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Project Title

Frailty and Mobility Limitations in Older Canadians with Musculoskeletal Diseases Compared to other Chronic Medical Conditions - a Prospective Cohort Study

Project Summary

Research suggests approximately 23% of Canadians over age 65 are frail. While unknown, these percentages may be higher in individuals living with chronic diseases. Using data from The Canadian Longitudinal Study on Aging (CLSA) this study will evaluate frailty, mobility, and chronic diseases to determine impact of frailty and limited mobility for men and women 45 years and older with musculoskeletal diseases in comparison to other chronic conditions. Frailty and mobility will be measured using two validated tools: the Fried phenotype that classifies older adults as frail or non-frail and the Short Performance Physical Battery that includes 3 physical assessments related to balance, and muscle strength. These programs will seek to optimize normal aging and reduce admissions to emergency departments, hospitals and long-term care facilities.

Keywords

Frailty, Musculoskeletal, Chronic illness, Osteoarthritis, Osteoporosis