

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	
I	ILLNESS 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	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	
TOTAL SCORE			
SCORING: ROBUST = 0 PRE-FRAIL = 1-2 FRAIL = >3			

FRAILTY MANAGEMENT/DECISION SUPPORT TOOL

Assessment Score	Intervention	Referral/follow up
FRAIL scale 0= robust	<ul style="list-style-type: none"> Encourage ongoing activity levels. Provide Staying Active and on your feet, Ageing with Vitality and Eating Well resources 	<ul style="list-style-type: none"> Re-do FRAIL Scale in 12 months Community exercise with balance/resistance component. See resource list including examples of exercises in: Choose health, be active
FRAIL scale 1-2 = Pre-frail >3 = Frail	If FRAIL Score is positive, address underlying causes as suggested below	
F Feeling fatigued most or all of the time	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Consider referral to Geriatrician/Specialist for complex care patients Consider referral to OT for functional and home review Consider referral to 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	<ul style="list-style-type: none"> Consider referring to an individualised progressive exercise program with resistance and strength component. 	<ul style="list-style-type: none"> Physiotherapist or exercise physiologist for exercise prescription. For diabetes – group session Medicare funded exercise physiologist Community exercise with balance/resistance component. See resource list including examples of exercises in: Choose health, be active My Health for Life for free telephone-based health coaching
A Ambulation - difficulty walking 300 metres unaided	<ul style="list-style-type: none"> Consider referring to an individualised progressive exercise program with resistance and strength component. 	<ul style="list-style-type: none"> See above for exercise options.
I Having 5 or more illnesses	<ul style="list-style-type: none"> Review indication, side effects and use of medication (evidence for use of some medicines change after 75). Consider discussing with pharmacist. Consider reducing/de-prescribing superfluous medication. 	<ul style="list-style-type: none"> Pharmacist for comprehensive medication review (HMR item 900). OT for functional and home safety review. Self-management support from aged care organisation volunteer
L Loss of >5% weight in 12 months	<ul style="list-style-type: none"> Consider screening for reversible causes of weight loss 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. 	<ul style="list-style-type: none"> Weight and assess BMI – record in patient record Dietitian for diet review and management Add Sustagen Meal Delivery Services Speech Pathologist for swallowing review Dentist for dental review (pain/infection/ill-fitting dentures) OT for functional and home cooking ability/review.