

What is it?

The Comprehensive Frailty-Informed Assessment (CFA) is a comprehensive overview of multiple systems that helps create a holistic understanding of drivers that contribute to a resident's level of frailty. The CFA includes an analysis section where the major frailty drivers of cognition, mobility, and function are analyzed to assign a frailty score based on the Clinical Frailty Scale. The CFA was designed for a long-term care context and can be built into the PointClickCare electronic health record. The assessment takes select information relevant to frailty from assessments already completed over the course of normal care at Perley Health and pieces them together into logical categories to understand the person's overall frailty. The CFA helps assemble the pieces of a person's frailty story.

Major Drivers of Frailty



Cognition

Thinking or mental abilities



Mobility

Ability to move in different ways



Function

Participation in daily activities

Why is it important?

Understanding a resident's level of frailty is important for providing person-centred care that takes into account quality of life goals. The resident's frailty level also informs goals of care discussions, in which an understanding of how the degree of frailty affects outcomes of certain medical interventions is crucial for making informed decisions. Residents and their families may choose to avoid certain assessments or interventions if the outcomes are likely to involve several complications with minimal effectiveness for older adults who are highly frail.

Because the CFA is completed at minimum once per year, or more often when necessary, there is an opportunity to see the trajectory of frailty over time. The frailty trajectory can assist with a timely recognition of a resident approaching end of life.

Sections of the CFA

Section	Items in Section	Data Source
Psychosocial Review/ Cognitive Review	Review of Psychosocial history Delirium history; Dementia history: Prior cognitive testing; Mini Mental State Exam (MMSE) score, Montreal Cognitive Assessment (MOCA) score	Psychosocial Assessment Past medical history, MMSE, MOCA
Functional Review	Level of independence with dressing, eating, toilet use, and personal hygiene	RAI-MDS
Mobility Review	Level of independence with bed mobility, transfer, ambulation for short distances, and ambulation for prolonged distances; Falls history	RAI-MDS
Medical Review	Medical diagnoses; Changes in Health, End-Stage Disease, Signs and Symptoms Scale (CHESS) Score; Palliative Performance Scale (PPS) score; Number of hospital transfers in past year	RAI-MDS, PPS, progress notes
Physical Review	Orthostatic hypotension assessment; Vitals; Pressure Ulcer Risk Score (PURS); Number of pressure ulcers by stage; Bowel and bladder continence; Bowel patterns; Significant weight loss	Assessment, RAI-MDS, progress notes
Frailty Analysis	Frailty subscale rating for cognition, mobility and function; Overall Clinical Frailty Scale score rating; Other contributing factors to frailty	N/A