

THE PREVALENCE, RISK FACTORS AND OUTCOMES OF FRAILTY IN ELDERLY CRITICALLY ILL PATIENTS

Nur Khairunnisa Abdul Aziz^{1*}, Azrina Md Ralib¹, Basri Mat Nor¹ and Foong Kit Weng²

¹Department of Anaesthesiology and Critical Care, Kulliyah of Medicine, IIUM

²Department on Anaesthesia and Intensive Care, Hospital Raja Permaisuri Bainun

*Corresponding author's email: nurkhairunnisa@gmail.com

ABSTRACT

Introduction: Frailty is a multidimensional syndrome of loss of physiologic and cognitive reserves resulting in increased vulnerability to adverse outcomes. This research sought to determine the prevalence, risk factors, outcomes of frailty in the ICUs. This study's purpose is to assess the applicability of frailty screening tools in guiding ICU admission of elderly patients.

Methods: This is a two centre, prospective observational study. Inclusion criteria were ICU patients > 60 years old, and patients admitted > 24 hours in ICU. Patients with Clinical Frailty Score (CFS) of greater than 5 were classified as frail.

Results: 30 of 58 (51.7%) of our patients were frail. Modified Frailty Index (MFI) was significantly higher in frail patients. No significant risk factors and outcomes of frailty were detected. Mechanically ventilated patients were 7.735 times more likely to be frail and patients with nosocomial infection were 6.685 times more likely to be frail compared to patients who were not inflicted with the corresponding outcomes. Other outcomes were not associated with frailty.

Conclusion: Around half of the elderly critically ill patients were frail and significant association between the CFS and MFI was established. Mechanical ventilation and nosocomial infection were significantly associated with frailty.

Keywords: Frailty, Elderly, Critically Ill, Patients