

Frailty Phenotype

Purpose : Assessment of frailty

Admin time : 5 min

User Friendly : High

Administered by : GP or nurse

Content : 5 questions defining frailty

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<https://www.cgakit.com/fr-1-frailty-phenotype>

FRAILTY PHENOTYPE

NAME _____

d.o.b. _____

Date _____

Administered by _____

CRITERIA	OPTIONS	WEIGHT	SCORE
Unintentional weight loss	no	0	
	yes	1	_____
Physical Activity	Not limited or little limited	0	
	Limited a lot	1	_____
Low resistance/exhaustion	0 to 2 days	0	
	3 to 7 days	1	_____
Strength	< 20% weaker	0	
	> 20% weaker	1	_____
Walking Time	Not slower	0	
	Slower	1	_____
TOTAL SCORE			_____

SCORING

- 0 = robust
- 1-2 = pre-frail
- 3-4 = frail
- 5 = very frail

NOTES :

DEFINITIONS

Unintentional weight loss :

>5% weight loss over past year

or

>4,5 Kg weight loss over past year

Physical Activity :

Health imposes a limit on vigorous activities such as, mowing the lawn, raking, gardening, hiking, jogging, biking, exercise cycling, dancing, aerobics, bowling, golf, swimming, other sport.

Low resistance/exhaustion :

Frequency that, in the past week, the individual felt that everything s/he did was an effort

or

s/he could not "get going"

Strength :

Without dynamometer :

Estimated 20% weaker than expected in an individual of similar size (BMI)

or

With dynamometer (stratified by gender and Body Mass Index quartiles)

<i>Men</i>	<i>Cutoff for grip strength (Kg) criterion for frailty</i>
BMI < 24	< 29
BMI 24.1–26	<30
BMI 26.1–28	< 31
BMI > 28	<32
<i>Women</i>	<i>Cutoff for grip strength (Kg) criterion for frailty</i>
BMI < 23	< 17
BMI 23.1–26	< 17,3
BMI 26.1–29	< 18
BMI > 29	<21

Walking Time :

(stratified by gender and height)

<i>Men</i>	<i>Cutoff for Time to Walk 15 feet criterion for frailty</i>
Height > 173 cm	6 seconds
Height < 173 cm	7 seconds
<i>Women</i>	<i>Cutoff for Time to Walk 15 feet criterion for frailty</i>
Height > 159 cm	6 seconds
Height < 159 cm	7 seconds