

**Saint Louis University**  
**Rapid Geriatric Assessment\***

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ID#: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Primary Care Provider Y / N  
 Ethnicity (circle): African/Am Asian Caucasian Hispanic Non-Hispanic

**The Simple “FRAIL” Questionnaire  
 Screening Tool**

**F**

**Strength**

How much difficulty do you have in lifting and carrying 10 pounds?

Scoring: None = 0 Some = 1 A lot or unable = 2

**—**

Assistance in Walking How much difficulty do you have walking across a room?

Scoring: None = 0 Some = 1 A lot, use aids or unable = 2

Rise from a Chair How much difficulty do you have transferring from a chair or bed?

Scoring: None = 0 Some = 1 A lot or unable without help = 2

Climb stairs How much difficulty do you have climbing a flight of ten stairs?

Scoring: None = 0 Some = 1 A lot or unable = 2

Falls How many times have you fallen in the last year?

Scoring: None = 0 1-3 Falls = 1 4 or more falls = 2

**Total score of 4 or more indicates Sarcopenia**

From Malmstrom TK, Morley JE. J Frailty and Aging 2013;2:55-6.

**SNAQ (Simplified Nutritional Assessment  
 Questionnaire)**

**My appetite is**

- a. very poor
- b. poor
- c. average
- d. good
- e. very good

**Food tastes**

- a. very bad
- b. bad
- c. average
- d. good
- e. very good

Scoring: a=1, b=2, c=3, d=4, e=5.

**Rapid Cognitive Screen (RCS)**

**1. Please remember these five objects. I will ask you what they are later.**

[Read each object to patient using approx. 1 second intervals.]

**Apple Pen Tie House Car**

**2. [Give patient pencil and the blank sheet with clock face.] This is a clock face. Please put in the hour markers and the time at ten minutes to eleven o'clock**

[2 pts/hr markers ok; 2 pts/time correct]

**• What were the five objects I asked you to remember?**  
 [1 pt/ea]

**• I'm going to tell you a story. Please listen carefully because afterwards, I'm going to ask you about it.**