

Study of Osteoporotic Fractures (SOF) Index

Scoring: ≥2/3 criteria met indicates frailty; 1/3 indicates pre-or-intermediate frailty; 0/3 indicates non-frail.

Frailty Criterion	Definition
Weight loss	Meets criteria for weight loss if: Lost >5% body weight in last 2-3 years, irrespective of intent to lose weight Equipment: scale for body weight; stadiometer for height.
Chairs stands	Meets criteria for inability to rise from a chair 5 times if: Not able to rise from a chair 5 times without using arms.
Reduce energy level	Meets criteria for reduced energy level if: Replies 'No' to the question, "Do you feel full of energy?" ¹
¹ Question from the Geriatric Depression Scale (Shiekh & Yesavage, 1986)	

References:

Ensrud KE, Ewing SK, Taylor BC, et al. Comparison of 2 Frailty Indexes for Prediction of Falls, Disability, Fractures, and Death in Older Women. Arch Intern Med. 2008;168(4):382–389.

Ensrud KE, Ewing SK, Cawthon PM, et al. A comparison of frailty indexes for the prediction of falls, disability, fractures, and mortality in older men. J Am Geriatr Soc. 2009;57(3):492-498.