Frailty Assessment & Needs in Older Adults with Myeloma

J. Preston[1], F. Willis[2], Y. Reyal[2], T. Vatopoulou[2], A. Edge[2], J. Parekh[2], R. Kaur[1], H. Adil[1].

1 Senior Health Department, St. George's University Hospital, London. UK. 2 Haematology Department, St. George's University Hospital, London. UK

BACKGROUND

Myeloma and frailty both disproportionately affect older adults. Limited evaluation exists of which is the best way to identify frailty in the myeloma population.

We present findings from a joint Geriatrician and Haematologist Myeloma clinic pilot.

AIMS

To evaluate

Performance of frailty screening tools against expert opinion of frailty, including

- International Myeloma Working Group Frailty Index (IMWG-FI)
- Performance Status (PS)
- Geriatric 8 (G8)
- Clinical Frailty Score (CFS)
- Edmonton Frail Scale (EFS)

Frailty needs of the cohort to inform future service development

STUDY METHODS & COMPARISON

SURVEY

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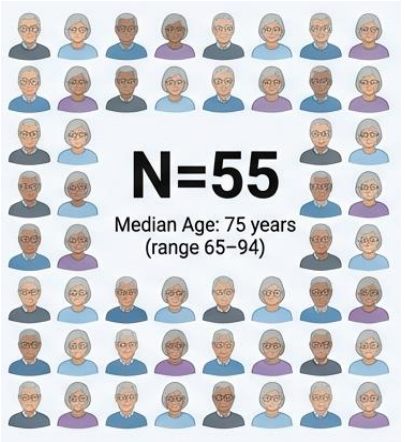
55 Patients Surveyed

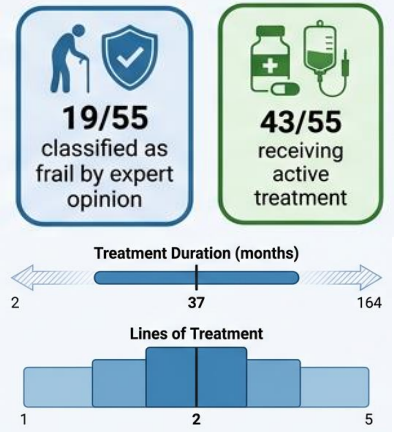
MDT REVIEW

Geriatrician or Haematologist identify patients for review following concern from either specialist

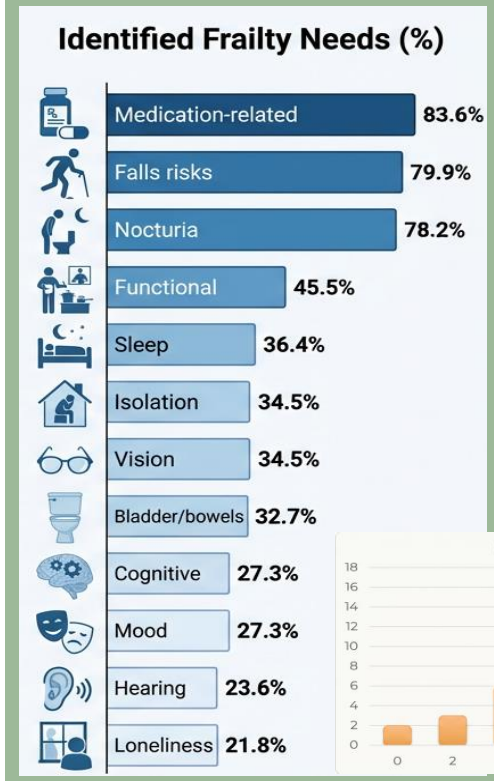
COMPARISON METHOD: FISHER'S EXACT TEST

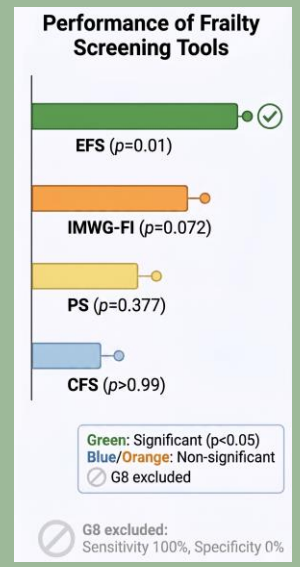
Used to analyze the correlation between independently identified groups.





RESULTS





DISCUSSION

EFS was the only tool to demonstrate statistically significant alignment with expert opinion. The CFS, while widely used as a screening tool in general populations, showed no meaningful correlation in this cohort.

Frailty is a dynamic state which fluctuates throughout its course. Where tools such as IMWG-FI and ECOG-PS are useful to guide prognosis and treatment selection, EFS facilitates understanding the clinical challenges for an individual, allowing an opportunity to address their intrinsic resilience and the potential to increase their tolerance of optimal treatments.

Older adults living with myeloma experience a range of frailty needs. Services should include an MDT capable of addressing the frailty related issues faced by this group.