



HIV NURSING 2019



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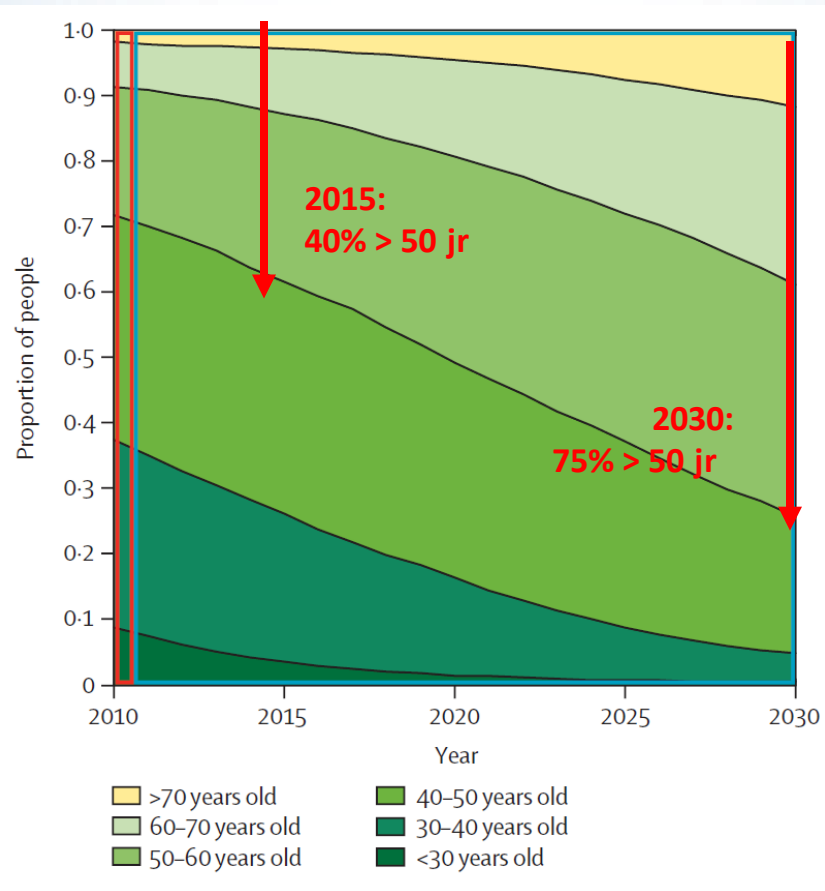


HIV and Frailty

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Frailty

Frailty:

A clinical syndrome with multiple causes and contributors, resulting in enhanced vulnerability to stressors and increased risk of adverse outcomes.



Phenotype of Frailty

- Undesirable weight loss of $\geq 5\%$ body weight in the previous year
- Self-reported exhaustion
- Weak grip strength
- Slow Walking speed
- Reduced physical activity

Fried et.al 2001, J.Gerontology A Biol.Sci.Med.Sci;56;M146-156



Clinical Relevance

- Increased risk of falls, hospitalisation, nursing home admission and mortality
- A predictor of occurrence of new disabilities independent of age, burden of disease and psychosocial characteristics.
- Better predictor of mortality than age
- Higher risk of post-operative complications
- Higher risk of dementia



Measurements

- Self-reported
 - Weight loss
 - Physical activity
 - Exhaustion
- Measurements
 - Max. hand grip strengths
 - Walking speed



Early identification of onset of frailty with targeted interventions

PROMOTING HEALTHY AGING



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- Optimize sensory options (hearing, vision)



- Assess cognition and mood



- Exercise



Even into his nineties, John was determined to stay fit!



- Fall prevention



- Nutrition supplements



- Optimizing vitamin D and Calcium



"Mary, you haven't been taking your calcium pills, have you?"



Questions

- Who are the (pre)frail subjects
- Why is there a need to identify frail elderly and proposing such a approach
- What approach should be considered



Take home messages

- Be aware of (pre) frailty in your patients
- Start measuring all your patients ≥ 50 years
- Prevent co-morbidities by promoting healthy lifestyle





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