

What is Frailty?

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Background

- It has been documented that older people don't like being referred to as frail or as living with frailty
- However there is emerging evidence that these views change as understanding grows
- NG CCG tested this theory by holding engagement sessions with a small group of older people
- This fascinating snap shot of the engagement work provides insight into what some of our local older people feel about frailty



PURPOSE OF THE SESSION

- Audience to consider and provide views on frailty
- We will share an informative presentation on ageing
- Test your views following the presentation



Does Frailty Exist?

- Fragilis - Fragitalis - Frailete -

Is it:

- *The condition of being weak and delicate*
- *The result of being susceptible to temptation*
- *The result of being flawed or having a defect*
- *Only related to women*
- *Related to selfishness and greed*
- *Bourne only by older people*



Does Frailty Exist?

flawed,
 slender, fracturable,
 dodderly, slim, dainty, delicate,
 weedy, impairment, sickness,
 immoral, illness, light, decrepit,
 wishy washy, sad, wimpy, flimsy
 sickly, insubstantial, waxy
 tender, fragile, old, infirm,
 brittle, puny, fishy, aged, weak,
 feeble, tenuous, thin, frangible, delicate,
 elders, incapacitated, unsound,
 shaky, unsubstantial,
 shatterable, feeble,
 vulnerable, debilitated,
 shattery,



What is old?



Baby



Child



Teenager



Young Adult



Middle Age



Retirement



Elderly



What is old?

Entering Old Age:

Completed paid employment/homemaking, active and independent, officially retired.
– *currently aged 64 women and 65 men.*

Transitional Phase:

Between healthy active life and frailty/dependence, emerging/developing problems.
– *most often occurs 7th/8th decade.*

Frail Older People:

Vulnerable due to complex needs physical, mental, social problems.
– *occurs mainly in late old age.*



What is age?

Normal, continuous process...

1. **Chronological** – *the number*
2. **Biological** – *the changes*
3. **Psychological** – *the feelings*

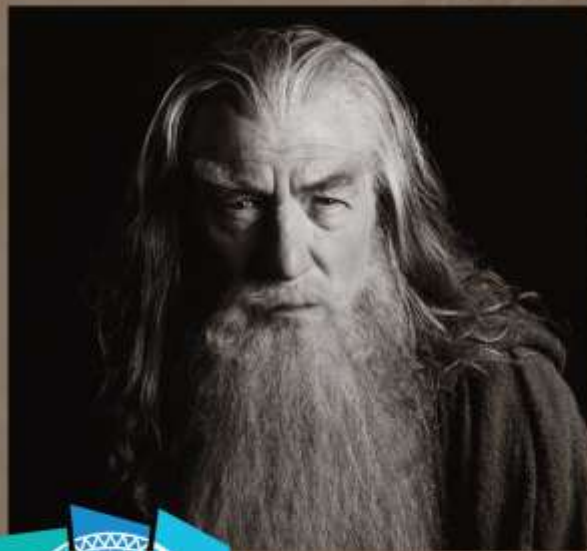


What happens with age?

