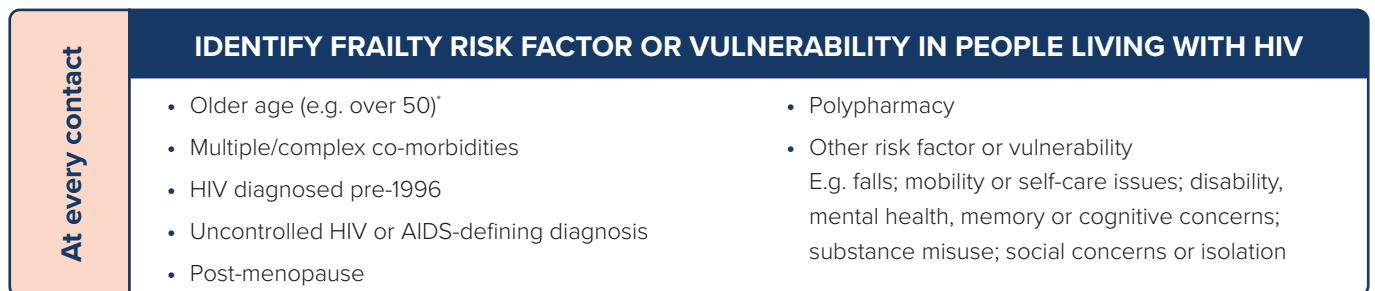


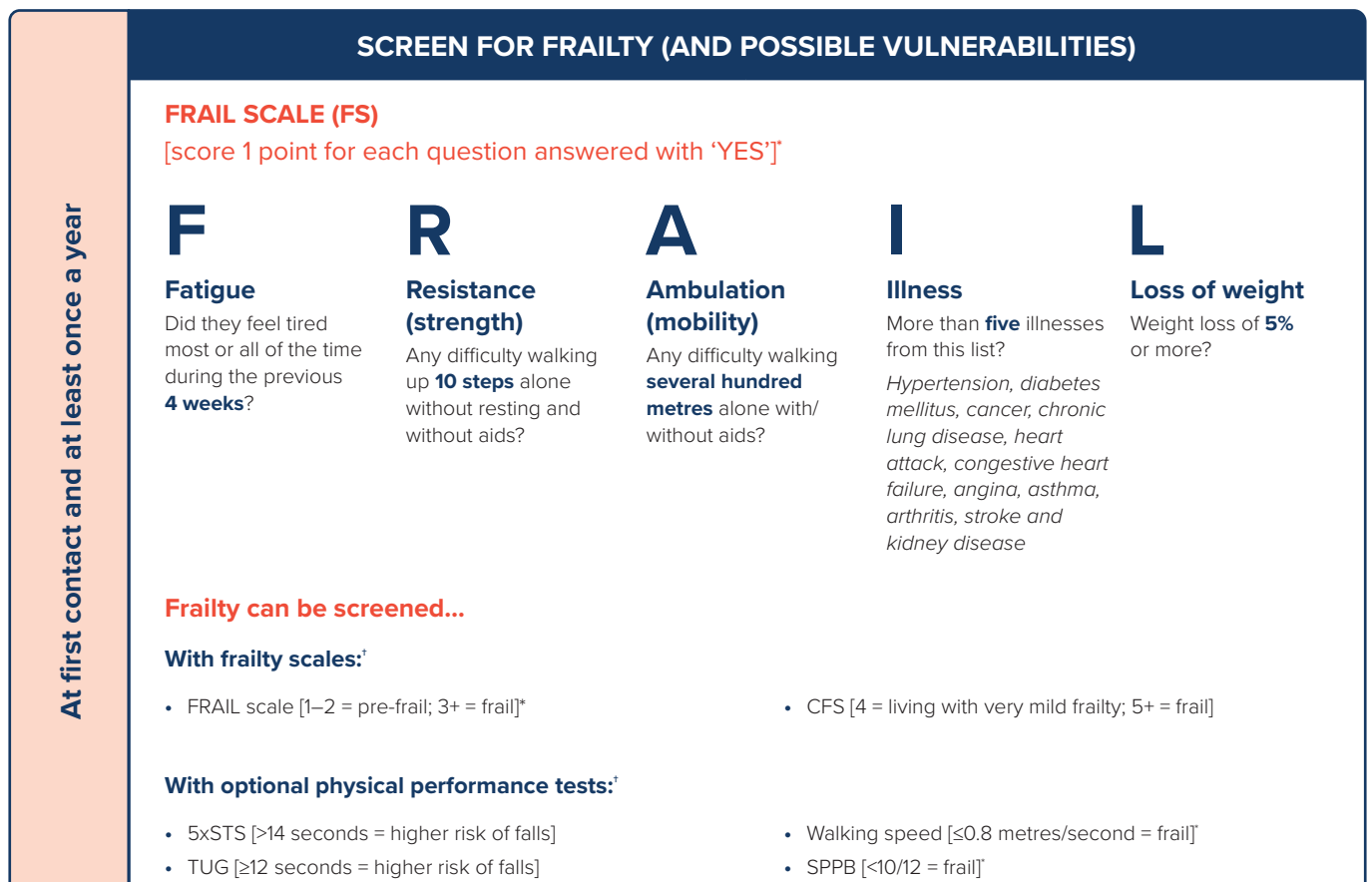
FRAIL in HIV framework

Remember to look beyond **F.R.A.I.L.** signs and consider other risk factors in the context of **H.I.V.**

Although not yet evaluated in people living with HIV, the FRAIL scale has been recommended by EACS* to be used as a screening tool for frailty in people living with HIV. The **FRAIL in HIV** framework builds off the FRAIL scale; the framework has not been validated in any population and is not endorsed by any professional organisation.



