

# EMERGENCY LAPAROTOMY & frailty



## **NEW SURGICAL ADMISSION?**

### **PATIENT AGED 65+?**

## **INCLUDE A FRAILTY SCORE IN THE PATIENTS NOTES**

<u>The CSHA Frailty Scale</u>	
<b>1 – Very fit</b>	Robust, active, energetic, well-motivated and fit; these people commonly exercise regularly and are in the most fit group for their age.
<b>2 – Well</b>	Without active disease, but less fit than people in category 1.
<b>3 – Well, with treated comorbid disease</b>	Disease symptoms are well controlled compared with those in category 4.
<b>4 – Apparently vulnerable</b>	Although not frankly dependent, these people commonly complain of being “slowed up” or have disease symptoms.
<b>5 – Mildly frail</b>	With limited dependence on others for instrumental* activities of daily living.
<b>6 – Moderately frail</b>	Help is needed with both instrumental* and non-instrumental activities of daily living.
<b>7 – Severely frail</b>	Dependent on others for activities of daily living, or terminally ill.