The Electronic Frailty Index

The electronic frailty index (eFI) is a tool which helps to identify patients who are at a higher risk of needing ongoing support with Medical and Social Care.

York Medical Group has started to use the eFI score so you may notice this code appearing in your medical records. As we do not want this to cause undue concern please read the information about the frailty index below.

The Information for the eFI is collected using existing information from your medical records and uses a model, which measures frailty on the basis of the accumulation of diseases, disabilities, medication and test results.

This is then scored in categories as below;

Frailty categories:

1. Fit (eFI score 0 - 0.12) – People who have no or few long-term conditions that are usually well controlled. This group would mainly be independent in day to day living activities.

2. Mild frailty (eFI score 0.13 – 0.24) – People who are slowing up in older age and may need help with personal activities of daily living such as finances, shopping, transportation.

3. Moderate Frailty (eFI score 0.25 – 0.36) – People who have difficulties with outdoor activities and may have mobility problems or require help with activities such as washing and dressing.

4. Severe Frailty (eFI score > 0.36) – People who are often dependent for personal cares and have a range of long-term conditions.

The term frail is often associated with 'the frail elderly' but the eFI provides an opportunity to change the perception of the word to that of a state of heath that requires appropriate heath care just like any long term condition.

Patients who have a score of Severe Frailty will be invited in for an annual routine appointment to review their condition and medication and to give consideration for any further individualised care as necessary.

You may also notice in the future that the annual review invite letter may change to an invite for 'long term condition' review.

Any questions please speak to your Doctor or Nurse.

YORK

MEDICAL GROUP

"Trust our family to look after your family"