

# MEASURING FRAILTY ON AN OLDER ADULTS PSYCHIATRIC INPATIENT WARD

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## Introduction

Frailty is defined as a "State of vulnerability due to a decline in reserve resulting in limited ability to cope with every day or acute stressors" (Xue et al., 2011).

Older adults with mental illness have an increased prevalence of frailty compared to the general population, however frailty is rarely assessed in acute inpatient settings (Pearson et al., 2022).

The physiotherapists wished to identify frail consumers on an older adult psychiatric ward and provide intervention.

## Method

The modified Fried's Phenotype Scale was utilised which measures unintentional weight loss, fatigue levels, handgrip strength, walking speed and self-reported physical activity levels. This has been validated in the community in this population (Bahat et al., 2022).

Modified Fried Frailty Scale in line with Cardiovascular Health Study (CHS) Frailty Phenotype

Frailty Component	Explanation	Meets the criteria						
Unintentional Weight Loss	Unintentional loss of weight. The participant meets the criteria from any of the following: <ul style="list-style-type: none"> <li>Loss of &gt; 4.5 kg in the last 12 months</li> <li>Loss of &gt; 5% than body weight in the previous year</li> </ul>							
Exhaustion	Self-reported exhaustion – the participant meets the criteria if they score of 2 or 3. Read one of the following statements: <ul style="list-style-type: none"> <li>"How often did you feel everything you did was an effort in the last week?"</li> <li>"How often did you feel that you could not get going in the last week?"</li> </ul> The participant will then answer from one of the following: <ul style="list-style-type: none"> <li>0 = Rarely or none of the time</li> <li>1 = Some or a little of the time (1-2 days)</li> <li>2 = A moderate amount of the time (3-4 days)</li> <li>3 = Most of the time</li> </ul>							
Weakness	Measure the grip strength of a dominant/stronger hand using a dynamometer. Please allow 3 attempts and record the result in the following table (indicate which side of the hand): <table border="1" style="margin-left: 20px;"> <tr> <td>1<sup>st</sup> attempt</td> <td>2<sup>nd</sup> attempt</td> <td>3<sup>rd</sup> attempt</td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table> The participant meets the criteria from one of the following (best of the 3 attempts): <ul style="list-style-type: none"> <li>Female participant: &lt; 18kg grip strength</li> <li>Male participant: &lt; 30kg grip strength</li> </ul>	1 <sup>st</sup> attempt	2 <sup>nd</sup> attempt	3 <sup>rd</sup> attempt				
1 <sup>st</sup> attempt	2 <sup>nd</sup> attempt	3 <sup>rd</sup> attempt						
Slowness	Measure the time to walk for 4 metre in two attempts. The participant meets the criteria if the walking time is more than 6 seconds. Please record the result (indicate whether using any gait aid) in the following table: <table border="1" style="margin-left: 20px;"> <tr> <td>1<sup>st</sup> attempt</td> <td>2<sup>nd</sup> attempt</td> </tr> <tr> <td></td> <td></td> </tr> </table>	1 <sup>st</sup> attempt	2 <sup>nd</sup> attempt					
1 <sup>st</sup> attempt	2 <sup>nd</sup> attempt							
Low Activity Level	Self-reported activity level in the last 3 months – Read the following sentence "In the past 3 months, how often did you do weight bearing physical activity, spending more than 4 hours per day sitting and going only for short walk once per month or less?"							
Score: #/5	The participant will meet the criteria if they answer yes to above statement							
Completing Clinician:	Signature							
Date completed:								



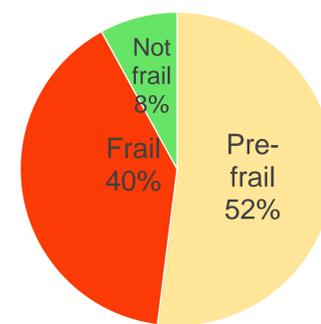
Adapted from Cameron, I. D., Fairhall, N., Langron, C., Lockwood, K., Monaghan, N., Agger, C., Sherrington, C., Lord, S. R., & Kurie, S. E. (2013). A multifactorial interdisciplinary intervention reduces frailty in older people: randomized trial. *BMC medicine*, 11, 65. <https://doi.org/10.1186/1745-2974-11-65>

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## Results

During a 5 month period, consumers referred to physiotherapy were offered a frailty screening 37 consumers out of a total of 64 (35%) were able to consent and complete testing. 92% of the tested individuals were considered as frail/pre-frail (34 consumers).



## Discussion

Frailty represents a significant issue within the Eastern Health older adult acute inpatient psychiatric ward. However, it is frequently underreported. It is crucial to investigate the prevalence of frailty to effectively address and manage this presentation. The authors have partnered with the dietetics department to formally investigate the prevalence of frailty and to assess the feasibility of systematically measuring all consumers.

## Conclusion

A formal investigation into the prevalence of frailty and the feasibility of measuring all consumers will provide a focused approach to effectively address this significant yet often inadequately assessed and underreported issue within the older adult mental health population.

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