Prevalence and Course of Frailty in Survivors of Critical Illness

**Objective**
To describe the prevalence of newly acquired frailty, its clinical course, and the co-occurrence of frailty with disability and cognitive impairment in survivors of critical illness.

**Design**

**Setting**
Medical and surgical ICUs at 5 U.S. centers.

**Patients**
Adult patients treated for respiratory failure and/or shock.

**Measurement**
Clinical Frailty Scale (CFS) at baseline and at 3 and 12 months post discharge.

567 Patients
Median Age 61
APACHE II 23

Patients with Clinical Frailty Scale (CFS) ≥ 5

- Of those with frailty at 3-12 months, 61% Not Frail at Baseline
- 24% Baseline
  - 46% Transitioned to a worse frailty state (3 months)
  - 45%
  - 40% Transitioned to a worse frailty state (12 months)
  - 37%
- 14% Frailty without disability or cognitive impairment
- 13% Frailty without disability or cognitive impairment

Figure 3. Transitions between frailty states during the first year after hospitalization for critical illness. A. Changes in frailty states from baseline CFS in the 2 mo before critical illness to 3- and 12-mo follow-up among survivors of critical illness are illustrated. B. The number of patients who transitioned to worse frailty states is shown. C. The number of patients who transitioned to better frailty states is illustrated. D. The number of patients who had no transition in frailty state is shown. CFS = Clinical Frailty Scale.

Data from Brummel NE, et al: Crit Care Med, 2020