

JHH Perioperative Service Local Guideline

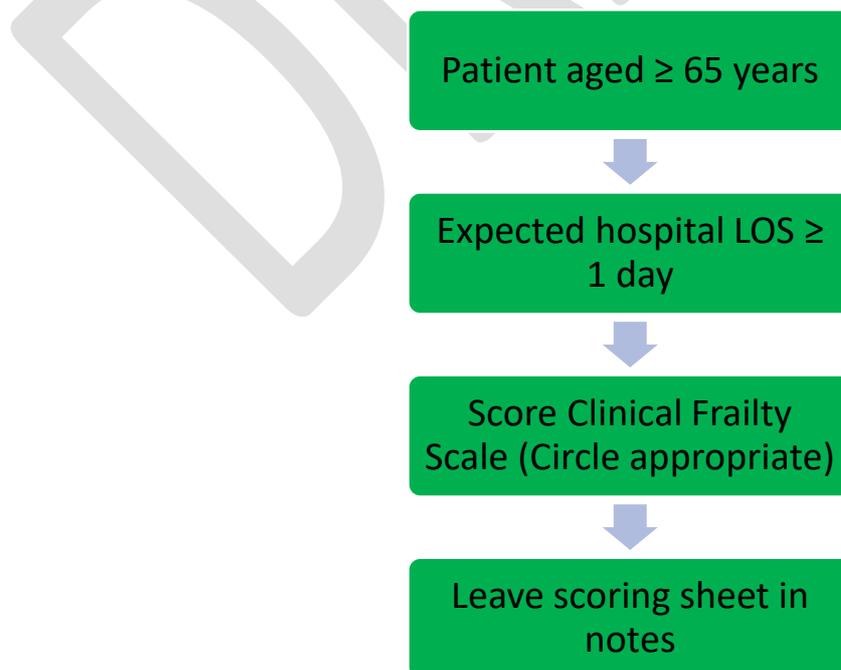
Title

Frailty scoring in the Perioperative Clinic

Background

- Frailty has been defined as “a state of decreased physiologic reserve and resistance to stressors”. (1) It is a distinct concept from disability and comorbidities, it impacts morbidity and mortality, and involves physical, physiological and psychological health. (2) Frailty increases in prevalence with increasing age. Frailty can affect as many as 30-50% of the population over 65 presenting for surgery, with higher rates of frailty identified in the emergency surgery population. As many as 30% of patients with frailty die, are discharged to a nursing home/care facility or have a new disability. (2).
- The **Clinical Frailty Scale (CFS)** has been derived from the frailty index developed in the Canadian Health Study of Aging. The CFS is a simple visual analogue 9-point scale ranging from very fit [1] to terminally ill [9], **with a score greater than 4 indicating frailty.**
- In a cohort of over 2,300 patients, the CFS was shown to be predictive of six-month mortality and institutionalisation and it has been validated against the frailty index showing a high degree of correlation.
- The greatest benefit of the CFS is its ease of use, lack of required ancillary testing, and its ability to be applied at the bedside.

Guideline



Consultation

Perioperative nursing staff

References

1. Lin HS, McBride RL and Hubbard RE. Frailty and anaesthesia- risk during and post-surgery. 2018. Local and Regional Anesthesia: 11; 61-73
2. McIsaac, DI, Macdonald DB and Aucoin SD. Frailty for Perioperative Clinicians: A Narrative Review. 2020 Anaesthesia and Analgesia 130:6: 1450-1460.

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Appendices

Appendix 1: The Clinical Frailty Scale

Appendix 2: Patient scoring sheet

Appendix 1: The Clinical Frailty Scale

Clinical Frailty Scale

| | |
|--|---|
|  <p>1 Very Fit – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.</p> |  <p>7 Severely Frail – Completely dependent for personal care, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).</p> |
|  <p>2 Well – People who have no active disease symptoms but are less fit than category 1. Often, they exercise or are very active occasionally, e.g. seasonally.</p> |  <p>8 Very Severely Frail – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.</p> |
|  <p>3 Managing Well – People whose medical problems are well controlled, but are not regularly active beyond routine walking.</p> |  <p>9 Terminally Ill – Approaching the end of life. This category applies to people with a life expectancy <6 months, who are not otherwise evidently frail.</p> |
|  <p>4 Vulnerable – While not dependent on others for daily help, often symptoms limit activities. A common complaint is being "slowed up", and/or being tired during the day.</p> | |
|  <p>5 Mildly Frail – These people often have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.</p> | <p>Scoring frailty in people with dementia</p> <p>The degree of frailty corresponds to the degree of dementia. Common symptoms in mild dementia include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.</p> <p>In moderate dementia, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.</p> <p>In severe dementia, they cannot do personal care without help.</p> |
|  <p>6 Moderately Frail – People need help with all outside activities and with keeping house. Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing.</p> | |

Appendix 2: Patient scoring sheet

Date: _____



NURSE / DOCTOR (circle one)

Please circle the patient's score on diagram below.

Clinical Frailty Scale

| | |
|--|---|
| <p> 1 Very Fit – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.</p> <p> 2 Well – People who have no active disease symptoms but are less fit than category 1. Often, they exercise or are very active occasionally, e.g. seasonally.</p> <p> 3 Managing Well – People whose medical problems are well controlled, but are not regularly active beyond routine walking.</p> <p> 4 Vulnerable – While not dependent on others for daily help, often symptoms limit activities. A common complaint is being "slowed up", and/or being tired during the day.</p> <p> 5 Mildly Frail – These people often have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.</p> <p> 6 Moderately Frail – People need help with all outside activities and with keeping house. Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing.</p> | <p> 7 Severely Frail – Completely dependent for personal care, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).</p> <p> 8 Very Severely Frail – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.</p> <p> 9 Terminally Ill – Approaching the end of life. This category applies to people with a life expectancy <6 months, who are not otherwise evidently frail.</p> <p>Scoring frailty in people with dementia</p> <p>The degree of frailty corresponds to the degree of dementia. Common symptoms in mild dementia include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.</p> <p>In moderate dementia, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.</p> <p>In severe dementia, they cannot do personal care without help.</p> |
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1. Canadian Study on Health & Aging, Revised 2008. K. Rockwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489-495