

TAP TO GO BACK TO KIOSK MENU

Assessing Frailty in Pre-Liver Transplant Patients

Beth Israel Deaconess Medical Center – Transplant Institute

Introduction/Problem

Patients awaiting liver transplant are complex with multiple comorbidities and high mortality risk. Literature suggests improved outcomes in patients who are less frail in the pre-transplant stage. Assessing these patients for frailty is often difficult and commonly completed by using the “eye ball” test. The lack of objective measures to identify these patients may result in higher risk patients being overlooked leading to a greater degree of frailty and post-transplant complications/mortality.

Aim/Goal

Use of the Liver Frailty Index can help identify patients who are frail with the intent to optimize both their nutrition and physical status while on the liver transplant waiting list. Those scoring “pre-frail” or “frail” should be referred to physical therapy and transplant nutrition. Our goal is to keep patients healthy and transplantable while waiting for their new gift.

The Team

- Michael Curry MD
- Ghideon Ezaz MD
- Louise Riemer RN
- Jillian Ng PT
- Mary Stone
- Audrey Paradis RD



- Libby Fortune
- Maylis Castillo
- Maria Castillo-Facey
- Maria Rodriguez
- Juan Garcia
- Kate Marx
- Naomie Capre

The Interventions

- Practice assistants were instructed on how to conduct the 3 individual tests
- An iPad was purchased to allow for easy input at the time of testing
- High risk patients are identified the evening before clinic by the nurse coordinator and emailed to the practice assistants
- These patients are tested in an exam room after vitals are taken
- Results are printed out and provided to the doctors at the time of visit and then scanned into OMR under “outside records” by practice assistants
- Patients deemed “frail” are referred to outpatient physical therapy
- Patients deemed “pre-frail” are provided with a handout that provides some simple exercises to complete daily at home

The Results/Progress to Date



Hand Grip



Sit to Stand



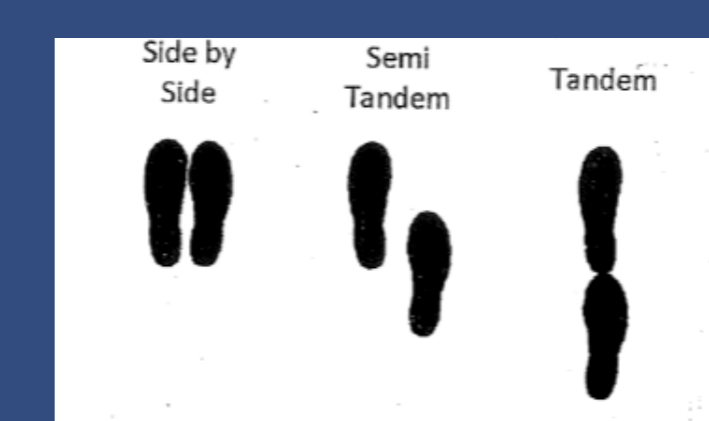
Balance Test



Strength measured by squeezing 3 times using dominant hand



Time to complete 5 sit to stands without the use of arms



Seconds holding each of these 3 positions



After filling out the appropriate information in the calculator, a frailty index score will be provided with a score of 1-5.

Robust = 1-3.2
Pre-frail = 3.2-4.49
Frail = >4.5

Lessons Learned

- There are inconsistencies between how tests are being performed between practice assistants so frequent meetings and communication were key
- Space is limited to perform these tests causing inefficiencies

Next Steps

- Increase staff to allow for this testing to be completed on a larger scale
- Determine appropriate timeframe for re-testing
- Expand to using with kidney and pancreas patients
- Allow for easier viewing of completed test in OMR and moving away from scanning these documents



For more information, contact:
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