

## Identifying Frail Patients in Practice

Study of Osteoporotic Fracture (SOF) Criteria for Frailty		
Frailty Criteria	Data Collection	Score
Weight loss $\geq$ 5% over 3 yrs	Weight 3 years ago Weight today Change in weight/ Weight 3 years ago= % loss	Score=1 if weight loss $\geq$ 5% Otherwise, Score=0
Inability to do 5 chair stands	Sit in chair, do not use arms, rise 5 times	Score=1, if unable Otherwise, Score=0
“Do you feel full of energy?”	Ask the question, must answer yes or no	Score=1, if yes Otherwise, Score=0
		Sum above scores
<p>If summed score is 2 or 3, patient is frail;            If score is 1 patient is prefrail;            If score=0 the patient is robust</p>		

Reference: Ensrud KE, Ewing SK, Taylor BC, et al. Comparison of 2 frailty indexes for prediction of falls, disability, fractures, and death in older women. Arch Intern Med. 2008 Feb 25;168 (4):382-9