

# FRAIL SCALE RISK ASSESSMENT

	Question	Scoring	Result
F	<b>FATIGUE</b> 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	<b>RESISTANCE</b> 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	<b>AMBULATION</b> 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	<b>ILLNESS</b> Did your Doctor ever tell you that you have? Hypertension <input type="checkbox"/> Diabetes <input type="checkbox"/> Cancer (not skin cancer like BCC or SCC) <input type="checkbox"/> Chronic lung disease <input type="checkbox"/> Asthma <input type="checkbox"/> Heart attack <input type="checkbox"/> Congestive heart failure <input type="checkbox"/> Angina <input type="checkbox"/> Arthritis <input type="checkbox"/> Kidney disease <input type="checkbox"/> Stroke or Parkinson's Disease <input type="checkbox"/>	0 – 4 answers Yes = 0  5 – 11 answers Yes = 1	
L	<b>LOSS OF WEIGHT</b> Have you unintentionally 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= 3-5**

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## Healthy Ageing & Frailty

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## What is Frailty?

Frailty is a common syndrome that occurs from a combination of deconditioning and acute illness on a background of existing health deficits with functional decline that is often under recognised.

Frailty will impact at least 20% of people aged 65 and over.

Patients living with frailty have two to 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 physical frailty can be managed and, in some cases reversed, highlighting the importance of identifying older people who are living with frailty. You may find the following risk screen, 'The FRAIL Scale' validated by Professor John Morley and management suggestions useful to identify and treat patients aged 65+ and over.

## FRAILTY MANAGEMENT / DECISION TOOL

Assessment Score	Intervention	Referral/Follow Up
<b>FRAIL scale 0 = robust</b>	<ul style="list-style-type: none"> <li>Assess 5 x timed sit to stand test as baseline and encourage ongoing activity levels to improve and remain fit</li> </ul>	<ul style="list-style-type: none"> <li>Re-do FRAIL scale in 12 months</li> <li>Strength for Life</li> <li>Walking Groups (Heart Foundation or City Councils)</li> <li>Better Health Coaching if &lt;75yo</li> </ul>
<b>FRAIL SCALE</b>	<b>If Frailty Score is <math>\geq 1</math>, address underlying causes as suggested below</b>	
<b>F</b> Feeling fatigued most or all of the time	<ul style="list-style-type: none"> <li>Consider screening for reversible causes of fatigue (sleep apnoea, depression, anaemia, hypotension, hypothyroidism, B12 deficiency)</li> <li>Use EPWORTH scale, plus K10 and/or Geriatric Depression scale (GDS) in Health Assessment</li> </ul>	<ul style="list-style-type: none"> <li>Consider referral to Geriatrician / Specialist for complex care patients</li> <li>Consider referral to Occupational Therapy for function and home review</li> <li>Consider referral Psychologist using Mental Health Care Plan</li> <li>Consider referral to Aged Care organisation for loneliness support (isolation can be a cause of fatigue)</li> </ul>
<b>R</b> Resistance against gravity – Difficulty walking up 10 steps without resting	<ul style="list-style-type: none"> <li>Assess with 5 timed sit to stand test</li> <li>Consider referring to an individualised progressive exercise program with resistance and strength component</li> </ul>	<ul style="list-style-type: none"> <li>Physiotherapy or Exercise Physiologist for exercise prescription</li> <li>If has diabetes- &gt; group session Medicare funded with Exercise Physiologist</li> <li>Strength for Life</li> <li>Exercise options available through City Councils or the Heart Foundation</li> <li>MyAgedCare referral for allied health</li> </ul>
<b>A</b> Ambulation – Difficulty walking 300 metres unaided	<ul style="list-style-type: none"> <li>Assess with 4 metre walking speed test</li> <li>Review causes such as OA knee/hip/back and Parkinson's disease.</li> <li>Ensure pain management support</li> <li>Consider referring to an individualised progressive exercise program with resistance and strength component especially with focus on improving knee and hip strength/function</li> </ul>	<ul style="list-style-type: none"> <li>Physiotherapy or Exercise Physiologist for exercise prescription</li> <li>If has diabetes- &gt; group session Medicare funded with Exercise Physiologist</li> <li>Strength for Life</li> <li>Exercise options available through City Councils or the Heart Foundation</li> <li>MyAgedCare referral for allied health</li> </ul>
<b>I</b> Having 5 or more illnesses	<ul style="list-style-type: none"> <li>Review indication, side effects and use of medication (evidence for use of some medicines changes after 75)</li> <li>Consider reducing/de-prescribing inappropriate medications such as those with anticholinergic side effects (use calculator <a href="https://www.acbcalc.com">https://www.acbcalc.com</a>)</li> </ul>	<ul style="list-style-type: none"> <li>Pharmacist for comprehensive medication review (HMR item 900)</li> <li>Geriatrician for underlying disease /medication optimisation</li> <li>Occupational Therapy for functional and home safety review</li> <li>Self-management support from aged care organisation volunteer</li> </ul>
<b>L</b> Loss of > 5% weight in 12 months	<ul style="list-style-type: none"> <li>Use <u>mini nutritional assessment (MNA)</u> to screen for risk of undernutrition</li> <li>Weigh and assess BMI – record in patient record at least every 6/12</li> <li>Consider screening for reversible causes of weight loss</li> <li>GP and nurse to educate on protein and caloric supplementation/food fortification (75mg protein minimum per day required – range of products available at pharmacy)</li> </ul>	<ul style="list-style-type: none"> <li>Dietician for diet review and management of protein/food fortification and add Sustagen as last resort</li> <li>Meal Delivery Services -ask for protein fortification</li> <li>Speech pathologist for swallowing review</li> <li>Dentist for dental review (pain/infection/ill fitting dentures)</li> <li>Occupational Therapy for functional and home cooking ability review</li> </ul>