



# FRAILTY ASSESSMENT CALCULATOR

By Johns Hopkins Medicine

**Clinicians and researchers need a standardized method to consistently and accurately identify those patients who are most frail to better manage their care.** Hundreds of studies have shown frailty—a clinically recognizable state of increased vulnerability to adverse health outcomes such as disability, falls, institutionalization, and death—to be useful in assessing patient risk.

The online **Johns Hopkins Frailty Assessment Calculator** allows a clinician or researcher to enter five standardized measurements. The output is an automatically generated single score providing a classification of either frail (score 3-5), pre-frail (score 1 or 2) or robust (score 0).

## COMPONENTS INCLUDE:

- ▲ Access to the online Frailty Assessment Calculator
- ▲ Training Video
- ▲ User's Guide
- ▲ Frailty Assessment Forms
- ▲ Downloadable Access Database—to collect, score, and store frailty assessment data.

## Other components needed to capture standardized measurements (not included):

- ▲ Dynamometer (grip strength measurement tool)
- ▲ Stop Watch (to time walking speed measurement)
- ▲ Tape Measure (to lay out 4-meter walking course)
- ▲ Stadiometer (or other height measurement tool)
- ▲ Scale for weight measurement

## OUTCOMES

The calculator is used at Johns Hopkins in both surgical and transplant services to:

- ▲ reduce post-surgical complications
- ▲ reduce and pain and suffering
- ▲ and improve quality of life.

This could save tens of millions of dollars in health care costs annually.

## About the Innovator

The Frailty Assessment Calculator was developed from research conducted by Jeremy Walston, MD, Raymond and Anna Lublin Professor of Medicine in the Division of Geriatric Medicine and Gerontology at the Johns Hopkins University School of Medicine, and core faculty member in the Center of Aging and Health.

{FRAILITY: A clinically recognizable state of increased vulnerability to adverse health outcomes such as disability, falls, institutionalization, and death.}

Dr. Walston has worked with a multidisciplinary team of investigators and trainees focused on aging and frailty to develop an outstanding clinical translational research program, focusing on the identification of age-related molecular and physiological changes that contribute to frailty and chronic disease states, and the translation of these findings into clinically relevant interventions.

## WHY CHOOSE A JOHNS HOPKINS SOLUTION?

**For more than 125 years,** Johns Hopkins has led the way in both biomedical discovery and patient and population care. Faculty research most often leads to innovative protocols, programs and services, establishing the standard by which others follow and build upon. Our goal: make these innovations available beyond our walls to improve the health outcomes of individuals and populations—within our community and throughout the world.