How to use the
RAI FRAILTY TOOL
CPRS Reminder
Dialogue Template

Updated: March 2022

RAI Frailty Tool: Best Practice Implementation

Step 1
Distribute single-page patient-Facing RAI Survey
Have patients complete as they wait.

Instructions: Please answer the following questions to the best of your ability. Your advocate or companion can help you complete this survey.

1. Do you live in place other than your own home? ☐ No ☐ Yes

If Yes, circle where: Nursing Home   Skilled Nursing Facility   Assisted Living   Other_____
When did you begin living in the place you are currently residing? Less than 3 months   3 months to 1 year
Greater than one year ago

2. Any kidney failure, kidney not working well, or seeing a kidney doctor (nephrologist)? ☐ No ☐ Yes
If yes circle one: was your nephrologist visit for Kidney stones   Other   Both Kidney Stones and Other problem

3. Any history of chronic (long-term) congestive heart failure (CHF)? ☐ No ☐ Yes

4. Any shortness of breath when resting? ☐ No ☐ Yes
Do you have trouble catching your breath when resting or doing minimal activities, like walking to the bathroom?

5. In the past five years, have you been diagnosed with or treated for cancer? ☐ No ☐ Yes
Prompt: Please answer "Yes" if the clinic visit today is to discuss the possibility of cancer surgery.

6. Have you lost weight of 10 pounds or more in the past 3 months without trying? ☐ No ☐ Yes
Prompt: Are your clothes feeling looser than in the past?

7. Do you have any loss of appetite? ☐ No ☐ Yes
Prompt: Do you or your family notice that you are not eating as much?

8. During the last 3 months has it become difficult for you to ☐ No ☐ Yes
remember things or organize your thoughts?

9. Getting around (mobility)	Can get around without any help	Needs help from a cane, walker or scooter	Needs Help from others to get around the house or neighborhood	Needs help getting in or out of a chair	Totally dependent on others to get around
10. Eating	Can plan and prepare own meals	Needs help planning meals	Needs help preparing meals	Needs help eating meals	Totally dependent on others to eat meals
11. Toileting	Can use toilet without help	Needs help getting to or from toilet	Needs help to use toilet paper	Cannot use a standard toilet, with help can use bedpan/urinal	Totally dependent on others for toileting
12. Personal hygiene (bathing, hand washing, changing clothes	Can shower or bathe without prompt or help	Can shower or bathe without help when prompted	Needs help preparing the tub or shower	Needs some help with some elements of washing	Totally dependent on others to shower or bathe

Step 2
Use patient responses to complete the Online RAI
Use clinical judgment as needed to correct responses

Reminder Dialog Template: RAI FRAILTY SCORE

Risk Analysis Index (RAI) Frailty Assessment Version 1.1

FRAILTY ASSESSMENT:
The Risk Analysis Index (RAI):
* Is a validated measure of patient frailty
* Helps assess a patient's global physiological reserve
* Increased levels of frailty are associated with adverse outcomes
* Significant frailty is indicated by scores greater than or equal to 37

Use the Online RAI to calculate the RAI; then record the value in the field below.

RAI score is:
(Must be an integer value between 0 and 81)
*

☐ Comment:

☑ Select this checkbox if patient indicated history of cancer

The RAI Score (without cancer) is: (Must be an integer value SMALLER than the RAI Score Above)
*

Use this value to appreciate how much the cancer diagnosis increases the RAI score

☐ Comment:

Overview

- This is a "Reminder Dialogue Template". This means that it can be "programmed" to become due according to logic specified by you/your team and programmed by the Clinical Applications Coordinator.

- It can be "turned on" for an entire medical center, a specific clinic or set of clinics, or a specific provider or group of providers.

- You can even turn this on by service line clinic to correspond with the step wedge design.

- Other options for using the RAI FRAILTY TOOL are to
  - Add the RAI FRAILTY TOOL to any other CPRS Template (parent template must be a Reminder Dialogue)
  - Locate the "RAI FRAILTY TOOL" in the list of templates to Drag and Drop into any note.