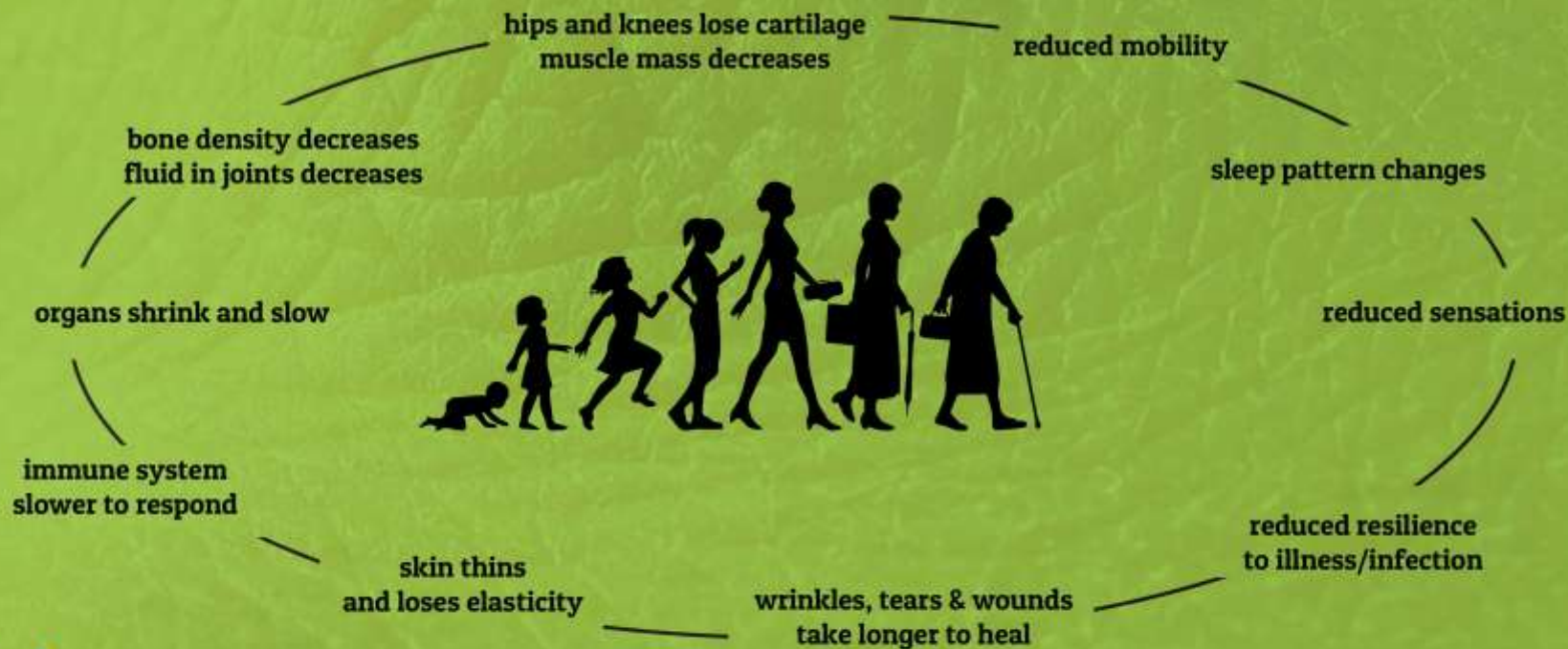


What happens with age?

Wiser - Happier - Adapter



What happens with age?



What is Frailty?

- a real and recognised syndrome -



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Frailty is a distinctive health state related to the ageing process in which multiple body systems gradually lose their in-built reserves.



What is Frailty?

- a real and recognised syndrome -

Frailty is a distinctive health state related to the ageing process in which multiple body systems gradually lose their in-built reserves.

- frailty is a long term condition -



What happens with age?

Immobility - Iatrogenic - Incontinence - Intellect



Rockwood Clinical Frailty Scale



1 Very Fit – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.



2 Well – People who have **no active disease symptoms** but are less fit than category 1. Often, they exercise or are very **active occasionally**, e.g. seasonally.



3 Managing Well – People whose **medical problems are well controlled**, but are **not regularly active** beyond routine walking.



4 Vulnerable – While **not dependent** on others for daily help, often **symptoms limit activities**. A common complaint is being “slowed up”, and/or being tired during the day.



5 Mildly Frail – These people often have **more evident slowing**, and need help in **high order IADLs** (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.



6 Moderately Frail – People need help with **all outside activities** and with **keeping house**. Inside, they often have problems with stairs and need **help with bathing** and might need minimal assistance (cuing, standby) with dressing.



7 Severely Frail – **Completely dependent for personal care** from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within – 6 months).



8 Very Severely Frail – **Completely dependent**, approaching the end of life. Typically, they could not recover even from a minor illness.



9 Terminally Ill – Approaching the end of life. This category applies to people with a **life expectancy <6 months**, who are **not otherwise evidently frail**.

