

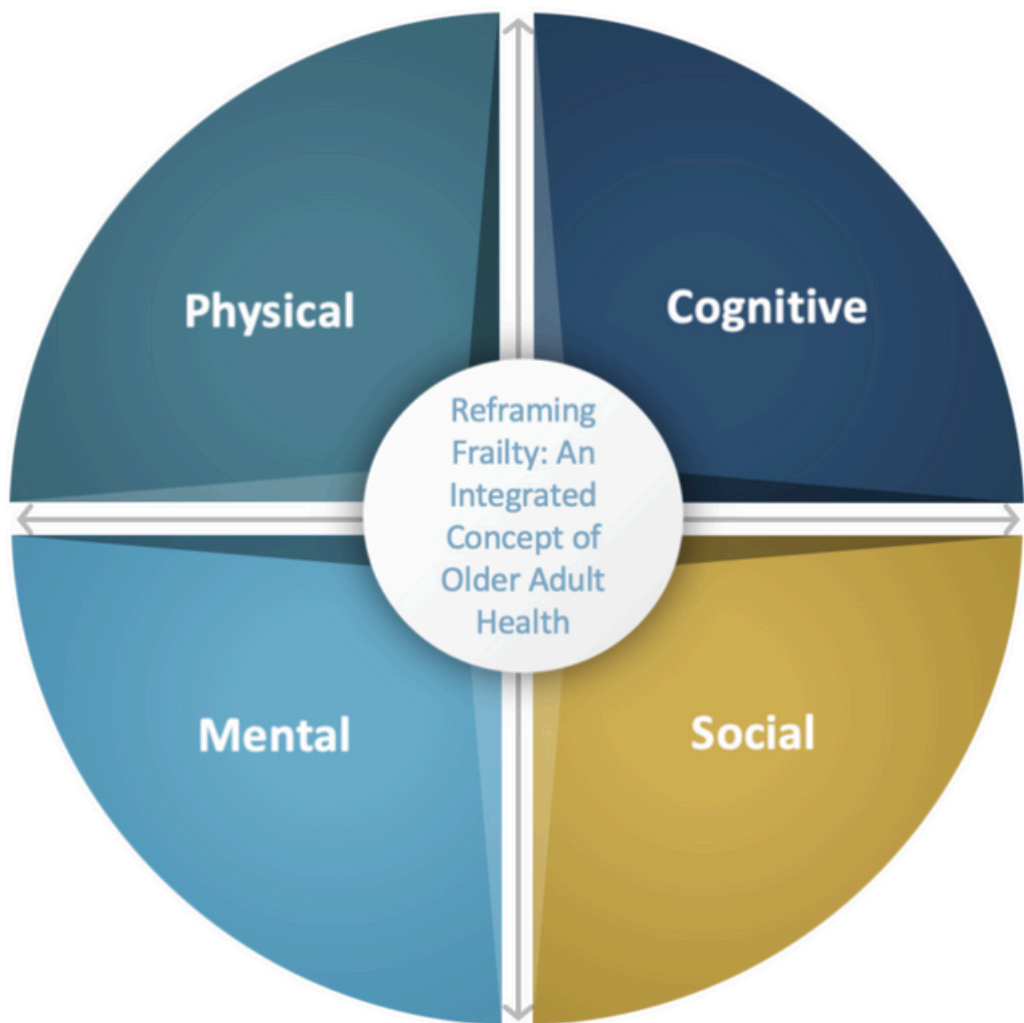
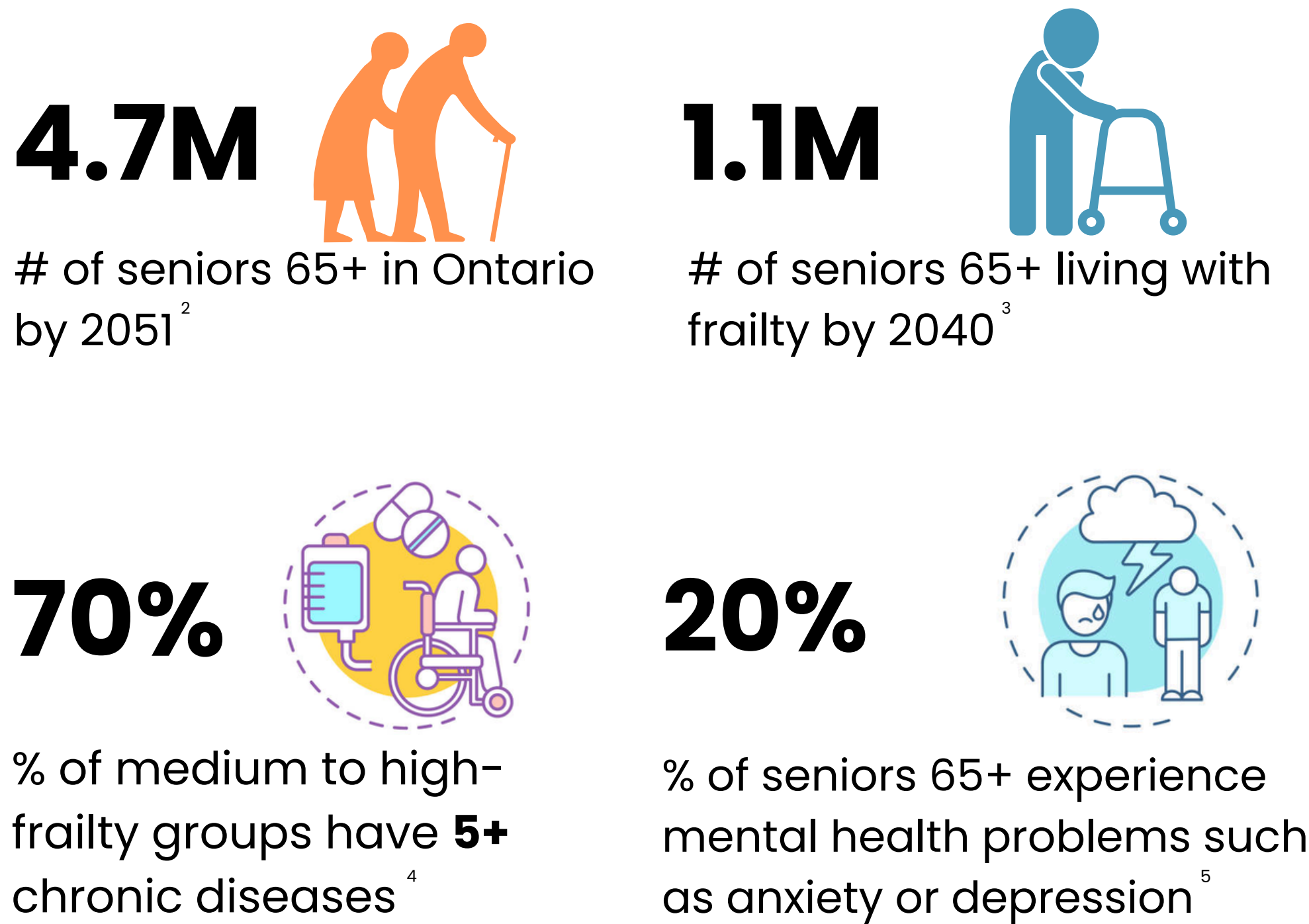
# HOLISTIC APPROACH TO FRAILTY SCREENING & MANAGEMENT IN PRIMARY CARE

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## Why Managing Frailty is Important?

**Frailty:** A state of **increased vulnerability**, with **reduced physical reserve** and **loss of function across multiple body systems**.<sup>1</sup>

Figure 1. Domains of Frailty



Multiple domains are needed to consider when assessing frailty to obtain a comprehensive understanding. Supporting older adults with complex needs requires holistic, coordinated, and integrated approaches to promote independence and quality of life, and prevent adverse events (e.g. falls, institutionalization), also sometimes referred to as Frailty pathways.<sup>6</sup>

## What Can We Do?

### 5-Step Approach Primary Care Frailty Pathway

