Appendix table 1 - Variables/health-related deficits used to create the Frailty Index

Variables	**Operationalization**	**Score**
1. Vision Loss	Clinical characterization	Yes=1 No=0
2. Hearing Loss	Clinical characterization	Yes=1 No=0
3. Myocardial infarction	Charlson Comorbidity Index	Yes=1 No=0
4. Congest Heart Failure	Charlson Comorbidity Index	Yes=1 No=0
5. Peripheral vascular disease	Charlson Comorbidity Index	Yes=1 No=0
6. Cerebrovascular accident	Charlson Comorbidity Index	Yes=1 No=0
7. Dementia	Charlson Comorbidity Index	Yes=1 No=0
8. Chronic Obstructive Pulmonary Disease	Charlson Comorbidity Index	Yes=1 No=0
9. Connective tissue disease	Charlson Comorbidity Index	Yes=1 No=0
10. Peptic ulcer disease	Charlson Comorbidity Index	Yes=1 No=0
11. Liver disease	Charlson Comorbidity Index	Yes=1 No=0

12. Moderate / severe chronic liver disease	Charlson Comorbidity Index	Yes=1 No=0
13. Diabetes mellitus	Charlson Comorbidity Index	Yes=1 No=0
14. Diabetes with end-organ damage	Charlson Comorbidity Index	Yes=1 No=0
15. Hemiplegia	Charlson Comorbidity Index	Yes=1 No=0
16. Moderate to severe Chronic Kidney Disease	Charlson Comorbidity Index	Yes=1 No=0
17. Malignant tumor	Charlson Comorbidity Index	Yes=1 No=0
18. Metastatic solid tumor	Charlson Comorbidity Index	Yes=1 No=0
19. Leukemia	Charlson Comorbidity Index	Yes=1 No=0
20. Musculoskeletal disorders	Clinical History	Yes=1 No=0
21. Diseases in the reproductive system	Clinical History	Yes=1 No=0
22. Diseases in the integumentary system	Clinical History	Yes=1 No=0
23. Help bathing	Katz Index [1]	Dependence=1 Independence =0
24. Help dressing	Katz Index	Dependence=1

		Independence =0
25. Help eating	Katz Index	Dependence=1 Independence =0
26. Help using toilet	Katz Index	Dependence=1 Independence =0
27. Help transferring	Katz Index	Dependence=1 Independence =0
28. Incontinent	Katz Index	Dependence=1 Independence =0
29. Need assistance for IADL	ISAR-HP[2]	Yes=1 No=0
30. Feel depressed	Single item	Yes=1 No=0
31. Sleep problems	Single item	Yes=1 No=0
32. Loss de balance	- Physical restriction of mobility [3]	Sim=1 Não=0
33. Cognitive decline	Six-item cognitive impairment test (6CIT) [4]	Impairment (≥8)= 1 Normal (0-7)=0
34. Weight loss	Mini Nutricional Assessment [5]	Does not Know; Weight loss between 1and 3 kg or greater than 3 kg >3kg =1 No weight loss=0
35. Fear of Falling	Single item	Yes=1 No=0

36. Fall risk	Morse Fall Scale [6]	Low Risk (25-50) or High risk (≥51) = 1 No Risk (0-24) = 0
37. Pressure injuries risk	Braden scale [7]	Higher risk (≤16) = 1 Lowe risk (≥ 17) =0
38. Orientation	Confusion Assessment Method [8]	Yes=1 No=0
39. Polypharmacy	Patient medication records	>4 medications =1 ≤ 4 medications =0
40. Psychotropic drugs	Patient medication records	Yes=1 No=0

IADL Instrumental activities of daily living

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