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Project Title

The burden of frailty in older people with multimorbidity

Project Summary

Frailty and multimorbidity are two common issues in older people. However, there is limited knowledge of the burden and impact of frailty in older people with multimorbidity. People with multimorbidity may have higher risk of having frailty due to reduced physical activity, change in diet and reduced protein intake, and complex interactions between diseases and medications. A recent systematic study showed that around 6% of the general adult population have both of these conditions. According to the guidelines for the clinical assessment and management of multimorbidity of the National Institute for Health and Care Excellence (NICE), frailty was considered as a component of multimorbidity and as an important factor in the management of older people with multimorbidity. This study aims to examine the prevalence of frailty in older people with multimorbidity compared to those without multimorbidity, and to investigate the association between frailty and multimorbidity in this studied population.

Keywords

Frailty, Multimorbidity, Prevalence, Association, Older People