

Clinical Frailty Scale (CFS)

Top tips for physios



WHAT

The CFS (also known as Rockwood scale) is a quick tool to identify people at risk of frailty

You can download the tool here: <https://bit.ly/3qBVYyk>

WHY

- Identification of frailty leads to appropriate individualised assessment and management
- Helps predict clinical outcomes in urgent care

TOP TIPS – Using the CFS correctly

- Have you completed **training** on how to use the CFS? A 15min training module is available here: <http://bit.ly/3kXHHL3>
- Download the CFS app to help score in real time: <http://bit.ly/3ekcsIN>
- CFS is only validated for people **aged 65 and over**
- You need to assess **normal functional level** therefore, if someone is in hospital or acutely unwell assess their status from at least **2 weeks ago**
- You may need to **check normal function** with relatives or other health care professions – don't just guess from the pictures on the CFS

NEXT

- Gold standard care is Comprehensive Geriatric Assessment (CGA) and personalised care and support plans
- Consider onward referral to local specialist teams e.g. community frailty team

IMPACT

- Reduction in length of hospital stay
- More person centred medical intervention informed by 'what matters to me' principles
- Improved quality of life, especially in last 1000 days