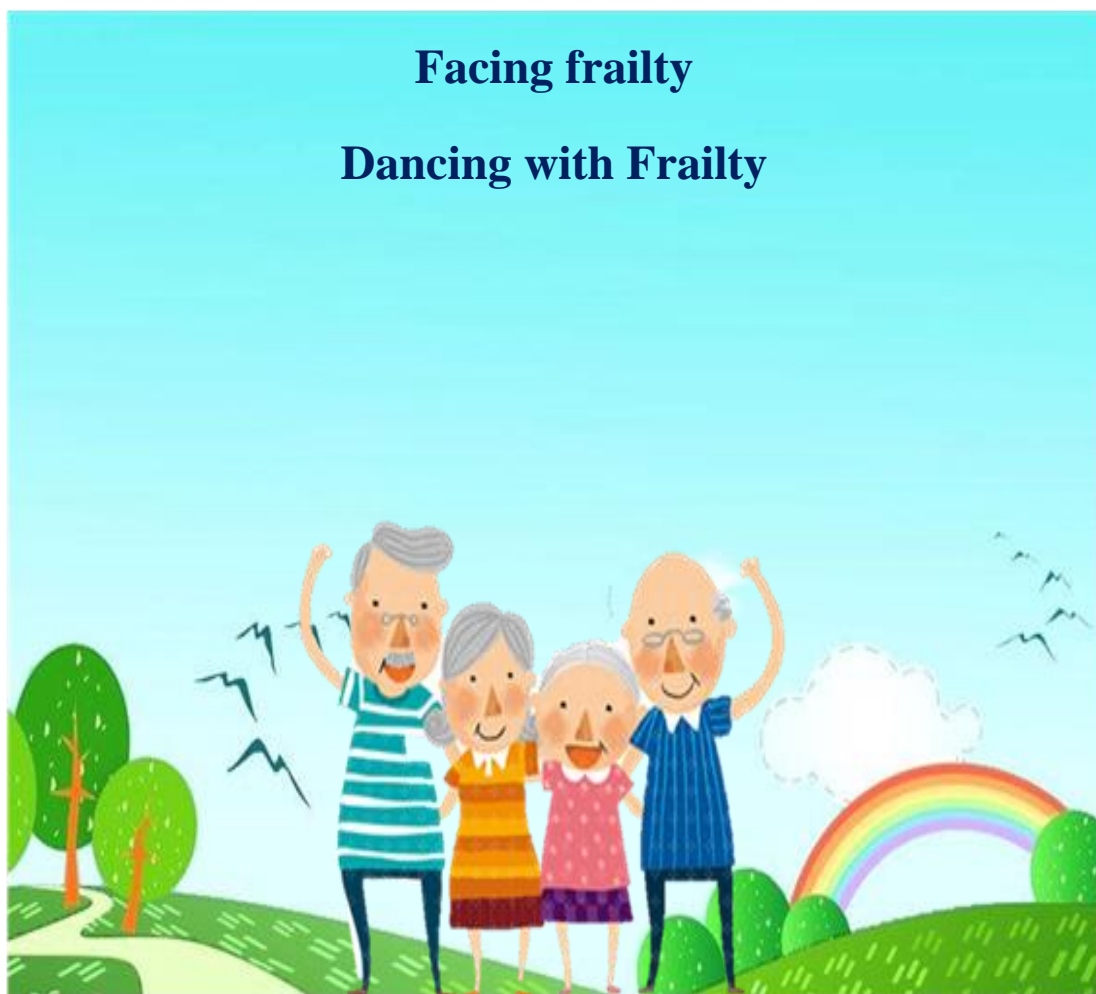




## **Introduction to Frailty**



To deliver intelligent and holistic medicine and to provide the best health care.  
Compassion Quality Innovation Accountability

All information above has been reviewed by geriatricians  
Edited and published by the Department of Nursing,  
Taichung Veterans General Hospital

## A. What is frailty ?

Frailty is a syndrome of geriatric diseases in which the balance of the body is disturbed, leading to a decline in health and functional status. This, in turn, reduces physical activity and affects quality of life. The clinical manifestations of frailty include weight loss, difficulty in performing daily activities, insufficient physical activity, slower walking speed, and reduced grip strength.

