



Clinical Factors for Assessing Frailty

Factors Related to Frailty

Medications

Weight loss

Muscle/grip strength

Gait speed/mobility

Fatigue/exhaustion

Physical activity

Timed Get Up and Go Test:

https://www.cdc.gov/steady/pdf/TUG_test-print.pdf

Simple “FRAIL” Questionnaire Screening Tool

<https://www.activeagingweek.com/pdf/abbott/FRAILQuestionnaire.pdf>

SHARE-FI Frailty Instrument:

<https://bmgeriatr.biomedcentral.com/articles/10.1186/1471-2318-10-57#MOESM1>

Gérontopôle Frailty Screening Tool (GFST)

http://www.frailty.net/wp-content/uploads/Gerontopole_Frailty_Screening_Tool_English.pdf

Based on R Collins, oral communication, November 2019.

Supported by Walston J et al; Cardiovascular Health Study. *Arch Intern Med.* 2002;162:2333-2341. Romero-Ortuno R et al. *BMC Geriatr.* 2010;10:57. Morley JE et al. *J Am Med Dir Assoc.* 2013;14:392-397.

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