

# Frail Scale

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Please ask the participant the following questions (not a self-assessment):

**Age:** \_\_\_\_\_

**Fatigue:** How much of the time during the past 4 weeks did you feel tired?

1 = All of the time, 2 = Most of the time, 3 = Some of the time, 4 = A little of the time, 5 = None of the time.

*Responses of "1" or "2" are scored as 1 and all others as 0.*

**Score**\_\_\_\_\_

**Resistance:** By yourself and not using aids, do you have any difficulty walking up 10 steps without resting? 1 = Yes, 0 = No.

**Score**\_\_\_\_\_

**Ambulation:** By yourself and not using aids, do you have any difficulty walking a couple of blocks (e.g. several hundred yards)? 1 = Yes, 0 = No.

**Score**\_\_\_\_\_

**Illnesses:** Did a doctor ever tell you that you have [illness]? How many (see list below): \_\_\_\_\_

*The total illnesses (0–11) are recoded as 0–4 = 0 and 5–11 = 1.*

*The illnesses include hypertension, diabetes, cancer (other than a minor skin cancer), chronic lung disease, heart attack, congestive heart failure, angina, asthma, arthritis, stroke, and kidney disease.*

**Score**\_\_\_\_\_

**Loss of weight:** How much do you weigh? \_\_\_\_\_[current weight]

One year ago in May of 2018, how much did you weigh? \_\_\_\_\_ [weight 1 year ago]”

Percent weight change is computed as:  $[(\text{weight 1 year ago} - \text{current weight}) / \text{weight 1 year ago}] * 100$ .

*Percent change > 5 (representing a 5% loss of weight) is scored as 1 and < 5% as 0.*

Score \_\_\_\_\_

**Total Score:** \_\_\_\_\_

A score of **0** represents robust health status

**1-2: Pre-frail**

**3-5: Frail**

Frailty has been significantly associated with malnutrition.

If the participant screens as Pre-frail or Frail, ask if they have been admitted to the hospital in the past 3 months (Y/N)? \_\_\_\_\_

Woo, Jean et al. Frailty Screening in the Community Using the FRAIL Scale. *Journal of the American Medical Directors Association* , Volume 16 , Issue 5 , 412 – 419

Morley JE, Malmstrom TK, Miller DK. A simple frailty questionnaire (FRAIL) predicts outcomes in middle aged African Americans. *J Nutr Health Aging*. 2012;16(7):601–608.

Celia V. Laur, Tara McNicholl, Renata Valaitis, Heather H. Keller. Malnutrition or frailty? Overlap and evidence gaps in the diagnosis and treatment of frailty and malnutrition. *Applied Physiology, Nutrition, and Metabolism*, 2017, 42:449-458,