■ ♣Sat-470 ■

Predictive Value of the FRAIL scale for health-related outcomes in Korean older adults

서울아산병원

*정준용, 장일영

Background/Aims: Frailty is known to be associated with adverse health outcomes in older adults. Given the demographic growth of the older population, choosing appropriate tools for frailty screening has considerable value. We aimed to investigate the predictive value of a 5-item FRAIL scale in Korean community setting. **Methods:** We administered the comprehensive geriatric assessment for 1,295 community-dwelling older adults (mean age: 74.6 years) in the Aging Study of Pyeongchang Rural Area (ASPRA) and prospectively followed up for death, institutionalization, disability, and quality of life for 3 years. We analyzed the association between frailty status assessed by the FRAIL scale and adverse health outcomes. **Results:** According to the FRAIL scale, 524 (36.5 %) were prefrail and 297 (23.0 %) were frail. In adjusted model, the high degree of frailty status was significantly associated with concurrent geriatric syndromes, the 3-year incidence of mortality, institutionalization, and disability. Quality of life was not associated with frailty status. Kaplan-Meier analysis showed significant difference in 3-year mortality based on the frailty status. (92.6% for robust; 85.7% for prefrail; 74.2% for frail; Log-rank p<0.0001) **Conclusions:** The 5-item FRAIL scale can screen the accompanying geriatric syndrome and predict the 3-year health-related outcomes in community-dwelling Korean older adults. From the perspective of public health, this simple screening tool for frailty assessment might be applicable to large numbers of the older population in Korea.
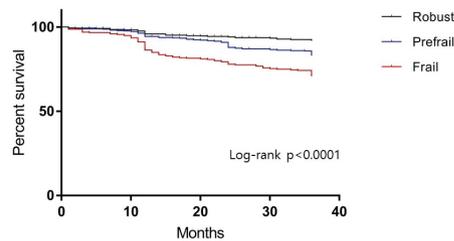
No. at risk (month)	0	10	20	30
Robust	471	437	364	357
Pre-frail	524	496	415	410
Frail	297	272	209	203