



## Frail Score and Surgical Mortality

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FRAIL Score	Frailty Status	Criteria (FRAIL Mnemonic)	30-Day Mortality	6-Month Mortality	1-Year	Mortality Source
0	Robust (Non-Frail)	None of the criteria	1-2%	3-5%	5-10%	(Makary et al., 2010)
1-2	Pre-Frail	1-2 criteria	5-10%	10-20%	20-30%	(Kim et al., 2014)
3-5	Frail	3-5 criteria	15-25%	30-50%	40-60%	(Makary et al., 2010)

### FRAIL Mnemonic Breakdown

- Fatigue: Feeling tired most or all of the time.
- Resistance: Difficulty climbing one flight of stairs.
- Ambulation: Difficulty walking one block.
- Illnesses: Having five or more chronic illnesses.
- Loss of weight: Unintentional weight loss of more than 5% in the past year.

### Mortality and Outcome Notes

- Non-Frail (0): Generally good surgical outcomes, lower risk of complications (Makary et al., 2010).
- Pre-Frail (1-2): Increased risk of postoperative complications, higher readmission rates, and longer recovery times (Kim et al., 2014).
- Frail (3-5): Significantly higher mortality, reduced functional recovery, and increased risk of long-term institutionalization (Fried et al., 2001).

#### Version Control Record

Version	Date	Author/Reviewer	Description of Changes
1	1/14/26	Paul Wisniewski, D.O.	Initial review and update to reflect latest evidence/practice



## References

- Makary, M. A., et al. (2010). "Frailty as a Predictor of Surgical Outcomes in Older Patients." *Journal of the American College of Surgeons*.
- Kim, D. H., et al. (2014). "Association of Frailty with Postoperative Mortality in Older Surgical Patients: A Systematic Review and Meta-Analysis." *JAMA Surgery*.
- Fried, L. P., et al. (2001). "Frailty in Older Adults: Evidence for a Phenotype." *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*.

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