

QUESTIONNAIRE ON THE IMPLEMENTATION OF THE ZULFIQAR FRAILTY SCALE (ZFS) IN GENERAL PRACTICE

Professional status (general practitioner or advanced practice nurse)

Gender of professional (Male/Female/Prefer not to answer)

Age of professional

Do you use frailty screening scales?

If so, which ones and in what situations?

FRAILTY ASSESSMENT

Patient age

Patient's gender (Male/Female)

ZFS SCORE ranging from 0 to 6

1. Weight loss of $\geq 5\%$ of usual weight in 6 months: YES/NO

2. Pathological single-leg stance test (both feet without shoes) < 5 seconds: YES/NO

3. Taking ≥ 5 therapeutic classes (in the case of drugs combining several molecules, count each molecule as 1 therapeutic class): YES/NO

4. Does he/she live alone at home: YES/NO

5. Presence of home help (including family help): YES/NO

6. Does he/she complain of memory problems (answer may be given by a caregiver): YES/NO

Total out of 6

ROCKWOOD CFS SCORE rated 1 to 9

Score out of 9

COMPARISON OF ZFS SCALE VS. ROCKWOOD CFS SCALE

Time taken to complete the score (< 5 min / 5 to 10 minutes / > 10 minutes)

Relevance of the score (Not relevant / Not very relevant / Very relevant)

Reproducibility of the score in the office (Not reproducible / Reproducible)

Ease of use of the score (Difficult / Easy)

About the ZFS scale:

Is it feasible to use data from patient medical records?

Do you plan to apply the ZFS scale in your practice?