
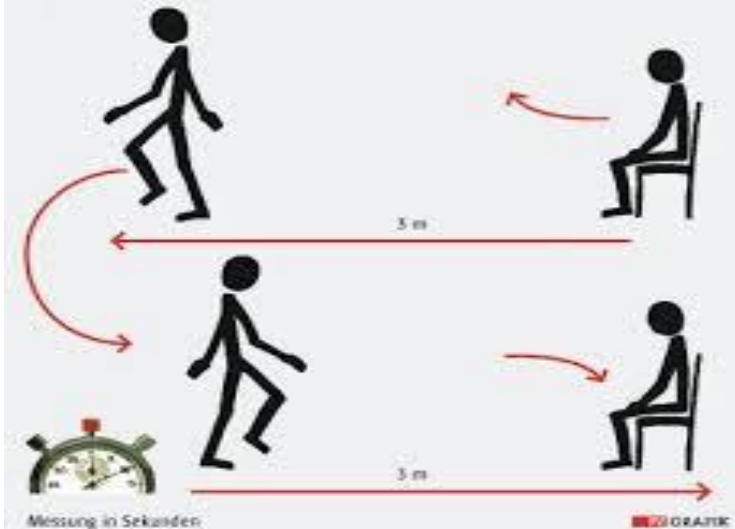


Frailty Screening Tests

Recommendations from Fit for Frailty - consensus best practice guidance for the care of older people living in community and outpatient settings - a report from the British Geriatrics Society 2014₁

<p><u>Gait Velocity</u> Greater than 5 sec for 4 metres or <0.8m/s = increased risk of frailty</p> <ul style="list-style-type: none"> Assess gait speed over a 6 metre course, time the middle four metres Calculate gait speed (metres/seconds) Slow gait is correlated with frailty 																												
<p><u>Timed Up and Go Test</u> >10 sec = increased risk of frailty > 13.5 sec = increased risk of falls₂</p> <p>On “Go” patient:</p> <ul style="list-style-type: none"> Stands up from chair Walks to line on floor (3m or 10ft) Turns Walks back to chair Sits down <p>Observe sit to stand, gait, stability</p> <p>TUG is a recommended test by GPSC and MOH for assessing mobility and can also be predictive of risk of falling.₃</p>																												
<p><u>PRISMA 7 Questionnaire</u>₄ Score of 3 or more = increased risk of frailty</p> <p>Self-report Questionnaire</p> <p>Note: questions 2 and 6 are worded correctly – see reference #4 for additional information.</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">CLIENT QUESTION</th> <th style="text-align: center;">YES</th> <th style="text-align: center;">NO</th> </tr> </thead> <tbody> <tr> <td>1.Are you older than 85 years?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>2.Are you male?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>3.In general, do you have any health problems that require you to limit your activities?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>4.Do you need someone to help you on a regular basis?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>5.In general, do you have any health problems that require you to stay at home?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>6. If you need help, can you count on someone close to you?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>7.Do you regularly use a stick, walker or wheelchair to move about?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Total Checked</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </tbody> </table>	CLIENT QUESTION	YES	NO	1.Are you older than 85 years?	<input type="checkbox"/>	<input type="checkbox"/>	2.Are you male?	<input type="checkbox"/>	<input type="checkbox"/>	3.In general, do you have any health problems that require you to limit your activities?	<input type="checkbox"/>	<input type="checkbox"/>	4.Do you need someone to help you on a regular basis?	<input type="checkbox"/>	<input type="checkbox"/>	5.In general, do you have any health problems that require you to stay at home?	<input type="checkbox"/>	<input type="checkbox"/>	6. If you need help, can you count on someone close to you?	<input type="checkbox"/>	<input type="checkbox"/>	7.Do you regularly use a stick, walker or wheelchair to move about?	<input type="checkbox"/>	<input type="checkbox"/>	Total Checked	<input type="checkbox"/>	<input type="checkbox"/>
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References:

1. Fit for Frailty - consensus best practice guidance for the care of older people living in community and outpatient settings - a report from the British Geriatrics Society 2014
2. Barry, E., Galvin, R., Keogh, C., Horgan, F., & Fahey, T. (2014). Is the Timed Up and Go test a useful predictor of risk of falls in community dwelling older adults: a systematic review and meta-analysis. *BMC Geriatrics*, 1414.
3. General Practice Services Committee, Fall Prevention Resources, Timed Up and Go test: http://www.gpsc.ca/sites/default/files/Timed%20Up%20and%20Go%20Test_Final-June7_0.pdf
4. Raïche, M., R. Hébert, M-F. Dubois, and the PRISMA partners. User guide for the PRISMA-7 questionnaire to identify elderly people with severe loss of autonomy. In *Integrated service delivery to ensure persons' functional autonomy*, ed. R. Hébert, A. Tourigny, and M. Gagnon, 147-65. Quebec: Edisem.