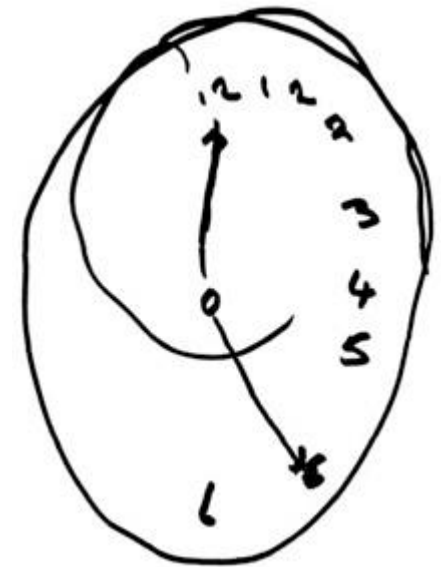
- 3 word recall
- Clock drawing test

Mental Health Inventory-5, 5-pt frequency score of the following feelings:

- Anxious
- Happy
- Calm & Peaceful
- Depressed & Sad
- That nothing brings joy

Fatigue

- Better after resting / not better and impairing IADL / not better and impairing ADL



CGA: Function

ADL (dressing, walking, eating, toileting, (in)continence, hygiene)

IADL (shopping, cooking, cleaning, finances/administration, medications, transport, making phone calls)

TGUGT (stand up from a chair with armrests, walk 3M, turn around, return to the chair, and sit down)

8-item modified Medical Outcomes Study Social Support Survey (logistical and emotional support)

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Individual items *If you needed it, how often is someone available...*

- | | |
|--------|---|
| Item 1 | to help you if you were confined to bed? |
| Item 2 | to take you to the doctor if you need it? |
| Item 3 | to prepare your meals if you are unable to do it yourself? |
| Item 4 | to help with daily chores if you were sick? |
| Item 5 | to have a good time with? |
| Item 6 | to turn to for suggestions about how to deal with a personal problem? |
| Item 7 | who understands your problems? |
| Item 8 | to love and make you feel wanted? |

CGA: Mini Nutritional Assessment

Screening	
A Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties? 0 = severe decrease in food intake 1 = moderate decrease in food intake 2 = no decrease in food intake	<input type="checkbox"/>
B Weight loss during the last 3 months 0 = weight loss greater than 3 kg (6.6 lbs) 1 = does not know 2 = weight loss between 1 and 3 kg (2.2 and 6.6 lbs) 3 = no weight loss	<input type="checkbox"/>
C Mobility 0 = bed or chair bound 1 = able to get out of bed / chair but does not go out 2 = goes out	<input type="checkbox"/>
D Has suffered psychological stress or acute disease in the past 3 months? 0 = yes 2 = no	<input type="checkbox"/>
E Neuropsychological problems 0 = severe dementia or depression 1 = mild dementia 2 = no psychological problems	<input type="checkbox"/>
F1 Body Mass Index (BMI) (weight in kg) / (height in m)² 0 = BMI less than 19 1 = BMI 19 to less than 21 2 = BMI 21 to less than 23 3 = BMI 23 or greater	<input type="checkbox"/>

Screening score (max. 14 points)		
12-14 points:	<input type="checkbox"/>	Normal nutritional status
8-11 points:	<input type="checkbox"/>	At risk of malnutrition
0-7 points:	<input type="checkbox"/>	Malnourished

