Rockwood frailty index door Collerton e.a.

De Rockwood-kwetsbaarheidsindex is gebaseerd op 40 deficits volgens de methodiek gerapporteerd in Searle et al. [Searle S.D., Mitnitski A., Gahbauer E.A., Gill T.M., Rockwood K., (2008). A standard procedure for creating a frailty index. *BMC Geriatrics 8, 24*]. De Rockwood-kwetsbaarheidsindex wordt berekend door de totale score voor elke variabele waarvoor geldige gegevens beschikbaar waren (dat wil zeggen niet ontbreken) te delen door het totale aantal variabelen met geldige gegevens. Als er bijvoorbeeld geldige gegevens aanwezig zijn over 36 variabelen en de totale score voor die 36 variabelen is 21, dan was de kwetsbaarheidsindex 21/36, d.w.z. 0,58. De 40 tekorten worden hieronder beschreven. Een indexscore van 0,3 of meer duidt op een kwetsbare patiënt.

	Domain and specific item(s)	Data source and deficit scoring method
	Activities of daily living	Interviewer administered questionnaire. Current ability to perform each item with response options: 'I have no difficulty doing this by myself' (scored 0); 'I have some difficulty doing this by myself' or 'I can do only do this by myself if I use an aid or appliance' (each scored 0.5); and 'I am unable to do this by myself, I need someone else's help' (scored 1).
1	Are you able to get in and out of bed?	
2	Are you able to get in and out of a chair?	
3	Are you able to get on and off the toilet?	
4	Are you able to get around in the house?	
5	Are you able to walk at least 400 yards?	
6	Are you able to dress and undress yourself?	
7	Are you able to wash your face and hands?	
8	Are you able to wash yourself all over?	
9	Are you able to cut your own toenails?	
10	Are you able to feed yourself (including cutting up food)?	
11	Are you able to take your medication?	
12	Are you able to manage money such as paying bills and keeping track of expenses?	
	Diseases	Pre-existing diagnoses extracted from general practice medical records. For ischaemic heart disease, diabetes mellitus and thyroid disease, participants without a diagnosis in the general practice records could additionally be assigned on the basis of a 12 lead electrocardiogram with Minnesota codes commencing 1-1 or 5-1; fasting blood glucose ≥7mmol/l; and thyroid stimulating hormone >10 mIU/l, or <0.099 mIU/l with free thyroxine >23pmol/l and/or free tri-iodothyronine >6.5pmol/l respectively[10]. Absent disease (scored 0); present (scored 1).
13	Hypertension	
14	Ischaemic heart disease (angina, myocardial infarction, coronary artery bypass grafts, coronary angioplasty, or coronary stent)	
15	Cerebrovascular disease (stroke, transient ischaemic attack, or carotid endarterectomy)	
16	Peripheral vascular disease	
17	Heart failure	
18	Cancer within previous 5 years (including non-melanoma skin cancer)	
19	Chronic lung disease (chronic obstructive pulmonary disease, asthma, or other chronic lung disease)	
20	Chronic joint disease (osteoarthritis, cervical or lumbar spondylosis,	

	rheumatoid arthritis, other arthritis, or arthritis with type not specified)	
21	Osteoporosis	
22	Diabetes Mellitus	
23	Thyroid disease	
24	Parkinson's Disease	
25	Dementia	
26	Eye disease	
	Geriatric syndromes	Interviewer administered questionnaires
27	Urinary incontinence	Problems over previous 12 months graded according to McGrother et al[11]: No incontinence (scored 0); minimal incontinence (scored 0.25); moderate incontinence (scored 0.5); severe incontinence (scored 0.75); profound incontinence or catheterised for previous 12 months (scored 1).
28	Faecal incontinence	Problems over previous 12 months: never/rarely (scored 0); several times per year (scored 0.25); several times per month (scored 0.5); several times per week (scored 0.75); several times per day or continuously (scored 1).
29	Visual impairment	Difficulty recognising friend across the road and/or difficulty reading newsprint. 'No' (scored 0); 'yes' (scored 1).
30	Hearing impairment	Difficulty hearing someone talking in a quiet room and/or difficulty following conversation if background noise. 'No' (scored 0); 'yes' (scored 1).
31	Falls	Number of falls in previous 12 months. None (scored 0); one (scored 0.5); more than one (scored 1).
	Symptoms	
32	Depressive symptoms	Geriatric Depression Scale (15 item)[4] score: 0-5 (scored 0); 6-7 (scored 0.5); 8-15 (scored 1).
33	Dizziness	Dizziness: presence and whether limiting. No dizziness or dizziness which 'kept you from doing the kind of things other people of your age do' for 'none of time' (scored 0); dizziness which 'kept you from doing the kind of things other people of your age do' for 'most of time' or 'some of time' (scored 1).
34	Pain	Pain in past month lasting at least one day graded on basis of number of days of pain: no pain lasting at least one day (scored 0); pain on 1-7 days (scored 0.25); pain on 8-14 days (scored 0.5); pain on 15-21 days (scored 0.75); pain on 22-31 days (scored 1).
35	Oedema- feet/ankle/leg	Presence of oedema graded by severity. No oedema or less severe oedema (scored 0);

		oedema so severe unable to put on shoes (scored 1).
36	Cough	'Do you usually have a cough?' 'No' (scored 0); 'Yes' (scored 1).
37	Difficulty swallowing (other than due to dry mouth)	'No difficulty' (scored 0); 'Difficulty' (scored 1).
	Cognitive function	
38	Standardised mini-mental state examination score[8]	Total score 26-30 (scored 0); 22-25 (scored 0.25); 18- 21 (scored 0.5); 10-17 (scored 0.75); 0-9 (scored 1).
	Self-rated health	
39	Self-rated health- compared to others of the same age	Excellent, very good or good (scored 0); fair (scored 0.5); poor (scored 1).
	12 lead electrocardiogram	
40	Clinically significant arrhythmia	No clinically significant arrhythmia (scored 0); clinically significant arrhythmia (scored 1).

Referentie: Collerton, J., C. Martin-Ruiz, K. Davies, C.M. Hilkens, J. Isaacs, C. Kolenda, C. Parker, M. Dunn, M. Catt, C. Jagger, T. von Zglinicki, and T.B. Kirkwood, *Frailty and the role of inflammation, immunosenescence and cellular ageing in the very old: cross-sectional findings from the Newcastle 85+ Study.* Mech Ageing Dev, 2012. **133**(6): p. 456-66.