

Gérontopôle Frailty Screening Tool

Scoring: The researcher or clinician completes the two-part screener below, in order to determine if the patient/participant¹ should be assessed for frailty using a full frailty instrument such as the Physical Frailty Phenotype.

Frailty Criteria	Definition
Part 1: Please answer Yes, No, or Do Not Know for the following questions about the patient / participant.	
Live alone	"Does your patient live alone?" Yes, No, or Do Not Know
Involuntary Weight Loss	"Has your patient involuntarily lost weight in the last 3 months?" Yes, No, or Do Not Know
Fatigue	"Has your patient been more fatigued in the last 3 months?" Yes, No, or Do Not Know
Increased Mobility Difficulties	"Has your patient experienced increased mobility difficulties in the last 3 months?" Yes, No, or Do Not Know
Memory Problems	"Has your patient complained of memory problems?" Yes, No, or Do Not Know
Slow Gait Speed	"Does your patient present slow gait speed (i.e., >4 seconds to walk 4 meters)?" Yes, No, or Do Not Know
Part 2: If you have answered YES to one or more of these questions, please answer the following:	
Frail?	"Do you think your patient is frail?" Yes or No
Willing to be assessed?	"If yes, is your patient willing to be assessed for his/her frailty status at the frailty clinic?" Yes or No
¹ Intended for use with patients aged 65 years and older without both functional disability (activities of daily living score $\geq 5/6$) and current acute disease	

References:

Vellas B, Balardy L, Gillette-Guyonnet S, et al. Looking for frailty in community-dwelling older persons: the Gérontopôle Frailty Screening Tool (GFST). *J Nutr Health Aging*. 2013;17(7):629-631.

Subra J, Gillette-Guyonnet S, Cesari M, Oustric S, Vellas B; Platform Team. The integration of frailty into clinical practice: preliminary results from the Gérontopôle. *J Nutr Health Aging*. 2012;16(8):714-720.

Tavassoli N, Guyonnet S, Abellan Van Kan G, et al. Description of 1,108 older patients referred by their physician to the "Geriatric Frailty Clinic (G.F.C) for Assessment of Frailty and Prevention of Disability" at the Gerontopole. *J Nutr Health Aging*. 2014;18(5):457-464.