CGA: Comorbidity

On-line calculators → rough idea of life expectancy

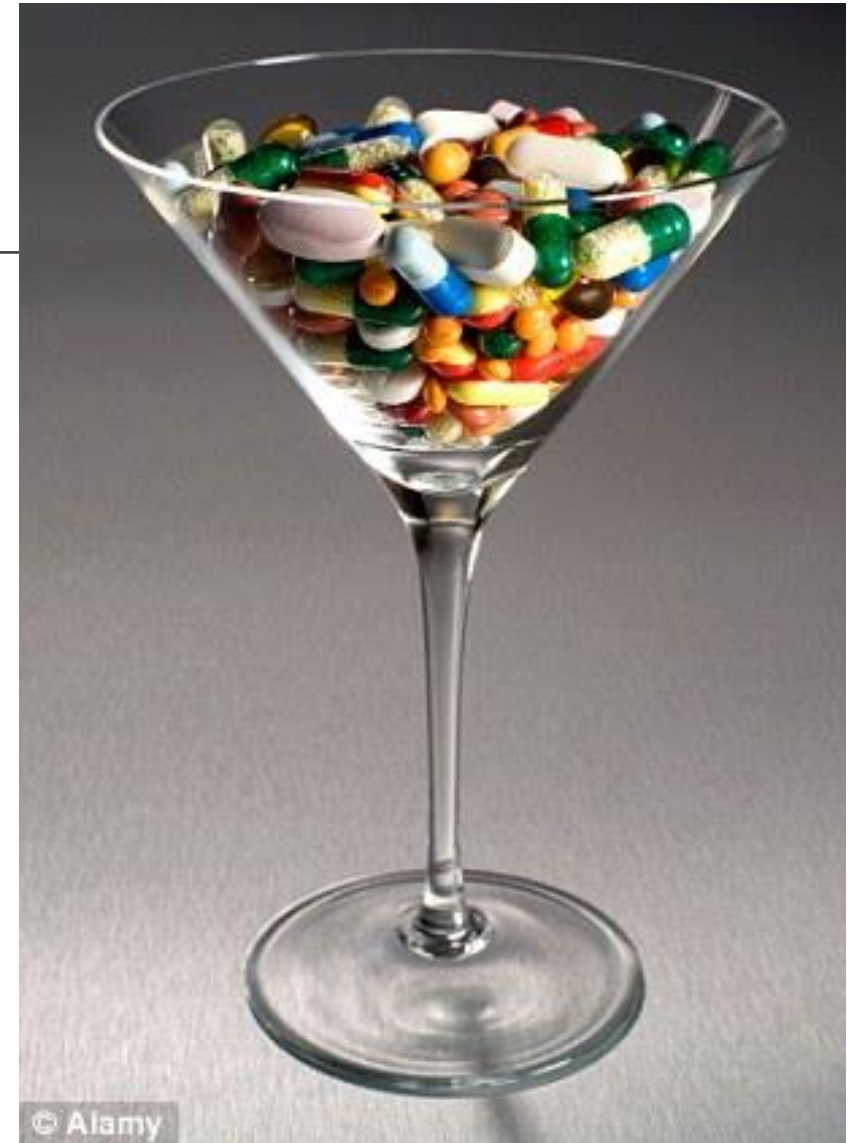
- age, sex, smoking, CHF, dementia, HIV, et al
- e.g. Lee 4 Year Mortality Prognostic Index & Charlson Age-Comorbidity Index
- Newer data weights HIV & MI, et al↓, CHF & dementia, et al↑

CGA: Polypharmacy

Reflects underlying polypathology!

Drug-drug interactions & threat to adherence (these we know intuitively as HIV docs!)

Side effect risk increases with age (diminished renal function, albumin synthesis, change in volumes of distribution with increasing fat %...)





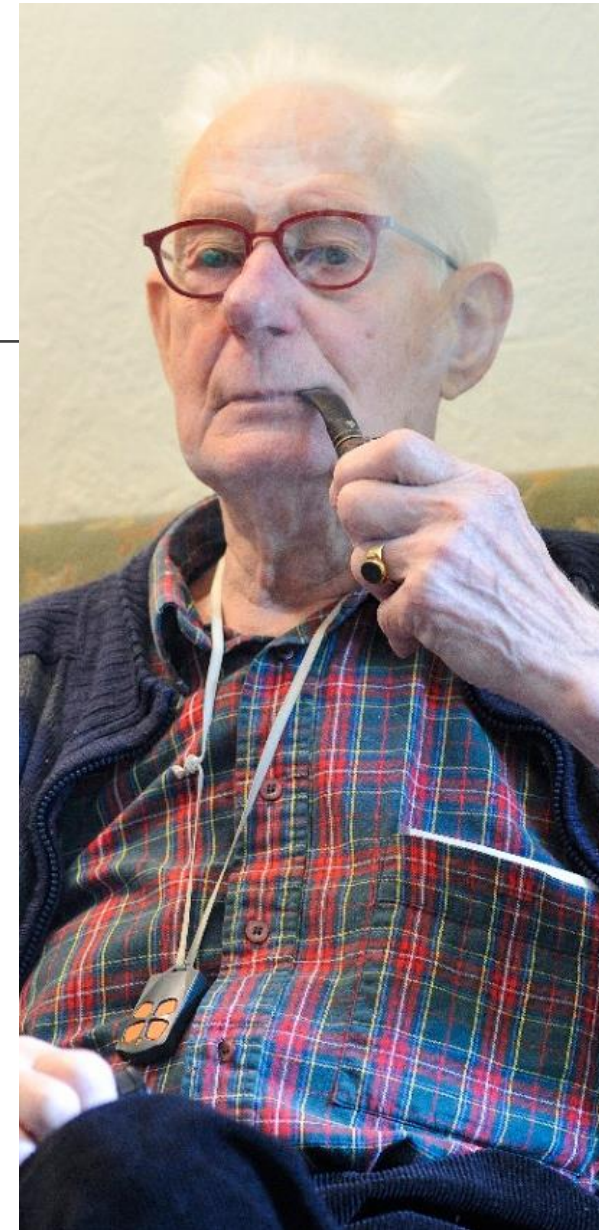
So now that you've followed up...

