

# FRAILITY – DO YOU KNOW THE SIGNS?

## INFORMATION FOR CLINICIANS & HEALTH PROFESSIONALS

### April Falls Day® 2019

Frailty is a clinical syndrome in which multiple physiological processes decline. It is a risk factor for poorer health outcomes including falls, hospitalisation, disability and admission to residential care. It can be measured by looking at deficits related to fatigue, strength, mobility, illness and loss of weight.

April Falls Day 2019® – we are highlighting the signs of Frailty. Frailty can impact a person's ability to function and maintain independence.

#### Frailty – Do you know the Signs?

- Unintentional weight loss
- Slower walking speed
- Weakness (grip strength)
- Lower physical activity levels
- Exhaustion

#### Is Frailty Treatable?

Multidisciplinary teams can help to address a patient's Frailty signs by addressing the following:

- Encourage physical activity with emphasis on strength & balance exercises
- Review diet and improve nutrition
- Review psychological status/social factors
- Ongoing management of chronic medical conditions
- Review and manage polypharmacy
- Identify and manage fall risks