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Senior Snapshot

1. Baseline Picture of Health (take hx from patient and caregivers)

Domain	Assessment	Red Flags
Cognition	- Years of education - MOCA* (or MMSE*), CAM*	- ?Dementia (if MOCA<26 or MMSE <24; ?delirium (if +ve CAM)
Current Mood & Affect	- Hx (inc. recent loss/death) - Consider using Geriatric Depression Scale; rule out organic causes	- Inconsistent mood & affect - Depressed mood or anhedonia - Pessimism of one's own health
Meds & Supplements	- Hx, pharmacy/EMR records - BEERS list of possible harmful meds for seniors (americangeriatrics.org) - side effects/errors/↓ clearance	- Benzodiazepines, narcotics anticholinergics (eg. Gravol) - Daily use of ≥3 drugs; unfilled prescriptions/duplications
Abilities/Activities of Daily Living/Physical Status	- ADLs & IADLs, SAFEDRIVE - Continence (screen with DIAPERS*) - Gait & balance: calf size; timed get up & go, WHO Fracture Risk (FRAX) - Vision: prescription lenses; CN exam (II, III, IV, VI) - Hearing: whispering test	- Incontinence OR any ADL prob. - Falls (≥1 per month); Abn Gait/balance test - Calf circ. (<31 cm), wt Loss, - Signs of neglect/abuse - Inability to hear whispering
Current Supports & Environment	- Dietary/calorie intake - Financial stability & drug coverage - Transportation assistance - Caregiver sustainability	- Neglect or abuse - Failure to thrive - Caregiver burden/burnout

*MMSE (Mini-Mental State Examination), MOCA (The Montreal Cognitive Assessment; instructions at mocatest.org), CAM (Confusion Assessment Method), ADLs (personal hygiene/grooming, dressing/undressing, self feeding, functional transfers, bowel/bladder management, ambulation), DIAPERS [drugs, infection, atrophic vaginitis, psychological (depression, delirium, dementia), endocrine (hyperglycemia, hypercalcemia), restricted mobility, and stool impaction]

2. Modifiable Risk Factors of Future Health Impairments

Risk	Action	Rationale
Depressed/Pessimistic Mood	Lifestyle changes (balanced diet, exercise); medical, counseling and/or psychiatry referral	↑ Risk of mortality & impairs other domains
Polypharmacy	Med reduction/reconciliation; home care referral for med eval; consultation with pharmacist	1 in 25 seniors are at risk for major drug-drug interaction
Impaired Abilities/ ADLs	Home care, OT, PT; participation in community programs; dietician; diapers, meds, pelvic floor training/ urology, frequent / scheduled toileting; opto/audiologist yearly assessment, aids & advice from specific foundations	↓ Vision = twice the difficulty with ADLs ↓ Hearing =
Abnormal Gait/Balance	Mobility counseling; exercise (resistance & wt bearing) ≥ 2 hours total/wk; home safety assessment	↓ Communication skills, cognitive decline & social isolation ↓ Mobility =
Low Support/Resources	OT/specialized assessment; social worker consult; psychologist consult	↑ health related costs & ↑ hospitalizations & ↑ ADLs performance ↓ Barriers = ↓ vulnerability & social deficits

Key References: 1) Fairhall N, Langron C, Sherrington C, Lord SR, Kurrle SE, Lockwood K, et al. Treating frailty--a practical guide. *BMC Med.* [Research Support, Non-U.S. Gov't]. 2011;9:83. 2) Abellan van Kan G, Rollé Y, Houles M, Gillette-Guyonnet S, Soto M, Vellas B. The assessment of frailty in older adults. *Clin Geriatr Med.* [Review]. 2010 May;26(2):275-86. 3) Rew MK, Mitnitski AB, Rockwood K. Social vulnerability, frailty & mortality in elderly people. *PLoS One.* [2008;3(5):e23232].