



Saint Louis University Rapid Geriatric Assessment*



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ID#: _____ Sex: _____ Age: _____ Primary Care Provider Y / N
Ethnicity (circle): African/Am Asian Caucasian Hispanic Non-Hispanic

The Simple “FRAIL” Questionnaire Screening Tool

- F**atigue: Are you fatigued?
- R**esistance: Cannot walk up one flight of stairs?
- A**erobic: Cannot walk one block?
- I**llnesses: Do you have more than 5 illnesses?
- L**oss of weight: Have you lost more than 5% of your weight in the last 6 months?

Scoring: 3 or greater = frailty; 1 or 2 = prefrail

From Morley JE, Vellas B, Abellan van Kan G, et al. J Am Med Dir Assoc 2013;14:392-397.

Total FRAIL Score: _____

SARC-F Screen for Sarcopenia (Loss of Muscle)

Component	Question
S trength	How much difficulty do you have in lifting and carrying 10 pounds? Scoring: None = 0 Some = 1 A lot or unable = 2
A ssistance in Walking	How much difficulty do you have walking across a room? Scoring: None = 0 Some = 1 A lot, use aids or unable = 2
R ise from a Chair	How much difficulty do you have transferring from a chair or bed? Scoring: None = 0 Some = 1 A lot or unable without help = 2
C limb stairs	How much difficulty do you have climbing a flight of ten stairs? Scoring: None = 0 Some = 1 A lot or unable = 2
F alls	How many times have you fallen in the last year? Scoring: None = 0 1-3 Falls = 1 4 or more falls = 2

Total score of 4 or more indicates Sarcopenia

From Malmstrom TK, Morley JE. J Frailty and Aging 2013;2:55-6.

Total SARC-F Score: _____

SNAQ (Simplified Nutritional Assessment Questionnaire)

My appetite is a. very poor b. poor c. average d. good e. very good	Food tastes a. very bad b. bad c. average d. good e. very good
When I eat a. I feel full after eating only a few mouthfuls b. I feel full after eating about a third of a meal c. I feel full after eating over half a meal d. I feel full after eating most of the meal e. I hardly ever feel full	Normally I eat a. Less than one meal a day b. One meal a day c. Two meals a day d. Three meals a day e. More than three meals a day

Scoring: a=1, b=2, c=3, d=4, e=5.
A score ≤ 14 indicates significant risk of at least 5% weight loss within 6 months.

From Wilson et al. Am J Clin Nutr 2005;82:1074-81.

Total SNAQ Score: _____

Rapid Cognitive Screen (RCS)

1. **Please remember these five objects. I will ask you what they are later.**
[Read each object to patient using approx. 1 second intervals.]
Apple Pen Tie House Car
2. [Give patient pencil and the blank sheet with clock face.] **This is a clock face. Please put in the hour markers and the time at ten minutes to eleven o'clock.**
• [2 pts/hr markers ok; 2 pts/time correct]
3. **What were the five objects I asked you to remember?**
[1 pt/ea]
4. **I'm going to tell you a story. Please listen carefully because afterwards, I'm going to ask you about it.**

Jill was a very successful stockbroker. She made a lot of money on the stock market. She then met Jack, a devastatingly handsome man. She married him and had three children. They lived in Chicago. She then topped work and stayed at home to bring up her children. When they were teenagers, she went back to work. She and Jack lived happily ever after.

What state did she live in? [1 pt]

SCORING

8-10.....	Normal
6-7.....	Mild Cognitive Impairment
0-5.....	Dementia

From Malmstrom TK, Voss VB, Cruz-Oliver DM et al J Nutr Health Aging 2015;19:741-744.

Total RCS Score: _____

Advance Directive
Do you have an advance directive? Y/N



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Brain Health Information Sheet

Your test shows that you may have some changes with your memory and thinking. It is normal to see some forgetfulness and memory changes as you get older. Many health problems or medicines can cause problems with memory and thinking. Some can be treated and reversed. We suggest you talk with your doctor or health provider about your test scores and he or she can do a complete check of your memory and health. Knowing what is causing your memory problems will help you get the right treatment.

