

Abstract for ACFS 2023

Title: Development of a Frailty Assessment and Intervention Program in Eastern Singapore- The Frail to Fit Clinic improves FRAIL outcomes for the elderly

Background: In Singapore, 10% of the population is aged 65 years and older. Our healthcare system has addressed very well the needs of the very frail Clinical Frailty Scale (CFS) 6-9 and the very fit CFS 1-3. However, there remain gaps in care for patients with CFS 4-5.

Objectives: Our intervention, The Frail to Fit Clinic, is novel to Singapore. It aims to improve physical activity and performance measures in the very mildly frail elderly (CFS 4).

Methods: The Frail to Fit Clinic at Changi General Hospital, Singapore was launched since September 2021. Collaborators include geriatricians with an interest in frailty, dietician and physiotherapists. Patients were reviewed by the geriatrician, dietician and referred to the Strengthening Programme (SP) at St Andrew's Day Rehabilitation Centre (DRC). SP is a 12 week, twice- weekly HUR equipment-based programme that focuses on progressive muscle strengthening. The patients were reviewed in clinic at enrolment, 3 months and 6 months for outcome measures-
(1) primary outcome: FRAIL scale
(2) secondary outcomes: weight, body mass index (BMI), hand grip strength, sit to stand, time up and go, gait speed

Results: 12 patients were enrolled into the programme- 7 male and 5 females. Statistical analysis was done using Generalized Estimating Equation (GEE). After adjustment, the findings revealed a significant decrease in FRAIL scores by a population average of 1.23 points ($p=0.005$) and a significant increase in left hand grip strength by a population average of 4.10 points from baseline to the 6th month ($p = 0.048$). There was a significant decrease of a population average of 1.70 points for the timed up and go test between baseline and the 6th month ($p = 0.002$). There were no related adverse events.

Conclusion: A coordinated frailty programme improves outcomes for elderly. This programme has potential to be upscaled to other hospitals and primary care clinics.

Word count: 300