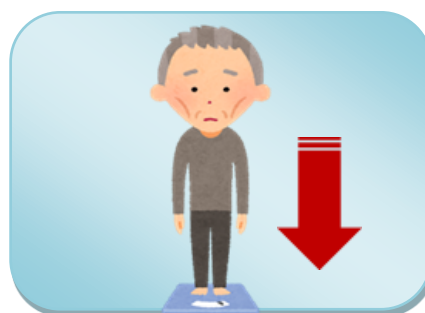
### (A) Frailty self-examination

The following three questions provide self-examination: if you answer "yes" to one question, you are "pre-frailty"; if you answer "yes" to two questions, you are frailty.

a.

#### Weight Loss

Have you lost more than 3kg in a year?



b.

#### Muscle Strength

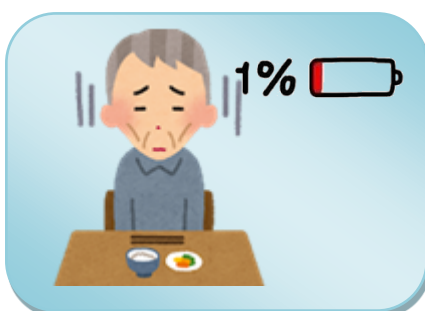
Do you often sit in a chair and require support from your hands or assistance to get up?



c.

#### Tired

Do you often feel unmotivated about things recently?



**(B) What could frailty lead to?**

**a. Cognitive Dysfunction- memory loss 、 day-night reversal**



**b. Fall down easily**



**c. Decreased Physical Activity**



**d. Leading to Death**



## **(C) What should I do if I have become frail?**

- a. To treat or manage potential debilitating causes such as diabetes, chronic infections, cancer, depression, or dementia, it is advisable to seek professional help from the outpatient department of Gerontology. Through a comprehensive assessment of the elderly, healthcare professionals can identify treatable diseases, detect them early, and provide early treatment to promote health recovery.

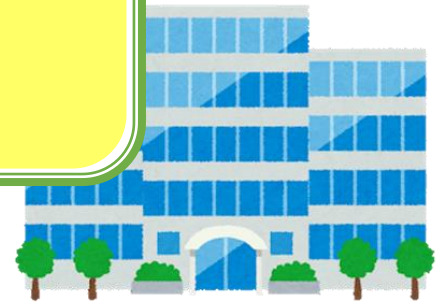
- (a) Seeking assistance from Geriatric integrated outpatient clinic.**
- (b) Receiving a comprehensive geriatric assessment can help identify issues that can be improved.**



- b. What can I do if I cannot take care of myself in daily life?

- (a) Referring individuals to county and city long-term care management centers.**
- (b) Finding long-term care resources**

**Long-term care service phone number:1966**



## **a. Improving muscle strength and enhancing limb function**

- (a) Improve muscle endurance and flexibility through activities such as stretching exercises.
- (b) Engage in aerobic exercises such as jogging, brisk walking, or climbing.
- (c) Strengthen balance by practising activities such as Tai Chi.



## **b. Ensure an adequate intake of nutrients and calories**

- (a) Consume adequate vitamins and minerals, such as dark green vegetables, traditional tofu, small dried fish, etc.
- (b) Consume high-quality protein sources such as fish, beef, soybeans, brown rice, etc.





## **B. In conclusion:**

In 2018, Taiwan officially entered the ageing society, and it is crucial that we strive to reduce disability among the elderly. Therefore, if frailty can be detected early, disability can be prevented by dietary adjustments, exercise, and lifestyle changes. This reduces the amount of time spent bedridden in old age, with the expectation that the elderly will not only live longer lives but also experience good health and quality of life.

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