

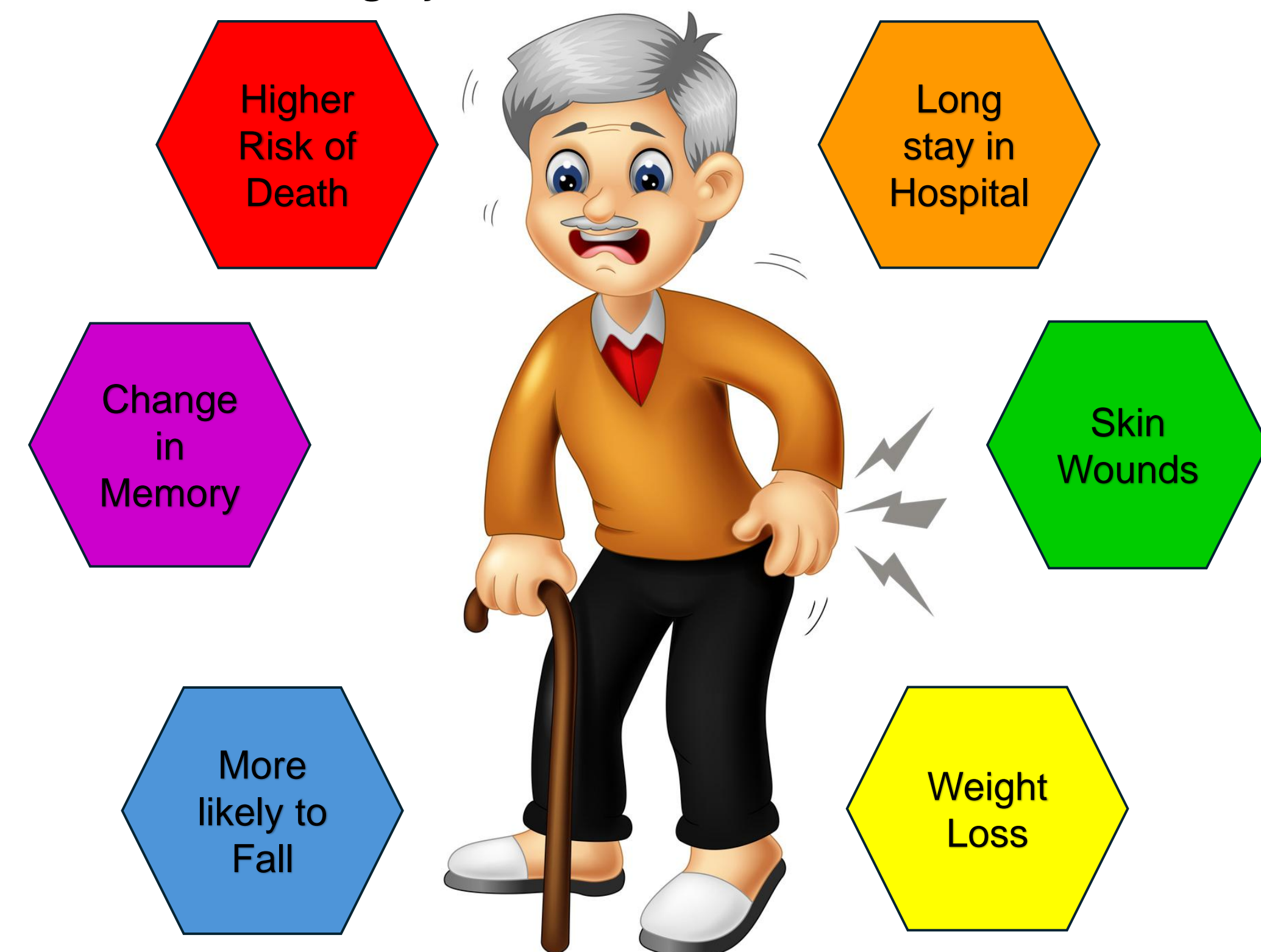
Is Surgery Necessary? How Frailty Impacts Surgical Patients

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Frail Patients Have Worse Outcomes

- 40% of surgeries are performed on patients 65 and older
- Frailty (being weaker and having a hard time recovering from illness or injury) affects many older adults, and makes it harder to recover from surgery



Frailty Should be Assessed Before Surgery

Inherent Limitations

Age
Gender

Medical Limitations

Cancer
Heart or Renal Failure
Weight Loss

Cognitive Limitations

Memory Loss
Depression, Anxiety
Social Support

Physical Limitations

Able to care for self
Live Independently vs.
Assisted Living



Should Frail Patients Have Surgery?

Patients can meet with a High-Risk Surgical Committee to help decide if surgery is right for them

- Does surgery align with patient's goals of care?
- Committee can help patients understand the benefits and risks
- Can also discuss non-operative treatment options

Will I be able to walk, dress, and feed myself after the operation?

What are the risks of surgery?

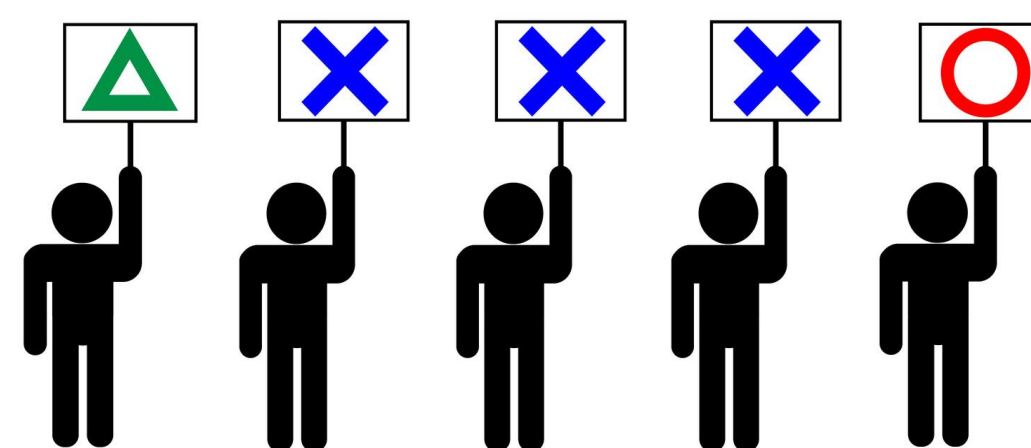
Will I go home after surgery, or will I go to assisted living?



How long will I be in the hospital after surgery?

What will my recovery look like?

Will surgery help fix my pain or injury?



After talking to a High-Risk Surgical Committee:

- Three out of five patients change their surgical plan
- One out of five patients decline surgery altogether

Screening for Frailty Improves Outcomes

Fewer Patient Deaths in Hospitals that Screen for Frailty

Before frailty screening, **24% frail patients** died after surgery

After frailty screening, **7% frail patients** died after surgery

24/100

7/100



Screening for frailty can improve post-surgical outcomes

- Frail patients optimized **before** surgery **TWICE AS LIKELY** to recover well after surgery
- Frail patients called **after** surgery less likely to be readmitted (readmission rate dropped from **24% TO ZERO**)

Broader Impacts

- 3 million elderly patients have surgery every year in the US
- Frailty complications cost billions annually
- Screening for frailty ensures patients receive the care that is right for them



Big thank you to **Project Bridge** and **Legislators** for hosting **STEM Poster Day at the Capital!**