



Association for
the Advancement
of Wound Care



“At Risk” or “FRAIL”? There **IS** a Difference!

Mary Haddow RN, CWCN - ©2019

Lower Extremity Summit
November 2-3 • Sacramento, California



Association for
the Advancement
of Wound Care



There is only one proven way
to stop the aging process



Association for
the Advancement
of Wound Care



NO body system is spared from **AGING**
TIME marches **ON!**

AAWC
SUMMITS

Association for
the Advancement
of Wound Care





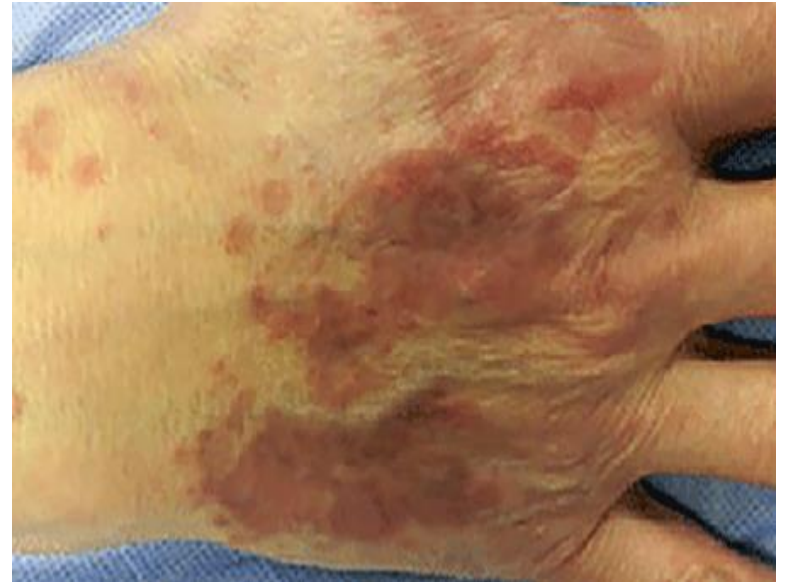
What have we HERE?





Localized granuloma annulare

<https://www.nhs.uk/conditions/granuloma-annulare/>



Generalized granuloma annulare

<https://www.aad.org/diseases/az/granuloma-annulare-symptoms>



Necrobiosis lipoidica



© Jere Mammino, DO

<https://www.aocd.org/page/NLD>

AAWC
SUMMITS

Association for
the Advancement
of Wound Care





Common 'Co-Morbidities' in the Elderly

DIABETES, COPD, CHF, MI, HTN,
PVD, CVA, CAD, CA (any),
DJD, Depression, MS,
Parkinson's, Memory Loss...



Common Characteristics of Frailty

ANY 3 of these = **FRAIL**

Weight loss

Weakness

“Exhaustion”

Slowed walking speed

Low activity levels



Many tools available to assess **FRAILTY**

Reported Edmonton Frail Scale

Frailty Domain	Item	0 Point	1 Point	2 Points
Cognition	Please imagine this pre-drawn circle is a clock. I would like you to place the numbers in the correct positions, then place the hands to indicate a time of 'ten after eleven'.	No errors	Minor spacing errors	Other errors
General Health Status	In the past year, how many times have you been admitted to a hospital? In general, how would you describe your health?	0 Excellent/Very Good/Good	1-2 Fair	≥ 2 Poor
Functional Independence	With how many of the following activities do you require help? meal preparation / shopping / transportation / telephone / housekeeping / laundry / managing money / taking medications	0-1	2-4	5-8
Social Support	When you need help, can you count on someone who is willing and able to meet your needs?	Always	Sometimes	Never
Medication Use	Do you use five or more different prescription medications on a regular basis? At times, do you forget to take your prescription medications?	No No	Yes Yes	
Nutrition	Have you recently lost weight such that your clothing has become looser?	No	Yes	
Mood	Do you often feel sad or depressed?	No	Yes	
Continence	Do you have a problem with losing control of urine when you don't want to?	No	Yes	
Self Reported Performance	Two weeks ago, were you able to: (1) Do heavy work around the house like washing windows, walls, or floors without help? (2) Walk up and down stairs to the second floor without help? (3) Walk 1 km without help?	Yes Yes Yes	No No No	

Scoring for the Reported Edmonton Frail Scale (/18):

Not Frail: 0-5

Apparently Vulnerable: 6-7

Mildly Frail: 8-9

Moderate Frailty: 10-11

Severe Frailty: 12-18

References: Hilmer, S.N. et al. (2009). The assessment of frailty in older people in acute care. *Australasian Journal on Ageing*. 28(4), 182-188.
Rolfson, D.B. et al. (2006). Validity and reliability of the Edmonton Frail Scale. *Age and Ageing*. 35(5), 526-529.



Association for
the Advancement
of Wound Care



<https://www.albertahealthservices.ca/assets/about/scn/ahs-scn-bjh-hf-frail-scale.pdf>



Time for the PEARLS





Association for
the Advancement
of Wound Care



Let's Make a **DEAL**



Association for
the Advancement
of Wound Care



“GREASE” IS GOOD



Association for
the Advancement
of Wound Care



NUTRITION is ***NECESSARY***



Humans are **SOCIAL** animals





Association for
the Advancement
of Wound Care



THANK YOU!

Lower Extremity Summit
November 2-3 • Sacramento, California



References:

1. Dyer JM, Miller RA, Chronic Skin Fragility of Aging: Current Concepts in the Pathogenesis, Recognition, and Management of Dermatoporosis. *J Clin Aesthet Dermatol.* 2018;11(1):13–18
2. Farage MA, Miller KW, Berardesca E, Maibach HI.: Clinical implications of aging skin: cutaneous disorders in the elderly. *Am J Clin Dermatol.* 2009;10(2):73-86.
3. Boss GR, Seegmiller JE: Age-related physiological changes and their clinical significance, *West J Med*, Dec 1981; 135:434-440
4. Hilmer SN, Perera V, Mitchell S, Murnion BP, Dent J, Bajorek B, Matthews S, Rolfson DB. The assessment of frailty in older people in acute care. *Australas J Ageing.* 2009; 28:182–188
5. Farage MA, Miller KW, Elsner P, Maibach HI. Characteristics of the Aging Skin. *Advances in Wound Care (New Rochelle)* 2013 Feb; 2(1): 5–10.