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The global assessment of the frail syndrome in the geriatric unit: The Nursing Perspective

Aging is a complex process that globally affects the functionality of the whole body. Frail syndrome (frailty) is a special biological condition characterized by rapid weakening and exhaustion of the body. The frailty syndrome, often associated with getting older, may lead to partial or total loss of functional autonomy. With aging, this condition occurs naturally, but the elderly patients are most exposed to the risk of becoming frail. Along with frail condition new diseases or significant complications could occur in a short period of time. Therefore, the frailty assessment is a necessary condition that should take into consideration all affected dimensions. The impairment of the functional status in hospitalized geriatric patients is a first sign of frailty. In order to prevent long-term functional and cognitive decline a global evaluation and monitoring during hospitalization are necessary, as well as designing and implementing targeted therapeutic interventions after discharging. The assessment of functional status is part of the comprehensive evaluation of the geriatric patient and is considered an useful indicator for the progressively worse condition of the health. For the

pre-frail and frail geriatric patients, it is important to anticipate the occurrence of deficits in order to limit their action on the autonomy's degree of the individual after hospitalization. The assessment of the functional status can be assumed by the nurses, as one of the autonomous interventions that define the profile of the nurse in the geriatric ward.

Speaker Biography

Hiriscau E I is an assistant professor, Nursing department at the University of Medicine and Pharmacy "Iuliu Hatieganu", Cluj-Napoca, Romania. She also works as clinical psychologist in ICU. She has expertise in psychological evaluations, competences in clinical ethics and research ethics (she was granted a three year postdoctoral research in Basel, Switzerland) and she is actively involved in nursing research projects (Frail.ro, ATIdelirium.ro). She conducted the process of translation and cultural adaptation of the CAM-ICU Manual training in Romanian language under the supervision of Prof. Dr. Wesley Ely and his team from Vanderbilt University, USA. She also developed and implemented the CAM-ICU Comprehensive Assessment Sheet for monitoring the ICU patients identified with delirium.

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