

Lightning Learning: Clinical Frailty Score in the ED

STOP!

At the Leicester Royal Infirmary, 2/3rds of the patient population presenting to the ED are older and frail. They are our everyday “bread and butter” and can present with any of the following geriatric syndromes: *delirium, falls, polypharmacy, mobility and continence problems.*

Identification of frailty helps to improve both long and short term healthcare provisions for these patients. As such, they will require a more in-depth comprehensive geriatric assessment where possible.

NOTE: Early recognition of frailty is important in planning and tailoring any intervention(s).

LOOK

The Clinical Frailty Score (CFS)

This can be undertaken by any appropriately trained healthcare professional. This score directly correlates with adverse outcomes: **the higher the CFS, the higher the associated morbidity and mortality of the patient.**

The **Clinical Frailty Scale app** can be downloaded for iPhone or Android smartphones via the [Acute Frailty Network](#) website by scanning the QR code

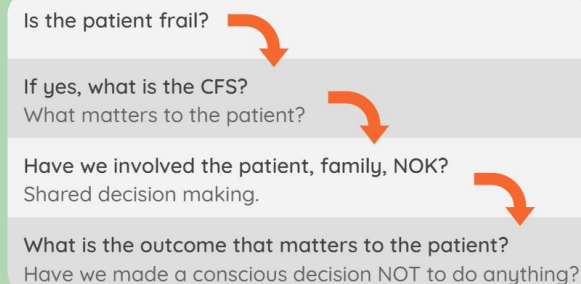
NOTE: The CFS should reflect the patient’s capabilities TWO WEEKS AGO, not right now.

Don’t let the pictures on the typical Rockwood Clinical Frailty Scale misguide you, use the app to accurately score your patients!



LEARN

Take a stepwise approach...



Aim to discuss these cases with seniors, family members and carers.



To learn more about frailty as a concept + useful resources, visit our blog... <https://bit.ly/CFSinED>