

## 8.28 Optimizing Outcomes For Those With Chronic Respiratory Disease: Detecting Frailty In The Respiratory OPD

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**Background:** Frailty is a treatable trait of relevance to people with various chronic respiratory diseases, especially those with severe COPD<sup>1</sup>. This has been recognised in the 2024 GOLD report and within recent ERS (European Respiratory Society) guidelines<sup>1</sup>. This study evaluated the prevalence of frailty among patients attending the respiratory OPD (outpatient department) in a tertiary hospital. **Methods:** A cross-sectional study was conducted in respiratory clinics over a two-week period. Patients aged  $\geq 65$  years were screened for frailty using the Clinical Frailty Scale (CFS). A CFS score was assigned to each patient by an assessing doctor on the respiratory team. Frailty was defined as those having a CFS score of  $\geq 5$ . **Results:** In total, 25 patients were included in the study. Frailty (CFS score of  $\geq 5$ ) was identified in 56% of patients assessed, with 12% of patients being identified as having a CFS score of 7 (severely frail) or higher. Frailty hadn't previously been diagnosed by the respiratory team in those patients. **Conclusion:** This study highlights a high prevalence of frailty among patients in the respiratory OPD. Implementing systematic frailty screening amongst over 65s using the CFS can improve early identification of such patients, potentially enhancing management and clinical outcomes. **Conflict of interest:** The authors declare that they have no conflict of interest. **References**

1. Osadnik, C. et al (2023). European Respiratory Society statement on frailty in adults with chronic lung disease. *The European respiratory journal*, 62(2), doi:<https://doi.org/10.1183/13993003.00442-2023>.