

PMC full text: [CMAJ. 2005 Aug 30; 173\(5\): 489–495.](#)

doi: [10.1503/cmaj.050051](#)

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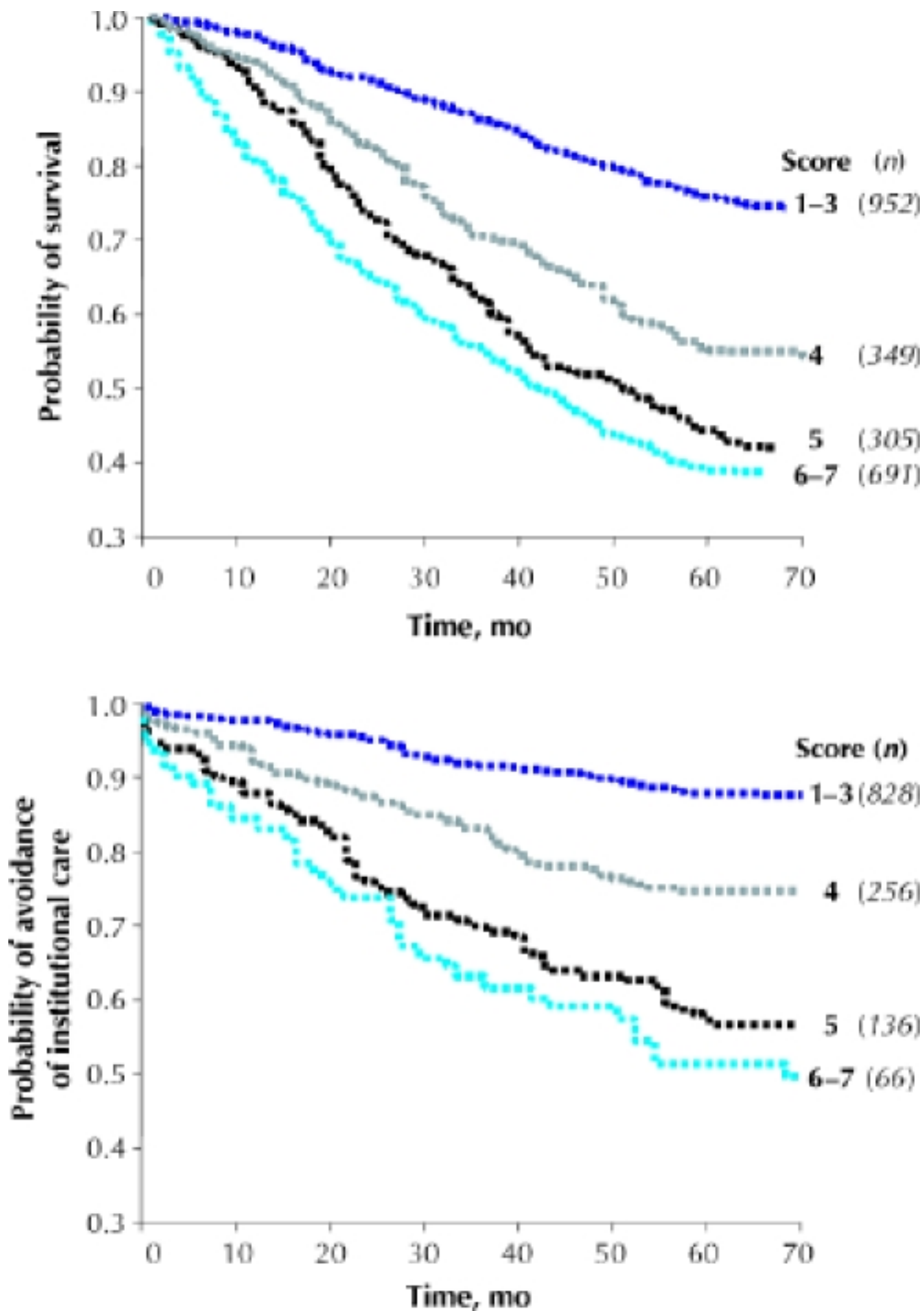


Fig. 1: Kaplan–Meier curves, adjusted for age and sex, for study participants (*n*) over the medium term (5–6 years), according to their scores on the CSHA Clinical Frailty Scale. Some scores were grouped. Top: Probability of survival. Bottom: Probability of avoidance of institutional care.

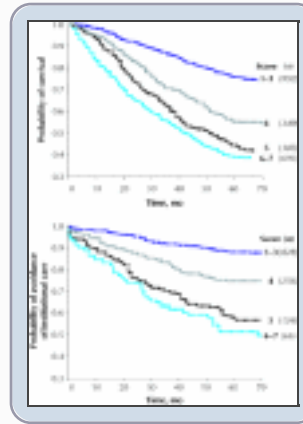
Box 1: The CHD4 Clinical Feasibility Scale

- 1 **Very fit** – robust, active, energetic, well-coordinated and fit. These people consistently exercise regularly and are in the front of groups for their age.
- 2 **Fit** – without major disease, but less fit than people in category 1.
- 3 **Fairly fit** – with limited depressive or otherwise neuropsychological symptoms compared with those in category 1.
- 4 **Apparently vulnerable** – although not formally depressed, these people occasionally experience “blues” or low mood episodes.
- 5 **At risk of fit** – with limited depressive or otherwise neuropsychological symptoms or activities of daily living.
- 6 **Moderately frail** – help is needed with both neuropsychological symptoms and activities of daily living.
- 7 **Severely frail** – completely dependent on others for the activities of daily living, or terminally ill.

Scale score = number of items in each category.

Box 2: Tools for measuring degree of frailty that were compared with the CHD4 Clinical Feasibility Scale*

- * Standard International Falls Questionnaire (SIFQ), in which a score of 17 or less indicates cognitive impairment.
- * Geriatric Depression Scale (GDS), a 15-item self-rated questionnaire that has been validated with a range of clinical populations.
- * A subset of 10 items, representing symptoms associated with mild to moderate dementia, were used to calculate the SIFQ score.
- * CHD4 sub-domain “Activities of Daily Living” (ADL) comprises a range of 10 items, including household, personal, and instrumental ADL. The ADL score is calculated as a percentage difference between average scores for people at that level of frailty and people at the next level up, or normally fit. For 1, the average of people in categories 1 and 2 was used. For 2, the average of people in categories 2 and 3 was used. For 3, the average of people in categories 3 and 4 was used. For 4, the average of people in categories 4 and 5 was used. For 5, the average of people in categories 5 and 6 was used. For 6, the average of people in categories 6 and 7 was used. For 7, the average of people in categories 7 and 8 was used.
- * CHD4 Frailty Scale (CHD4-FS) is a 10-item self-rated questionnaire that has been validated with a range of clinical populations. The CHD4-FS score is calculated as a percentage difference between average scores for people at that level of frailty and people at the next level up, or normally fit. For 1, the average of people in categories 1 and 2 was used. For 2, the average of people in categories 2 and 3 was used. For 3, the average of people in categories 3 and 4 was used. For 4, the average of people in categories 4 and 5 was used. For 5, the average of people in categories 5 and 6 was used. For 6, the average of people in categories 6 and 7 was used. For 7, the average of people in categories 7 and 8 was used.



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