

COVID-19 DECISION SUPPORT TOOL



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AGE	POINTS
<50	0
50-60	1
61-65	2
66-70	3
71-75	4
76-80	5
>80	6

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Clinical Frailty Scale*



1 Very Fit – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.



2 Well – People who have **no active disease symptoms** but are less fit than category 1. Often, they exercise or are **very active occasionally**, e.g. seasonally.



3 Managing Well – People whose **medical problems are well controlled**, but are **not regularly active** beyond routine walking.



4 Vulnerable – While **not dependent** on others for daily help, often **symptoms limit activities**. A common complaint is being “slowed up”, and/or being tired during the day.



5 Mildly Frail – These people often have **more evident slowing**, and need help in **high order IADLs** (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.



6 Moderately Frail – People need help with **all outside activities** and with **keeping house**. Inside, they often have problems with stairs and need **help with bathing** and might need minimal assistance (cuing, standby) with dressing.



7 Severely Frail – Completely dependent for **personal care**, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).



8 Very Severely Frail – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.



9 Terminally Ill - Approaching the end of life. This category applies to people with a **life expectancy <6 months**, who are **not otherwise evidently frail**.

Scoring frailty in people with dementia

The degree of frailty corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.

* 1. Canadian Study on Health & Aging, Revised 2008.

2. K. Rockwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489-495.

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CO-MORBIDITY	POINTS
In last 3 years, cardiac arrest from any cause	2
Chronic condition causing:	
• ≥3 hospital admissions in the last year	2
• ≥4 weeks continuous admission for current inpatients	2
Congestive heart failure with symptoms at rest or on minimal exertion	1
Chronic lung disease with symptoms at rest or on minimal exertion	1
Hypertension	1
Severe and irreversible neurological condition including dementia	1
Chronic Liver Disease with Child-Pugh score ≥ 7	1
End stage chronic renal failure requiring renal replacement therapy	1
Diabetes mellitus requiring medication	1
Uncontrolled or active malignancy	1

TOTAL = SUM OF THE 3 DOMAINS ABOVE (-1 FOR FEMALE SEX)



There may be situations arising that are outside the scope of the framework that **require special consideration**, thus clinical discretion will continue to apply. **Frailty scoring** is used as a proxy for physiological frailty which leads to reduced chances of recovery in ICU, therefore where conditions pre-exist impact on physical activity but are stable and inappropriately affect the score, **then that situation requires special consideration**.

POINTS	TREATMENT	FAILURE OF FIRST LINE MANAGEMENT	NOTES
Group 1 ≤ 8	ICU-based care	Palliation or ECMO	Usual criteria for ECMO and <60 years
Group 2 > 8	Ward-based care	Step 3	Consider trial of CPAP
Group 3 Patients not normally for full active management or failed CPAP trial	Facemask oxygen	Palliation	Consider domiciliary care

Deviations from ARDS guideline	Investigations	Support	Treatment
Step 1 ≤ 8	Tracheo-bronchial aspirate for respiratory viruses. Avoid CT & bronchoscopy unless indicated. H score screen blood tests, D-dimers, LDH & troponin (all days). Lung US to reduce X-ray usage	CPAP trial in ICU or with rapid access to intubation (for hours not days) Avoid HFNO	CAP antimicrobials Continue single agent prophylaxis in +ve pts Disease modifying agents as part of RCT
Step 2 > 8	Standard swabs	Ward-based CPAP	CAP antimicrobials Continue single agent prophylaxis in +ve pts
Step 3 Patients not normally for full active management or failed CPAP trial	Standard swabs	Facemask oxygen	CAP antimicrobials Continue single agent prophylaxis in +ve pts