

## Edmonton Frail Scale (EFS)

**Scoring:** The EFS score ranges from zero to 17 points. Severe Frailty is defined as a score of 12-17 possible points; apparent vulnerability is a score of 6-11 points; and non-frail is a score of 5 or less points.

<b>Frailty Criterion</b>	<b>Definition</b>
<b>Cognition</b>	<p>Clock Drawing Test: place numbers the correct positions on a pre-drawn circle, and place hands to indicate the time of 'ten after eleven'</p> <ul style="list-style-type: none"> <li>• 0 points if no errors</li> <li>• 1 point if minor spacing errors</li> <li>• 2 points if other errors</li> </ul>
<b>General Health Status</b>	<p>"In the past year, how many times have you been admitted to a hospital?"</p> <ul style="list-style-type: none"> <li>• 0 points if 0</li> <li>• 1 point if 1-2</li> <li>• 2 points if &gt;2</li> </ul>
	<p>"In general, how would you describe your health?"</p> <ul style="list-style-type: none"> <li>• 0 points if 'Excellent', 'Very Good', or 'Good'</li> <li>• 1 point if 'Fair'</li> <li>• 2 points if 'Poor'</li> </ul>
<b>Functional Independence</b>	<p>"With how many of the following activities do you require help? (meal preparation, shopping, transportation, telephone, housekeeping, laundry, managing money, taking medications)"</p> <ul style="list-style-type: none"> <li>• 0 points if 0-1</li> <li>• 1 point if 2-4</li> <li>• 2 points if 5-8</li> </ul>
<b>Social Support</b>	<p>"When you need help, can you count on someone who is willing and able to meet your needs?"</p> <ul style="list-style-type: none"> <li>• 0 points if 'Always'</li> <li>• 1 point if 'Sometimes'</li> <li>• 2 points if 'Never'</li> </ul>
<b>Medication Use</b>	<p>"Do you use five or more different prescription medications on a regular basis?"</p> <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
	<p>"At times, do you forget to take your prescription medications?"</p> <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
<b>Nutrition</b>	<p>"Have you recently lost weight such that your clothing has become looser?"</p> <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
<b>Mood</b>	<p>"Do you often feel sad or depressed?"</p> <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
<b>Continence</b>	<p>"Do you have a problem with losing control of urine when you don't want to?"</p> <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
<b>Function Performance (balance and mobility)</b>	<p>Timed Up and Go test: "sit in this chair with your back and arms resting. Then, when I say 'GO', please stand up and walk at a safe and comfortable pace to the mark on the floor (approximately 3m away), return to the chair and sit down"</p> <ul style="list-style-type: none"> <li>• 0 points if completed in 0-10 seconds</li> <li>• 1 point if completed in 11-20 seconds</li> <li>• 2 points if completed in &gt;20 seconds, or if the person is not willing or if they require assistance.</li> </ul>

### References:

Rolfson DB, Majumdar SR, Tsuyuki RT, Tahir A, Rockwood K. Validity and reliability of the Edmonton frail scale. *Age Ageing*. 2006; 35(5): 526-9.

Perna S, Francis MD, Bologna C, et al. Performance of Edmonton Frail Scale on frailty assessment: its association with multi-dimensional geriatric conditions assessed with specific screening tools. *BMC Geriatrics*. 2017; 17(1): 2.