YES



Screening for HIV continues on the next page...

Although not yet evaluated in people living with HIV, the FRAIL scale has been recommended by EACS* to be used as a screening tool for frailty in people living with HIV. The FRAIL in HIV framework builds off the FRAIL scale; the framework has not been validated in any population and is not endorsed by any professional organisation.

*Based on European AIDS Clinical Society Guidelines version 11.1 (October 2022).

This resource was funded by Gilead Sciences Ltd and co-created between the Gilead Sciences HIV Standards Support Team, Cuttsy+Cuttsy and healthcare professionals specialising in the field of HIV and frailty.

...AND/OR OTHER VULNERABILITIES

At first contact and at least once a year

ADDITIONAL RISK FACTORS OR VULNERABILITIES PRESENT?

[YES/NO]

H

Home

Any issues happening at home?
Social, financial or support issues

I

Impairment

Any other physical or mental health challenge or limitation in daily functioning? Any new or change in impairment?
Any pre-existing disability?
Body function/structure including symptoms, incontinence, pain, memory/cognition, other issues

V

Vulnerability

Anything else putting them at risk or making them less able to self-care or live well?
Polypharmacy/side effects, disability, mental health, mood/stress, stigma, alcohol/drug misuse, menopause, uncontrolled HIV, other worries

How to measure...

With questioning:

- Activities of daily living
- SF-36

Walk speed ≥ 1.2 m/s
OR SPPB 12
OR FS 0 points*

>1 VULNERABILITY?

NO

USUAL FOLLOW-UP CARE*

- Diet and exercise recommendations*
- Annual medication review
- Offer support as needed

Walk speed 0.8–1.2 m/s
OR SPPB 10–11
OR FS 1–2 points*

>1 VULNERABILITY?

YES

EXTRA CARE*

- Refer to relevant service for extra support
- Plus, usual follow-up care

NO FRAILTY BUT
HAS VULNERABILITIES

FRAILTY/PRE-FRAILTY
CONFIRMED

CARE COORDINATION*

- Establish management plan with appropriate multidisciplinary team

Walk speed ≤ 0.8 m/s
OR SPPB ≤ 9
OR FS 3–5 points*

>1 VULNERABILITY?

YES/NO

ASSESSMENT TO CONFIRM FRAILTY AND IDENTIFY DRIVING FACTORS...

By healthcare professional(s) with training in frailty assessment

Consider further test of frailty such as:

- Fried Frailty Phenotype

...AND OTHER RELEVANT FACTORS

By relevant healthcare professional(s), as needed

FOR ALL:

- **Polypharmacy** > Medication 'brown bag' review

FOR ALL:

- **Mobility & function** > ADL or SF-36 (if not sufficiently covered already)
- **Cognition** > MoCA
- **Mood** > (Depression) PHQ-9 or BDI-II; (PTSD) PCL-5
- **Social/financial** > 3-MAPSS-SF; safe-guarding?
- **Symptom burden** > HSI; (Pain) BPI-SF
- **Nutrition/weight** > RNS-H
- Other concerns, e.g. incontinence, substance abuse, etc

Key:

3-MAPSS-SF = 3-Item Multi-factorial Assessment of Perceived Social Support, Short Form; 5xSTS = 5 x Sit-to-Stand; ADL = activities of daily living; BDI-II = Beck Depression Inventory-II; BPI-SF = Brief Pain Inventory - Short Form; CFS = Clinical Frailty Scale; EQ-5D-5L = EuroQol 5-Dimension, 5-Level Health-related Quality of Life Questionnaire; HIS = HIV Symptom Index; MoCA = Montreal Cognitive Assessment; PHQ-9 = Patient Health Questionnaire; PTSD = post-traumatic stress disorder; PCL-5 = PTSD Checklist for DSM-5; RNS-H = Rapid Nutrition Screening for HIV Disease; SPPB = Short Physical Performance Battery; SF-36 = Short Form 36 Health Survey Questionnaire; TUG = Timed-Up-and-Go; WHODAS = WHO Disability Assessment Schedule.

Although not yet evaluated in people living with HIV, the FRAIL scale has been recommended by EACS* to be used as a screening tool for frailty in people living with HIV. The FRAIL in HIV framework builds off the FRAIL scale; the framework has not been validated in any population and is not endorsed by any professional organisation.

*Based on European AIDS Clinical Society Guidelines version 11.1 (October 2022).

*Refer to 'Identifying, Assessing & Managing Frailty in People Living with HIV: A Practical Guide to Support Clinical Practice' for useful links to the various screening and measurement tools, as well as further reading on care coordination.

This resource was funded by Gilead Sciences Ltd and co-created between the Gilead Sciences HIV Standards Support Team, Cuttsy+Cuttsy and healthcare professionals specialising in the field of HIV and frailty.