

Look beyond physical signs of frailty, such as those outlined by the **F.R.A.I.L.** scale,* and also consider other risk factors in the context of **H.I.V.**

Many complex factors can put someone living with HIV at risk of frailty (or being less able to age well), and they aren't always functional or physical.



<p>F</p>	<p>Fatigue Did they feel tired most or all of the time during the previous 4 weeks?</p>	<p>H</p>	<p>Home Any issues happening at home? <i>Social, financial, support issues</i></p>	+
<p>R</p>	<p>Resistance (strength) Any difficulty walking up 10 steps alone without resting and without aids?</p>	<p>I</p>	<p>Impairment Any other physical or mental health challenge or limitation in daily functioning? Any new or change in impairment? Any pre-existing disability?</p>	+
<p>A</p>	<p>Ambulation (mobility) Any difficulty walking several hundred metres alone with/without aids?</p>	<p>V</p>	<p>Vulnerability Anything else putting them at risk or making them less able to self-care or live well? <i>Polypharmacy/side effects, disability, mental health, mood/stress, stigma, alcohol/drug misuse, menopause, uncontrolled HIV, other worries</i></p>	+
<p>I</p>	<p>Illness More than five illnesses?*</p>			+
<p>L</p>	<p>Loss of weight Weight loss of 5% or more?</p>			+

Regardless of the outcome of the frailty screen, any issues or vulnerabilities identified by the 'H.I.V.' acronym or equivalent questioning should be noted and explored further as soon as possible by a relevant service. **This will help optimise an individual's ability to age well and minimise the risk of frailty developing over time.**

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).

*More than five illnesses from this list: hypertension, diabetes mellitus, cancer, chronic lung disease, heart attack, congestive heart failure, angina, asthma, arthritis, stroke and kidney disease.

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Refer to the **F.R.A.I.L. in H.I.V.** screening example for a more detailed example of how to use this framework in practice.