2.13 How pulmonary rehabilitation influences Frailty as measured using the Clinical Frailty Scale (CFS)

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Background: Frailty is a state of increased vulnerability as a result of decreased reserve and function of multiple body systems with age, which compromise the ability to cope with acute stressors (Alshibani 2022). The Clinical Frailty Scale (CFS) is a 9-point scale that quantifies frailty based on function in individual patients.

Aims & Objectives: 1.To determine the prevalence of frailty in COPD and Asthma patients referred to Community Pulmonary Rehabilitation (PR). 2. To examine the impact of an 8- week PR programme on frailty using the CFS.

Method: 41 patients with COPD and Asthma were assessed for a community PR programme. Mean age 73.9 years [SD 7.6], mean mMRC Dyspnoea score 2.27 [SD 1.0], mean 6 minute walk test (6MWT) distance 340 metres [SD 113].The CFS was used to screen for frailty and was completed on each patient at the initial PR assessment and on conclusion of the programme.

Results: 85.5% of patients were affected by frailty.27/41 (66%) completed a programme. 52% of patients improved their CFS. Mean Improvement: 1.07 [SD 0.27].

Conclusion: An 8-week community PR programme significantly reduces frailty levels in COPD and Asthma patients.

Keywords: Clinical frailty scale, Community Pulmonary rehabilitation

Conflict of Interest: The authors declare that they have no conflict of interest.

References: Alshibani, A., Coats, T., Maynou, L. *et al.* A comparison between the clinical frailty scale and the hospital frailty risk score to risk stratify older people with emergency care needs. *BMC Emerg Med* **22**, 171 (2022). https://doi.org/10.1186/s12873-022-00730-5