

Clinical Frailty Scale Health Questionnaire (Short Version)

For each question, please check the box that best describes your patient's usual health state. If they are currently ill, think about their health state approximately two weeks ago.

1) Is your patient terminally ill?

Yes

No

2) With how many of the following basic activities of daily living does your patient require help with from another person?

1. Dressing and undressing themselves (including putting on socks and shoes)
2. Taking a bath or shower
3. Eating
4. Walking
5. Getting in and out of bed

None

1-2 activities

3-5 activities

3) With how many of the following instrumental activities of daily living does your patient require help with from another person?

1. Using the telephone (including looking up numbers and dialing)
2. Going shopping for groceries or clothes
3. Preparing their own meals (including planning and cooking full meals)
4. Doing their housework (including heavy housework)
5. Taking their own medicine (including preparing it and taking the right dose at the right time)
6. Handling their own money (including writing cheques and paying bills)

**Exclude activities that the patient never had to do before or had always relied on someone else to do*

None

1-4 activities

5-6 activities

4) How many chronic conditions has a doctor told your patient that they have/had which are expected to last or have already lasted, 6 months or more?

0-9 conditions

10 or more conditions

5) In general, would you or your patient say that their health is:

Excellent/Good

Fair/Poor

6) In a typical week, how often does your patient feel that everything they do is an effort?

Rarely or never
(Less than 1 day)

Some of the time
(1 to 2 days)

Occasionally
(3 to 4 days)

All of the time
(5 to 7 days)

7) In a typical week, how often does your patient engage in moderate or strenuous sports or recreational activities (such as dancing, golf without a cart, softball, jogging, swimming, cycling, or other similar activities)?

Never

Seldom
(1 to 2 days)

Sometimes
(3 to 4 days)

Often
(5 to 7 days)