

FACTORS ASSOCIATED WITH FRAILITY IN THE GERIATRIC OUTPATIENT SERVICE OF A UNIVERSITY HOSPITAL IN BOGOTÁ, COLOMBIA



Rodrigo Alberto A. Heredia^{*1,2}, Laura Cepeda^{1,2}, Diego Alejandro Arias^{1,2}, David José Coca^{1,2}, Diego Andres Chavarro^{1,2}. Pontificia Universidad Javeriana, Ageing Institute, Bogotá DC, Colombia¹. San Ignacio University Hospital²

Introduction

Frailty is defined as the "state of vulnerability to external stressors", which has a negative impact on multiple clinical outcomes in the elderly, such as institutionalization, falls, hospitalization, cognitive impairment, disability and mortality.

Materials and methods

A cross-sectional study was conducted involving all the patients seen for the first time in the geriatrics outpatient department of the HUSI in Bogota (Colombia) between August 2016 and March 2020. 689 patients were included. Frailty was defined as a score equal or higher than 3 in the FRAIL scale. We conducted a multivariate analysis to stablish the factors associated with frailty.

Objective

Identify the prevalence and evaluate the factors associated with frailty in patients of the geriatric outpatient service of the Hospital Universitario San Ignacio.

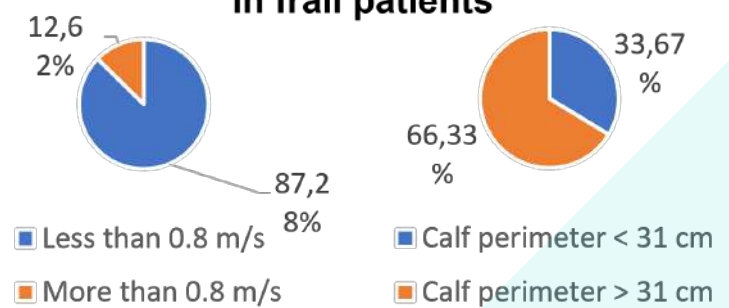
Results

Table 1 and figure 1 show the main features of the population. A prevalence of 35.4% was found. Table 2 shows the associated variables in the univariate analysis. After adjustment for cofounding factors, the variables associated were multimorbidity (OR 2.46 95% CI 1.62-3.75), slow gait speed (OR 5.15 95% CI 3.0-8.6) and low calf circumference (OR 1.6 95% CI 1.03-2.5)

Table 1. Characteristics of the patients

Variable	Frail patients (N=244)	Non Frail patients (N=445)	P
	Mean/DE - %		
Age	83.89/6.57	81.1/6.76	0.000
Women	38.61	61.39	
Multimorbidity	57.38	38.65	0.000
Malnutrition	11.48	5.39	0.003
Polipharmacy	65.16	55.28	0.001

Figure 1. Gait speed and calf circumference in frail patients



Conclusion

The prevalence of frailty found in our study is higher compared to national reference surveys, the associated variables coincide with those found in the literature such as older age, female sex, number of comorbidities and malnutrition, and an association was demonstrated with other performance measures such as low calf circumference and slow walking speed.



References: Morley JE, Vellas B, Abellan van Kan G, Anker SD, Bauer JM, Bernabei R, et al. Frailty consensus: A call to action. J Am Med Dir Assoc 2013;14(6):392-7.

Email of contact: herediar@javeriana.edu.co