

<b>FRIED CRITERIA FOR FRAILTY ASSESSMENT</b>												
<p><b>1. Unintended weight loss</b> Has the patient lost weight of 4.5 kg or more unintentionally during the last year?</p>	<p><b>No</b></p> <input type="checkbox"/>	<p><b>Yes</b></p> <input type="checkbox"/>										
<p><b>2. Fatigue/exhaustion</b> Everything the patient did was strenuous in the last week? For exhaustion can not get going?</p> <p>At least one yes to any of question.</p>	<p><b>No</b></p> <input type="checkbox"/>  <input type="checkbox"/>	<p><b>Yes</b></p> <input type="checkbox"/>  <input type="checkbox"/>										
<p><b>3. Physical activity</b> performs less frequently than: male: ≤383 kcal/week (&lt; 2,3 h walking/week) female: ≤270 kcal/week (&lt; 2 h walking/week)</p>	<p><b>No</b></p> <input type="checkbox"/>	<p><b>Yes</b></p> <input type="checkbox"/>										
<p><b>4. Gait speed</b> Usual pace walking of 4,6 m for longer than below according to height and sex?</p> <p><u>Height</u>                      <u>Time walking</u></p> <p>male ≤173 cm ..... ≥ 7 second                 &gt;173 cm ..... ≥ 6 second        female ≤159 cm ..... ≥ 7 second                 &gt;159 cm ..... ≥ 6 second</p> <p>Performs 2 times. Better (shorter) time is scored.</p>	<p><b>No</b></p> <input type="checkbox"/>	<p><b>Yes</b></p> <input type="checkbox"/>										
<p><b>5. Muscle weakness</b> maximal grip strength lower than:</p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: left;"><u>BMI (male) grip strength</u></td> <td style="text-align: left;"><u>BMI (female) grip strength</u></td> </tr> <tr> <td>≤ 24 ..... &lt;29 kg</td> <td>≤ 23 ..... &lt;17 kg</td> </tr> <tr> <td>24,1-26 ..... &lt;30 kg</td> <td>23,1-26 ..... &lt;17,3 kg</td> </tr> <tr> <td>26,1-28 ..... &lt;30 kg</td> <td>26,1-29 ..... &lt;18 kg</td> </tr> <tr> <td>&gt; 28 ..... &lt;32 kg</td> <td>&gt; 29 ..... &lt;21 kg</td> </tr> </table> <p>Performs 3 times with dominant hand. The best result is scored</p>	<u>BMI (male) grip strength</u>	<u>BMI (female) grip strength</u>	≤ 24 ..... <29 kg	≤ 23 ..... <17 kg	24,1-26 ..... <30 kg	23,1-26 ..... <17,3 kg	26,1-28 ..... <30 kg	26,1-29 ..... <18 kg	> 28 ..... <32 kg	> 29 ..... <21 kg	<p><b>No</b></p> <input type="checkbox"/>	<p><b>Yes</b></p> <input type="checkbox"/>
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<p><b>Hodnocení:</b>  <b>Frailty</b>            3 and more criteria (yes response)  <b>Pre-frail</b>        1-2 kriteria</p>												

Fried LP, Tangen CM, Walston J, Newman AB, Hirsch C, Gottdiener J, Seeman T, Tracy R, Kop WJ, Burke G, McBurnie MA: Frailty in older adults: evidence for a phenotype. *J Gerontol A Biol Sci Med Sci* 2001, 56:M146-156)