NOSM COVID-19 Weekly Clinical Rounds

Improving COVID-19 Clinical Decisions: The Frailty Factor

June 26, 2020

MODERATOR
Peter de Bakker MD, FRCPC *(Assistant Professor)*
Research Coordinator, Internal Medicine Residency

PRESENTER:
Janet McElhaney MD, FRCPC, FACP *(Professor)*
Vice President of Research & Scientific Director, Health Sciences North Research Institute

DESCRIPTION:
Multiple social and biologic factors place older adults at increased risk for COVID-19 morbidity and mortality. In Ontario, 38% of COVID-19 cases and 41% of the deaths have occurred in adults 60 years of age and older. Within a clinical setting, the Clinical Frailty Scale (CFS) summarizes the overall level of fitness or frailty of an older adult while the Hierarchical Assessment of Balance and Mobility (HABAM) is an assessment of patient in-bed mobility, transfers and ambulation.   The CFS and HABAM can be utilized by clinicians to predict health outcomes of COVID-19 patients and provide important information to improve shared decision making with their patients and their families.

LEARNING OBJECTIVES:

1. Describe how the combination of age and multiple chronic conditions contributes to an increase risk for COVID-19 and Acute Respiratory Distress Syndrome.
2. Incorporate the Clinical Frailty Scale (CFS) and Hierarchical Assessment of Balance and Mobility (HABAM) as point-of-care tools to predict health outcomes of COVID-19 in community, congregated, acute and critical care settings.
3. Adapt the 48/5 care pathway to any care setting to improve patient outcomes for COVID-19.

PRESENTATION AND SESSION DOCUMENTS:

➢ **Watch Full Presentation: June 26, 2020**
➢ **View PowerPoint Slide Deck: June 26, 2020**