Here are some tips for making the most of your brain health. Combining these things can help you keep your brain healthy:

- Do brain games, such as crosswords or computer games
- Eat plenty of fruits, vegetables, nuts, and whole grains. The Mediterranean diet might be a good place to start. Use olive oil to cook and as a salad dressing. Eat more fish.
- Stay active! Do things you like such as working in the garden, walking, swimming, or something new. Try to do it for a half hour, five times a week.
- Don't smoke. If you do smoke, stop now.
- Be involved socially in the community. Go on walks or to lunch with friends, do volunteer work, or try a new hobby.

Get plenty of sleep. If you sleep poorly or are tired, ask your doctor if you may have sleep apnea. Have your doctor check for treatable conditions. Or, call the Alzheimer's Association's 24/7 Helpline at 800.272.3900 to discuss your memory concerns.



Fatigue Information Sheet

Your screening test results indicate that you may be experiencing fatigue. Fatigue can be characterized as feeling very tired and weak and not being able to start or maintain an action. It can cause problems with concentration, memory, and emotional stability. Fatigue is a serious condition which can cause severe problems with your health, function and can even put you at greater risk for death. Some treatable causes of fatigue include depression, hypothyroidism, vitamin B12 deficiency, Addison's disease, sleep apnea, restless legs syndrome, and celiac disease.

Fatigue can be improved by physical exercise and social activity.

Please consult your physician if you have any questions, for treatment options, and for monitoring your condition.



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Polypharmacy Information Sheet

Your test shows that you are taking a large number of medicines (polypharmacy). This can make it hard to keep track of what you should take. Sometimes medicines can react with each other. Talk with your doctor or health provider about your medicines and see if any of your medicines can be stopped or changed.

Here are some tips for taking medications safely:

- Ask your doctor to tell you the name and reason for each medicine
- Find out how often and how much to take
- See if you need to take any medicines with food or before eating
- Show your doctor all of the medicines you take each time you have an appointment. Be sure to include any medicines you take that you get from the store that are not prescribed by the doctor.
- Review your list of medicines with your pharmacist
- If you see more than one doctor, make sure they each have a list of all your medicines
- If you have trouble with any of your medicines, let your doctor know.



Sarcopenia Information Sheet

Your screening test results indicate that you may have sarcopenia. Sarcopenia is a loss of muscle and function that is common with aging. Sarcopenia can make it hard for you to do your daily activities and can cause health problems. Sarcopenia can sometimes cause weight loss, but muscle may be replaced by fat as you get older so that your weight might not have changed. There are ways to keep sarcopenia from getting worse through exercise and eating healthy foods.

Here is a list of things you can do to improve your health and reduce or reverse sarcopenia. Exercise is especially important, either using your body weight or with small hand weights.

- Stand up from a chair five times in a row
- Use a 5 pound weight to exercise your arms. You can use objects from home such as a large bottle of soda
- Do aerobic workouts, such as 20 minutes of walking per day
- Try standing on one foot while holding onto something and closing your eyes
- Add more protein to your diet. Talk to your doctor about adding Vitamin D
- Eat some yogurt each night before going to bed

Please talk to your doctor or health provider about your sarcopenia test and if you have any questions.



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Weight Loss/Anorexia Information Sheet

Eating well and keeping a healthy weight is important for feeling good as we get older. Weight loss is not healthy for older people and may be due to a health problem. Talk to your doctor or provider about your weight loss. He or she can help you identify causes of changes in your appetite or weight and help you eat a healthy diet.

Here are tips to help you eat well:

- Eat small meals several times each day

Talk with your physician about ways that you can increase your weight. There are many treatable causes of weight loss. A calorie supplement may be helpful.

Management of Cognitive Dysfunction

Exclude Treatable

Lifestyle

Causes

- Anticholinergic drugs
- Depression
- Hypothyroid (TSH)
- Vitamin B12 deficiency
- Hearing and visual problems
- Atrial fibrillation

- Mediterranean diet
- Olive oil
- Exercise
- Computer games
- Socialisation
- Cognition Stimulation Therapy

Table 5: Algorithm for Management of Frailty

