

The Fried Frailty Phenotype Assessment Tool assesses the degree of frailty in an older adult by scoring unintentional weight loss, physical activity, exhaustion, strength, and walking time.

Element	Details
Time to Administer	Minimal
Type	Clinical Screening > eForm and Print Form versions
Setting	Any
Administration	Designed to be administered by the Health Care Practitioner to identify weight loss, physical activity, low resistance, strength and walking time.
Interpretation	<p>A score of 0 means the individual is robust.</p> <p>A score of 1-2 means the individual is pre-frail.</p> <p>A score of 3-4 means the individual is frail.</p> <p>A score of 5 means the individual is very frail.</p>
Reference	<p>Szewieczek, J., Bieniek, J., & Wilczyński, K. (2016). Fried frailty phenotype assessment components as applied to geriatric inpatients. <i>Clinical Interventions in Aging</i>, 11, 453-459. doi:10.2147/cia.s101369, retrieved June 25, 2019, from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4853008/</p>