

Additional File 2: FIRST Study 60-Item Frailty Index

<b>60-Item Frailty Index (FI)</b>		
Myocardial infarction	Any tumor	Dozing while watching TV <sup>c</sup>
Congestive heart failure	Falls	Dozing while sitting in public <sup>c</sup>
Peripheral vascular disease	Bathing <sup>a</sup>	Dozing as a passenger in a car <sup>c</sup>
Cerebrovascular disease	Dressing <sup>a</sup>	Dozing while lying down to rest <sup>c</sup>
Dementia	Toileting <sup>a</sup>	Dozing while sitting after lunch <sup>c</sup>
Chronic pulmonary disease	Physical health <sup>b</sup>	Napping frequency <sup>f</sup>
Connective tissue disease	Energy <sup>b</sup>	Facial expression <sup>g</sup>
Ulcer disease	Mood <sup>b</sup>	Body language <sup>g</sup>
Hypertension	Living situation <sup>b</sup>	Memory <sup>h</sup>
Atrial fibrillation	Family <sup>b</sup>	Speech and language <sup>h</sup>
Insomnia	Friends <sup>b</sup>	Recognition of family members <sup>h</sup>
Depression	Self as a whole <sup>b</sup>	Orientation to time <sup>h</sup>
Arthritis	Ability to do things for fun <sup>b</sup>	Orientation to place <sup>h</sup>
Hip fracture	Life as a whole <sup>b</sup>	Ability to make decisions <sup>h</sup>
Other fracture	Food intake decline <sup>c</sup>	Social and community activity <sup>h</sup>
Osteoporosis	Weight loss <sup>c</sup>	Home activities and responsibilities <sup>h</sup>
Gout	Neuropsychological problems <sup>c</sup>	Personal care, cleanliness <sup>h</sup>
Pressure sores	Body mass index, calf circumference <sup>c</sup>	Eating <sup>h</sup>
Dry eyes	Sedation scale <sup>d</sup>	Control of urination and bowels <sup>h</sup>
Urinary incontinence	Dozing while reading <sup>e</sup>	Ability to get from place to place <sup>h</sup>

FI Categories: non-frail (0 to ≤0.1), vulnerable (>0.1 to 0.21), frail (>0.21 to <0.45), most-frail (0.45 or more); <sup>a</sup>Katz Activities of Daily Living Scale, <sup>b</sup>13-Item Quality of Life in Alzheimer's Disease Scale, <sup>c</sup>Mini Nutritional Assessment Short Form, <sup>d</sup>Pasero Opioid Induced Sedation Scale, <sup>e</sup>Epworth Sleepiness Scale, <sup>f</sup>Sleep Quality Questionnaire, <sup>g</sup>Pain Assessment in Advanced Dementia Scale, <sup>h</sup>Dementia Severity Rating Scale