

# F.R.A.I.L. in H.I.V.

## Screening example

This is an example of how the **'FRAIL in HIV' framework** could be used to screen patients as part of an annual health review or during a focused **'screening'** initiative. As well as the framework, there are suggested possible questions and supporting tests that may help you to identify key risk factors that may indicate risk of frailty.

Risk factor	Supporting questions and tests
<p><b>F</b> <b>Fatigue</b></p> <p>Did they feel tired most or all of the time during the previous <b>4 weeks</b>?</p> <p><b>1 point</b></p>	<p><b>Possible questions</b></p> <ul style="list-style-type: none"> <li>Do you feel <b>more tired</b> than normal?</li> <li>Have you felt more tired than normal over the past <b>4 weeks (1 month)</b>?</li> </ul>
<p><b>R</b> <b>Resistance (strength)</b></p> <p>Any difficulty walking up <b>10 steps</b> alone without resting and without aids?</p> <p><b>1 point</b></p>	<p><b>Possible question</b></p> <ul style="list-style-type: none"> <li>Can you walk up <b>10 steps</b> by yourself without support?</li> </ul> <p><b>Supporting tests</b></p> <ul style="list-style-type: none"> <li>Timed-Up-and-Go (<math>\geq 12</math> seconds = higher risk of falls)</li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>5 x Sit-to-Stand (<math>&gt; 14</math> seconds = higher risk of falls)</li> </ul>
<p><b>A</b> <b>Ambulation (mobility)</b></p> <p>Any difficulty walking <b>several hundred metres</b> alone with/without aids?</p> <p><b>1 point</b></p>	<p><b>Possible question</b></p> <ul style="list-style-type: none"> <li>Do you have any difficulty walking <b>several hundred metres</b> without support?</li> </ul> <p><b>Supporting test</b></p> <ul style="list-style-type: none"> <li>Gait speed (<math>\leq 0.8</math> metres/second = frail)</li> </ul>
<p><b>I</b> <b>Illness</b></p> <p>More than <b>five</b> illnesses from this list? <i>Hypertension, diabetes mellitus, cancer, chronic lung disease, heart attack, congestive heart failure, angina, asthma, arthritis, stroke and kidney disease</i></p> <p><b>1 point</b></p>	<p><b>Possible question</b></p> <ul style="list-style-type: none"> <li>How many significant <b>long-term conditions</b> or <b>illnesses</b> do you have?</li> </ul>
<p><b>L</b> <b>Loss of weight</b></p> <p>Weight loss of <b>5%</b> or more?</p> <p><b>1 point</b></p>	<p><b>Possible question</b></p> <ul style="list-style-type: none"> <li>Have you experienced any unexplained <b>sudden</b> or <b>noticeable</b> loss of weight recently?</li> </ul> <p><b>Supporting test</b></p> <ul style="list-style-type: none"> <li>Measure weight (<math>&gt; 5\%</math> loss = frail)</li> </ul>
<p style="text-align: center;"><b>Score:</b></p> <p style="text-align: center;"><b>0 = not frail      1–2 = pre-frail      3+ = frail</b></p>	

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.

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<p><b>H</b> <b>Home</b> Any social, financial or support issues?</p>	<p><b>Possible questions</b></p> <ul style="list-style-type: none"> <li>• How are things at home?</li> <li>• Do you have/have you had any concerns recently?</li> <li>• Do you have any financial worries on your mind?</li> <li>• Do you have anyone at home or nearby to help you if needed?</li> </ul>
<p><b>I</b> <b>Impairment</b> Any physical/mental health challenge or limitation/disability in daily functioning? <i>Body function/structure including symptoms, incontinence, pain, memory/cognition, other issues</i></p>	<p><b>Possible questions</b></p> <ul style="list-style-type: none"> <li>• Do you have any issues getting out of the bath or dressing yourself independently?</li> <li>• Do you find yourself taking longer to do things or do you need more support or help at home?</li> <li>• Are you worried about your mood or your memory?</li> <li>• Is there anything worrying you as you're getting older? Are there any other health problems on your mind?</li> <li>• Has anything changed with the medicines you take since I last saw you — new, stopped, changed or any issues?</li> </ul> <p><b>Supporting tests</b></p> <ul style="list-style-type: none"> <li>• Activities of daily living</li> <li>• SF-36</li> <li>• EQ-5D-5L</li> <li>• WHODAS</li> </ul>
<p><b>V</b> <b>Vulnerability</b> 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, substance abuse, menopause, uncontrolled HIV, other worries</i></p>	
<p><b>Regardless of the frailty screen, any issues or vulnerabilities identified by the 'H.I.V.' acronym should be noted and explored further as soon as possible by a relevant service to optimise an individual's ability to age well and to minimise the risk of frailty developing over time.</b></p>	

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<sup>2</sup>Disabilities should be taken into consideration when performing any tests or screens for frailty.

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