What do you do with the results?

Therapies and Therapists



Aids, Supports, Tools



Home Health Care

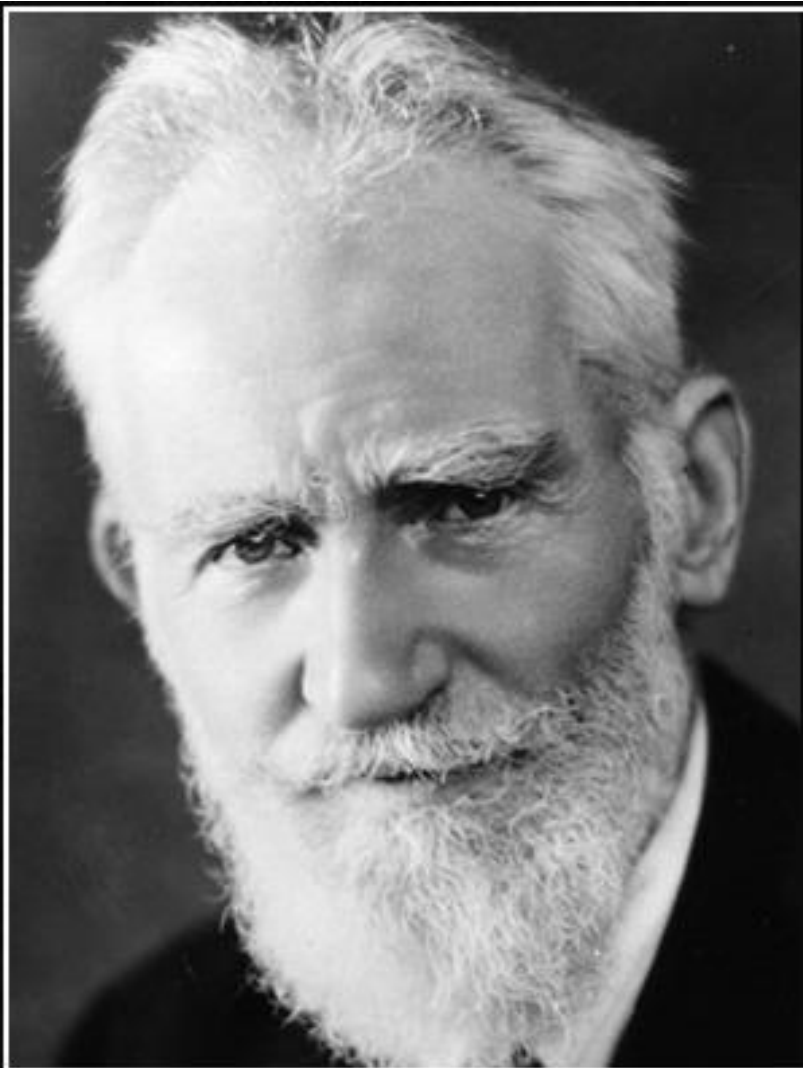


Nutritional Interventions



Advanced Planning





The only person who acts sensibly is
my tailor. He takes my measure
anew every time he sees me.
Everyone else goes by their old
measurements.

— *George Bernard Shaw* —

AZ QUOTES