

Frailty Scale

Overview: A frailty scale based on the geriatric status scale can be used to rapidly assess an elderly patient for functional status. This can help identify those patients requiring specialized intervention.

Performance		Level	Status
<ul style="list-style-type: none"> • walks without help • performs basic activities of daily living (eating dressing bathing bed transfer) • continent of bowel and bladder • not cognitively impaired 		0	fit
<ul style="list-style-type: none"> • walks without help • performs basic activities of daily living (eating dressing bathing bed transfer) • continent of bowel but not of bladder • not cognitively impaired 		1	
one or more of following (2 if incontinent) <ul style="list-style-type: none"> • needs assistance with activities of daily living or mobility • bowel or bladder incontinent • cognitive impairment without dementia 		2	
two of following (3 if incontinent) <ul style="list-style-type: none"> • totally dependent for transfers • totally dependent with one or more activities of daily living • bowel and bladder incontinent • demented 		3	frail
Level	Percent Not Institutionalized in 3 Months	Percent Surviving at 5 Years	
0	95%	82%	
1	90%	78%	
2	80%	66%	
3	50%	50%	

References: Rockwood K Stadnyk K et al. A brief clinical instrument to classify frailty in elderly people. Lancet. 1999; 353: 205-206.