Scoring frailty in people with dementia

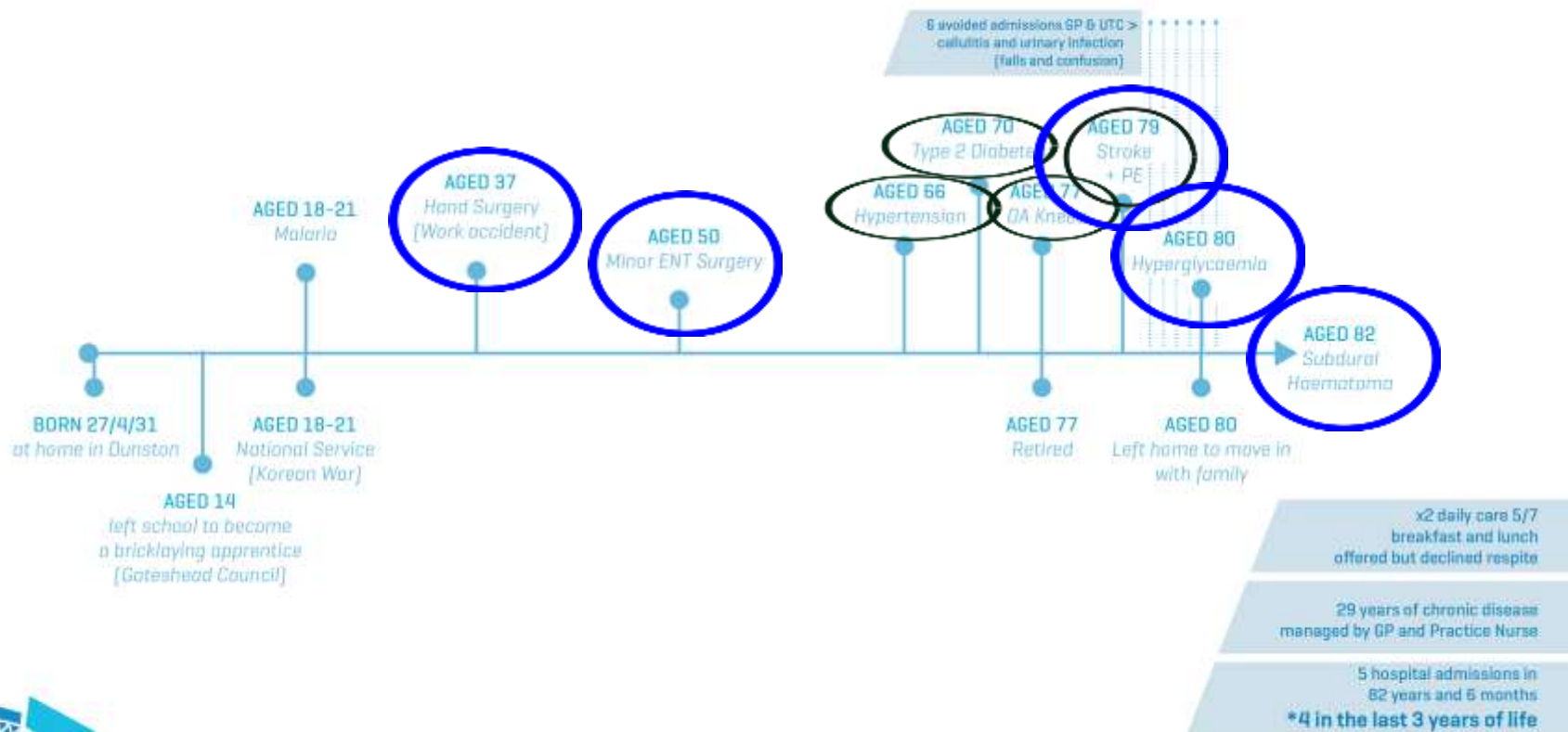
The degree of frailty corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.

* I. Canadian Study on Health & Aging, Rivner 2006.
Z.K. Rockwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489-495.





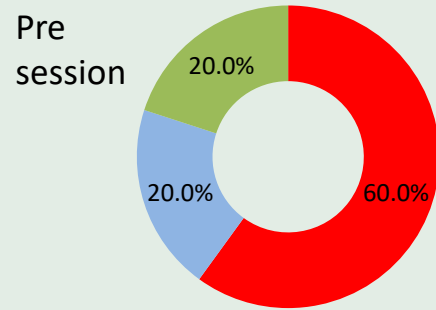
What does Frailty mean to you?



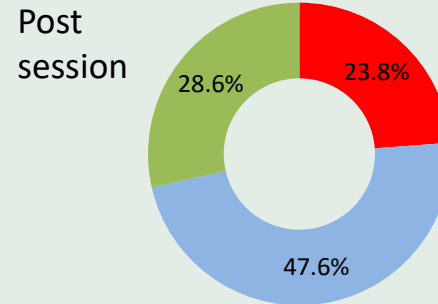
Consultation Findings:

do you think the term frailty is...

- Pre session 60% viewed the term as negative
- Post session 23.8% viewed the term negative



■ Negative ■ Neutral ■ Positive



■ Negative ■ Neutral ■ Positive



Consultation Findings:

how would you feel if you were referred to as frail

- Pre session 84.6% said they would feel 'sad' and 'upset'
- Post session 50% said they would feel 'sad' and 'upset'



Summary

- It's important to understand frailty which challenges our feelings and perceptions
- We would like this to be part of a wider research study to increase participation
- Thank you for participating in our workshop today

A yellow rectangular sign with black text that reads "CAUTION: OLD PEOPLE AT PLAY!". The word "CAUTION:" is underlined. The sign is positioned on the right side of the slide, partially overlapping the green background.

