



How you want to be treated.

March 31st 2020

Characteristics of patients with a low probability of short or medium term survival with functional recovery in the event of requiring invasive life support:

1. **Age \geq 80 years and CFS* \geq 4**
2. **Age \geq 65 and CFS \geq 6**
3. **Any age with CFS \geq 7 due to progressive illness or condition**
4. **Age \geq 55 years and 1 or more of the following advanced chronic illnesses:**
 - Advanced chronic lung disease
 1. COPD with FEV1 $<$ 30% or requiring home oxygen
 2. IPF with VC $<$ 60% predicted or requiring home oxygen
 3. Severe pulmonary hypertension
 - Severe Congestive heart failure (NYHA Class 3 or 4) and not a candidate for advanced therapy
 - Cirrhosis (Child class C, previous significant GI Bleed, MELD score $>$ 25) and not a transplant candidate
 - Metastatic cancer with ECOG score \geq 2 or progressive/stable disease on treatment,
 - Stage 4 or 5 CKD with deteriorating health or not a candidate for dialysis.
 - Progressive dementia with functional decline – unable to perform ADLs independently
 - Advanced degenerative neurological disease eg Parkinson's, MS
5. **Cardiac arrest** which is
 - Unwitnessed
 - Witnessed with non-shockable rhythm.

Clinical judgment should supplement these criteria, as some conditions not listed may also denote a poor prognosis, and such patients should be triaged appropriately.

* CFS Clinical Frailty Score





Clinical Frailty Scale*



1 Very Fit – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.



2 Well – People who have **no active disease symptoms** but are less fit than category 1. Often, they exercise or are very **active occasionally**, e.g. seasonally.



3 Managing Well – People whose **medical problems are well controlled**, but are **not regularly active** beyond routine walking.



4 Vulnerable – While **not dependent** on others for daily help, often **symptoms limit activities**. A common complaint is being "slowed up", and/or being tired during the day.



5 Mildly Frail – These people often have **more evident slowing**, and need help in **high order IADLs** (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.



6 Moderately Frail – People need help with **all outside activities** and with **keeping house**. Inside, they often have problems with stairs and need **help with bathing** and might need minimal assistance (cuing, standby) with dressing.



7 Severely Frail – **Completely dependent for personal care**, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).



8 Very Severely Frail – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.



9 Terminally Ill – Approaching the end of life. This category applies to people with a **life expectancy <6 months**, who are **not otherwise evidently frail**.

Scoring frailty in people with dementia

The degree of frailty corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.

* 1. Canadian Study on Health & Aging. Revised 2008.
2.K. Rodwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005; 173:489-495.

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