Introduction:
The study aimed to assess the effects of ICU admission on frailty and activities of daily living in the ≥80’s population at 6-months.

Methods:
A prospective observational study with data used as a subset of the VIP-2 trial. Research ethics committee approval from the Mater Misericordiae University Hospital (MMUH).

Inclusion criteria - ≥ 80 years of age and acute admission to ICU from May to July 2018. Data collected on 20 consecutive patients.

Frailty and activities of daily living (ADL) were assessed using the Clinical Frailty Score (CFS) and the Katz Index of Independence in Activities of Daily Living (KATZ).

Results:
CSF pre-admission frailty was present in 60% of patients, increasing to 93% at 6 months (Figure 1). 74% of survivors at 6-months had a CFS score increase by ≥ 1 point. Pre-frail and frail CFS patients suffered an average 2-point deterioration in their Instrumental Activities of Daily Living (IADL).

60% of KATZ patients were fully functional pre-admission, deteriorating to 13% at 6 months. 74% of patients declined by 1 ADL at 6 months. 60% of the deceased were deemed fully functional initially.

Conclusion:
We demonstrate an association between an ICU admission event and enduring functional decline at 6 months. ICU admission resulted in patients acquiring on average 1.5 new IADL limitations despite their initial CFS. This is echoed in a study by Iwasyna et al. who also showed similar deteriorations in IADL and cognitive impairment.

KATZ benefits may be best used in describing functional decline. 74% of patients developed at least one new limitation. However, the CFS takes into account IADL’s and thus may be more sensitive in predicting the functional outcomes of an ICU event at 6 months.

References:
1. Guidet, B. et al. The contribution of frailty, cognition, activity of daily life and comorbidities on outcome in acutely admitted patients over 80 years in European ICUs: the VIP2 study. ICM. 2019
Figure 1: Clinical frailty score 6-month trend