










Does the patient already have a known diagnosis of dementia?  No (**complete** all the assessments)  
 Yes (**omit** AMTS assessment)

**Clinical Frailty Scale\*** (Please circle the appropriate number)

 <p><b>1 Very Fit</b> – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.</p>	 <p><b>7 Severely Frail – Completely dependent for personal care</b>, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).</p>	
 <p><b>2 Well</b> – People who have <b>no active disease symptoms</b> but are less fit than category 1. Often, they exercise or are very <b>active occasionally</b>, e.g. seasonally.</p>	 <p><b>8 Very Severely Frail</b> – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.</p>	
 <p><b>3 Managing Well</b> – People whose <b>medical problems are well controlled</b>, but are <b>not regularly active</b> beyond routine walking.</p>	 <p><b>9 Terminally Ill</b> - Approaching the end of life. This category applies to people with a <b>life expectancy &lt;6 months</b>, who are <b>not otherwise evidently frail</b>.</p>	
 <p><b>4 Vulnerable</b> – While <b>not dependent</b> on others for daily help, often <b>symptoms limit activities</b>. A common complaint is being “slowed up”, and/or being tired during the day.</p>	<p><b>Scoring frailty in people with dementia</b></p> <p>The degree of frailty corresponds to the degree of dementia. Common <b>symptoms in mild dementia</b> include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.</p> <p>In <b>moderate dementia</b>, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.</p> <p>In <b>severe dementia</b>, they cannot do personal care without help.</p>	
 <p><b>5 Mildly Frail</b> – These people often have <b>more evident slowing</b>, and need help in <b>high order IADLs</b> (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.</p>	<p>* 1. Canadian Study on Health &amp; Aging, Revised 2008. 2. K. Rockwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489-495.</p>	
 <p><b>6 Moderately Frail</b> – People need help with <b>all outside activities</b> and with <b>keeping house</b>. Inside, they often have problems with stairs and need <b>help with bathing</b> and might need minimal assistance (cuing, standby) with dressing.</p>		

**Abbreviated Mental Test Score**

Ask the following questions to the patient. Each question that is correctly answered scores one point:

<p>1. What is your age? <input type="checkbox"/></p> <p>2. What is the time to the nearest hour? <input type="checkbox"/></p> <p>3. Give the patient an address, ask him/her to repeat it at the end of the test e.g. 42, West Street <input type="checkbox"/></p> <p>4. What is the year? <input type="checkbox"/></p> <p>5. What is the name of the hospital/ number of residence where the patient is situated? <input type="checkbox"/></p>	<p>6. Can the patient recognise two persons (e.g. the doctor, nurse etc.)? <input type="checkbox"/></p> <p>7. What is your date of birth? (day and month sufficient) <input type="checkbox"/></p> <p>8. In what year did World War 1 begin? <input type="checkbox"/></p> <p>9. Name the present monarch/prime minister <input type="checkbox"/></p> <p>10. Count backwards from 20 to 1 <input type="checkbox"/></p>
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Patient chose not to answer all questions

Total score = ..... / 10

Note: A score of 6 or less suggests delirium or dementia, although further tests are necessary to confirm the diagnosis

- Does the patient have **severe\*** cardiorespiratory disease? Yes / No  
 \* severe = less than ordinary physical activity or rest causes tiredness, palpitations or shortness of breath
- Does the patient have any **other non-breast locally advanced / metastatic malignancy**? Yes / No