**National Clinical Programme for Older People**

**Comprehensive Geriatric Assessment**

*Frailty is “A medical syndrome with multiple causes and contributors; characterised by diminished strength, endurance and reduced physiological function that increases an individual’s vulnerability for developing increased dependency and/or death.”*


**Benefits of CGA**

*CGA when applied to those admitted to hospital, is associated with better outcomes for the frail older person such as:*

- Reduction in disability
- Health improvement
- Less institutionalisation
- A greater chance of living independently at home

(Ellis, G., et al., Comprehensive geriatric assessment for older adults admitted to hospital. The Cochrane database of systematic reviews, 2011)

**Identifying need for CGA**

*The following are recognised as being associated with frailty:*

- Falls
- Immobility
- Delirium
- Incontinence
- Susceptibility to side effects of medication

The presence of any of these conditions (whether in an acute hospital, day hospital, community or residential care) should trigger consideration of the need for CGA.

CGA may also be indicated in those with complex co-morbidities or with dementia.

**NCPOP Recommendation**

*Identification of frailty in older people should primarily be on the basis of conditions associated with frailty. Those at risk of frailty or with complex co-morbidities or dementia should be considered for CGA and the findings should be documented in their permanent health record.*

**Further Information**

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