P62: Frailty – Prediction of disability in activities of daily living and instrumental activities of daily living in a two year follow-up

Bruno Domingues[1], Joana Pinho[1], Tiago Coelho[2]

[1]School of Allied Health Technologies, Polytechnic Institute of Porto, Portugal
[2]Occupational Therapy Department, School of Allied Health Technologies, Polytechnic Institute of Porto, Portugal

Presenting author: bmmd1993@gmail.com

Introduction: Frailty is a state of increased vulnerability, which entails a high risk of impairment and disability. There is currently no consensus regarding the characterization of frailty, but in a more current perspective, developed by Gobbens, frailty is defined as a dynamic state that affects the individual who experiences loss in one or more domains (physical, psychological and/ or social).

Objectives: To examine how frailty contributes to the prediction of disability in activities daily living (ADL) and instrumental activities of daily living (IADL) in a two year follow-up in a sample of community-dwelling elderly.

Materials and Methods: The study sample comprised 110 individuals aged 65 years or older. The selected measures were the Barthel Index, the Lawton and Brody Scale and the Tilburg Frailty Indicator. Data analysis was performed using the Statistical Package for Social Sciences (SPSS) version 22, with $p<0.05$. Initially they compared the characteristics of the sample of elderly that participated in the follow-up to that did not participate, by t-test, chi-square test and Fisher test. Hierarchical multiple regression analysis was performed to adjust for sociodemographic characteristics, lifestyle and live event related variables, comorbidity and disability at baseline.

Results and Discussion: The average age of the participants was 77.6±6.9 years and most were women (75.5%). Frailty has contributed significantly to the prediction of disability in IADL ($p<0.05$), but not to the prediction of disability in ADL ($p=0.26$). By analyzing the contribution of each frailty domain for prediction, it was found that only the social domain was significant ($p<0.05$) for the prediction. These results highlight the importance of defining frailty as a multidimensional state, instead of an exclusively physical condition, which results from traditional approaches to frailty (Gobbens & Assen, 2014; R. J. Gobbens et al., 2010).

Conclusion: Frailty predicted disability in IADL. This study reinforces the importance of screening for frailty in order to implement timely interventions and prevent the loss of functionality and disability.

References

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