



PRISMA Frailty Assessment

The PRISMA frailty assessment is a 7 item questionnaire to identify frailty in individuals.

Instructions to patient:

To make sure that we can get you the best available care in your situation, we would like to do a few tests. There is no passing or failing in these tests, they just help us to make sure that you receive any extra help you might need. Please answer yes or no to each of the questions.

Instructions for you:

This is a self-completion questionnaire; however you will need to assist patients for who English is not a first language and those who may not be able to read the questions or write answers. Please do not answer questions on a patient's behalf or influence their answers, but allow them to answer themselves.

Questions to ask:

1. Are you more than 85 years?
2. Are you Male?
3. In general do you have any health problems that require you to limit your activities?
4. Do you need someone to help you on a regular basis?
5. In general do you have any health problems that require you to stay at home?
6. In case of need, can you count on someone close to you?
7. Do you regularly use a stick, walker or wheelchair to get about?

How to score:

1 point is scored for each question that is answered as yes.

If there are **3 or more yes answers**, then the individual has a **risk of frailty**.

You will need to risk assess the result, link with professionals and work on preventative techniques like fitness. Results need to be reflected in care plans.

