**Preoperative Frailty-Cognitive Protocol Instructions**

**Materials you need:**

1) Standard pen

2) Preoperative Frailty-Cognitive instructions and clock paper (or any 8x11 inch paper folded and a correct clock drawing on one half of the page).

3) Clipboard

4) Grip Strength – Hand Dynamometer

5) Frailty Index Screening Form18

**Administration:**

1. Pull out the clock sheet accompanying this sheet. Keep the clock sheet folded blank side up to hide the clock copy condition from view.
2. Acquire years of education

**A.** Count the highest grade the patient *completed*. Skipped years count toward the total. Repeated years do not add additional years. If he/she dropped out of high school, then record how many full years of school he/she completed.

1. For example:

Elementary/grade school = 8;

Completed GED = 11;

High School graduate = 12;

Associate’s degree =14;

Bachelor’s degree = 16;

Master’s degree = 18;

Beyond M.S. 🡪 Discuss with patient. Often it will be 20, 22, or 24 years

1. Give patient the three-word memory task by saying:

**“Please repeat these three words.**

**Apple, Table, Penny”**

If the patient knows these words from a previous assessment, please give them alternative words such as:

**“Pony, Quarter, Orange”**

1. Write the number of words he/she repeated on the recording sheet. Repeat the full words until the patient can recall them. Then say:

**“Now remember these words. You need to tell them to me again in a few minutes.”**

1. Give clipboard with the folded clock paper (blank side up) to the patient.
2. Instructions (**has to be verbatim** for reliability):

**“I want you to draw the face of a clock, put in all the numbers, and set the hands to 10 after 11.”**

The entire set of instructions (not portions) may be repeated if the patient does not understand.

**No other help can be provided.** Please note if you need to repeat the instructions.

1. Give the pen to the patient and allow him/her to draw the clock.
2. Turn over the clock paper to show the clock model.

**“Now copy this picture here.”**

**[Point to the area under the clock.]**

Instructions may be repeated if the patient does not understand. No other help should be provided.

1. Memory word delay:

**“What were those three words I asked you to remember?”**

1. Write the number of words on the bottom of the sheet.
2. Perform grip strength three times with the dominant hand.
3. Write the grip strength values on the bottom of the clock sheet.
4. Write the frailty score on the bottom of the sheet.
5. Indicate if you repeated the clock instructions to the patient.