

Frailty phenotype and assessment scale^{5,36}

- 1 Slow gait speed
- 2 Muscle weakness
- 3 Decreased physical activity
- 4 Exhaustion
- 5 Unintentional weight loss

- **Non-frail:** Absence of criteria
- **Pre-frail:** Presence of 1-2 criteria
- **Frail:** Presence of ≥ 3 criteria

FRAIL*

Fatigue: Self-reported

Resistance: Unable to climb a flight of stairs

Ambulation: Unable to walk a block

Illness: > 5 comorbidities

Lost weight: > 5 kg in past 6 months

*Three criteria are diagnostic of frailty