

# 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.

The screenshot shows the FRAIL Scale Questionnaire app interface. At the top, there is a header bar with various icons and a patient identifier 'Aaaa Aaaa, 81 yrs, F'. Below the header, the title 'Frail Scale' is displayed. A brief explanation of frailty is provided. The main section contains five categories, each with a question and two response options (cross or tick):

- Fatigue (F):** During the past four weeks, did you feel tired all/most of the time? (Cross, Tick)
- Resistance (R):** In the last 4 weeks by yourself and not using aids, did you have any difficulty walking up to 10 steps without resting? (Cross, Tick)
- Ambulation (A):** In the last 4 weeks by yourself and not using aids, did you have any difficulty walking 300m OR one block? (Cross, Tick)
- Illnesses (I):** Do you have 5 or more illnesses and 6 or more prescribed medications? (Cross, Tick)
- Loss of Weight (L):** Have you unintentionally lost more than 5kg or 5% of your body weight in the past year? (Cross, Tick)

At the bottom, there is a 'See Results' button and the text 'App 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.

Name Surname, Age, SEX

FRAIL Scale - Risk Assessment

Score=5

Frail

If Frailty Score is positive, address underlying causes as suggested below

F

**Fatigue**  
Feeling fatigued most or all of the time

View Intervention

Referral/Follow up

- 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!)

R

**Resistance**  
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

A

**Ambulation**  
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>

I

**Illness**  
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

L

**Loss of weight**  
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.