



Accreditation

# **KNOW YOUR PATIENTS' FRAILTY**

**Use the Canadian Study of Health** and Aging Clinical Frailty Scale to assess the patient's current condition.

## The nine-point **Clinical Frailty**

Scale can help determine if a patient is at risk for poor outcomes and can guide communication between clinicians and patients.

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**Scoring Frailty in People With Dementia** 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.



#### In moderate dementia,

recent memory is very impaired, even though they seemingly can remember their past life events well.



In severe dementia, they cannot do personal care without help.

### >>> HOW TO MEASURE FRAILTY IN YOUR PATIENTS

### **VERY FIT**

People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.



## **MANAGING WELL**

People whose medical problems are well controlled, but are not regularly active beyond routine walking.



People who have no active disease symptoms but are less fit than those in category 1. Often, they exercise or are very active occasionally, e.g. seasonally.

WELL

# **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.



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.



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.



MODERATELY

**FRAIL** 

## **VERY SEVERELY FRAIL**

8

**FRAIL** 



Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.

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).

### **TERMINALLY ILL**

Approaching the end of life. This category applies to people with a life expectancy < 6 months, who are not otherwise evidently frail.

