

Clinical Frailty Scale (CFS)

Scoring: A clinician assigns one of the categories below based on observation of the patient and review of medical records. Additionally, those assigning the CFS score require access to diagnoses and assessments related to comorbidity, function, falls, delirium, cognitive impairment, and associated features that inform clinical judgments about the severity of frailty.

Frailty Categories	Definition
1. Very Fit	"People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age."
2. Well	"People who have no active disease symptoms but are less fit than category 1. Often, they exercise or are very active occasionally, e.g. seasonally."
3. Well, with Treated Comorbid Disease	"People whose medical problems are well controlled, but are not regularly active beyond routine walking."
4. Apparently Vulnerable	"While not dependent on others for daily help, often symptoms limit activities. A common complaint is being "slowed up", and/or being tired during the day."
5. Mildly Frail	"These people often have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework."
6. Moderately Frail	"People need help with all outside activities and with keeping house. Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing."
7. Severely Frail	"Completely dependent for personal care, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months)."
The following two additional categories are included in the revised version of the CFS:	
8. Very Severely Frail	"Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness."
9. Terminally Ill	"Approaching the end of life. This category applies to people with a life expectancy."

References:

Rockwood et al. A global clinical measure of fitness and frailty in elderly people. *CMAJ*. 2005;173:489-495.

Chong E, et al. *Ann Acad Med Singap*. 2019;48(4):115-124.