

## **Towards the Integration of Frailty into Clinical Practice**

AGS Symposium, Thursday May 15<sup>th</sup>, 7:30-9:00 AM

**Overview:** Frailty research has expanded rapidly over the past decade, with marked progress in the development of measurement tools, epidemiological and biological understanding across diverse populations, and ways to integrate Geriatric focused treatment paradigms into the care of frail, older adults. This symposium will provide a state of the art look at frailty, its measurement and utility in risk assessment, its epidemiology, and its treatment.

### **Frailty Measurement and Its Role in Risk Assessment**

Jeremy Walston, MD, Raymond and Anna Lublin Professor of Geriatric Medicine, Johns Hopkins University School of Medicine, Baltimore, Maryland

Much progress has been made in the development of frailty measurement tools and in the understanding of its biological underpinnings over the past decade. The most commonly utilized measurement tools will be reviewed, along with their optimal uses in research and clinical practice. Given the importance of frailty in risk assessment, a review of its utility in surgical, oncological, and transplantation patients will be reviewed.

### **The Epidemiology of Frailty: Prevalence, Incidence and Risk Factors**

Sara Espinoza, Assistant Professor of Medicine, University of Texas Health Science Center, San Antonio, Texas.

This session will include an overview of the epidemiology of frailty, including its prevalence and incidence in the community-dwelling older adult population, with attention to age, sex, and ethnic differences. Data on ethnic differences in frailty from the San Antonio Longitudinal Study of Aging (SALSA), a unique bi-ethnic cohort comprised of equal proportions of Mexican Americans and European Americans, will be presented. Risk factors for frailty incidence and worsening will be discussed, presenting findings from SALSA as well as other cohort studies.

### **The Clinical Care of the Frail Older Adult Across the Spectrum**

Fred Ko, MD, Assistant Professor of Medicine, Mt. Sinai School of Medicine, New York, New York.

The clinical management of frailty syndrome is an important and emerging area of clinical geriatric medicine. Despite the high prevalence of frailty and its associated adverse outcomes, definitive therapy and consensus treatment guideline are lacking for practitioners providing care for frail older adults. Exercise interventions and patient-centered interdisciplinary care models improve various characteristics and adverse outcomes associated with frailty and need to be incorporated into clinical practice. This session will provide an overview of the care of frail older adults across clinical spectrum centering on exercise interventions and interdisciplinary care models tailored to meet their special needs.