# **FRAIL App**

## About

Frailty is a common syndrome that occurs from a combination of deconditioning and acute illness on a background of existing functional decline that is often under recognised. Frailty can affect up to 25% people aged 75 and over. Patients living with frailty have two or 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 frailty can be managed and, in some cases reversed, highlighting the importance of identifying older people who are living with frailty.

The FRAIL Topbar App, developed in collaboration with Sydney North Health Network (SNHN), presents a Frail Scale Questionnaire to assess the frailty status of the patient in consultation.

The FRAIL App presents a frailty questionnaire to assess the patient in consultation's frailty score, and provides recommended follow up actions and interventions based on the response.

#### **Completing the Questionnaire**

Select the cross or tick next to each category on the FRAIL Scale Questionnaire and then select 'See Results' at the bottom.

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Frail Scale						≡	×
Frailty is a common syndrome that occurs from with frailty have two or three times the health c managed and, in some cases reversed, highligh	a combination of d care utilisation of the nting the importance	econditioning and acute illness on a background of existing functional decline that is often under recognised. Frail ir non-frail counterparts and experience higher morbidity, mortality and lower quality of life. Their carers can also e of identifying older people who are living with frailty.	ty can affect up to 259 experience high levels	6 people aged 7 of stress. Many	5 and over. Patients living causes of frailty can be		0
Please complete the following frailty screen	indicating 🗙 for	NO and 🗹 for YES.					
	Fatigue						
	F	During the past four weeks, did you feel tired all/most of the time?					
	Resistanc	e					
	R	In the last 4 weeks by yourself and not using aids, did you have any difficult walking up to 10 steps without resting?	ty 🗙	$\checkmark$			
	Ambulati	on					
	Α	In the last 4 weeks by yourself and not using aids, did you have any difficult walking 300m OR one block?	ty 🗙				
	Illnesses						
	I	Do you have 5 or more illnesses and 6 or more prescribed medications?	×	$\checkmark$			
	Loss of Weight						
	L	Have you unintentionally lost more than 5kg or 5% of your body weight in t past year?	the				
		See Results			Ap	p version :	1.1.0

This will go to the results page and provide a Frail Score. Frail Score's include:

- Robust
- Pre-Frail
- Frail

The relevant intervention and follow up strategies will also appear on the results page by clicking the 'Intervention' tab or 'View referral/follow-up' tab.

Practitioners can choose to retake the test if required by clicking the 'Retake' button at the bottom.

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FRAIL Scale	- Risk Assessment			×
Scol	re=5 Frail is positive, address underlying causes as suggested below		요 급	6
Fatigue		View Intervention Referral/Follow up		
F	Feeling fatigued most or all of the time	Consider referral to Geriatrician /Specialist for complex care patients     Consider referral to Occupational Therapy for functional and home review     Consider referral Psychologist using Mental Health Care Plan	Consider referral to Aged Care organisation for loneliness support (isolation can be a cause of fatigue!)	•
Resisten	ce	! 		
R	Resistance against gravity Difficulty walking up 10 steps without resting	Physiotherapy or Exercise Physiologist for exercise prescription     If has diabetes-> group session Medicare funded ex. physiologist     Healthy Lifestyle for group exercise prescription and/or Stepping On	Get Healthy for free telephone-based health coaching     NSHNS Safe and Steady program	•
Ambulat	ion	1		
Α	Difficulty walking 300 metres unaided	Physiotherapy or Exercise Physiologist for exercise prescription     Healthy Lifestyle for group exercise prescription and/or Stepping On     Get Healthy for free telephone-based health coaching     Exercise options https://www.activeandhealthy.nsw.gov.au		•
Illness		·		
I	Having 5 or more Illnesses	Pharmacist for comprehensive medication review, (HMR item 900)     Occupational Therapy for functional and home safety review     Self-management support from aged care org volunteer		•
Loss of v	veight	!		
L	Loss of> 5% weight in 12 months	Weigh and assess BMI - record in patient record     Dietician for diet review and management     Add Sustagen     Meal Delivery Services	Speech pathologist for swallowing review     Dentist for dental review (pain/infection/ill fitting dentures)     Occupational Therapy for functional and home cooking ability review	•
		Retake		

### **Printing the Report**

After receiving the result, practitioners can choose to print the report for the patient.

Click the Printer icon on the top right hand of the App to print.

#### Saving the Report

The report can be saved to the patient's file in the Clinical System, allowing the practitioner to view the file for future reference or printing.

Click the Save icon on the top right hand of the App to save.

#### **View Previous Scores**

The practitioner can view the patient's previous scores done in the App in the Patient Report.

Click the icon of the person on the top right hand of the app to view the Patient Report.