The RAI Frailty Tool: A CPRS Reminder Dialogue Template
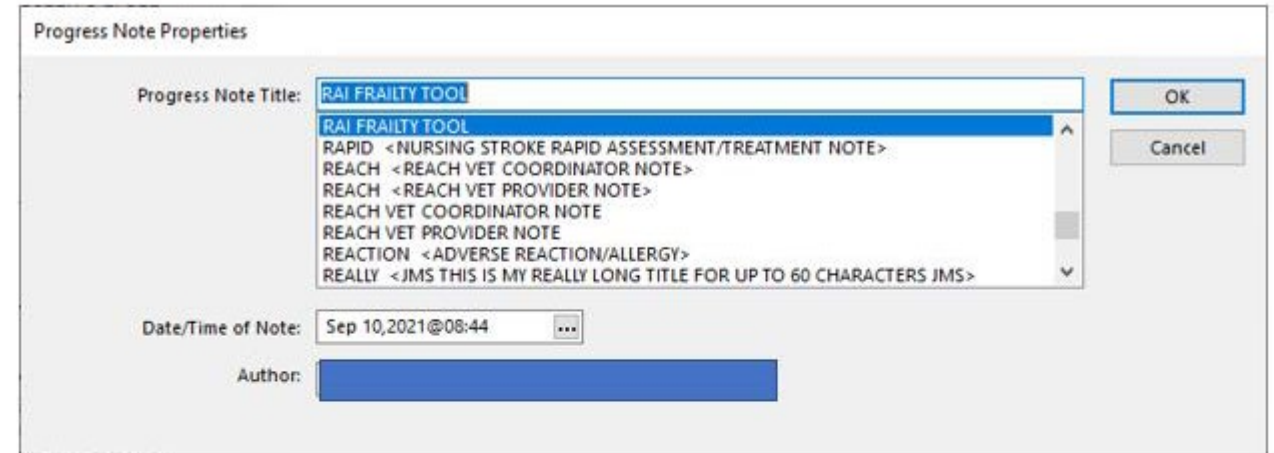
Finding the Tool in CPRS

2 options

Option #1:

Start a New Note

The RAI Frailty template can be access in CPRS by starting a new progress NOTE and selecting the RAI FRAILTY TOOL note title.
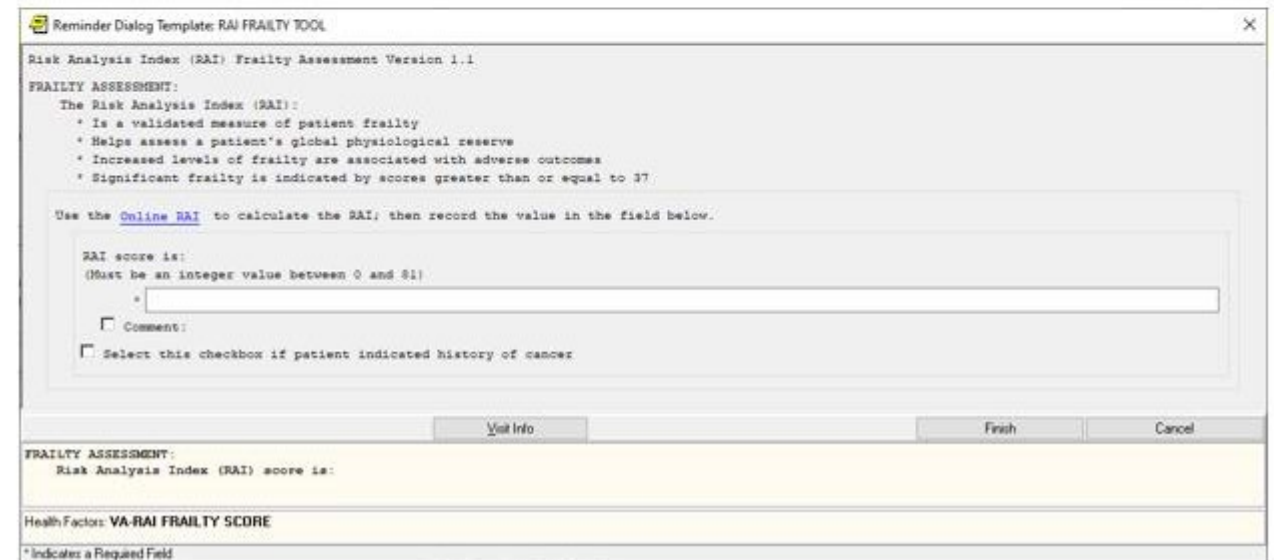
The facility CAC has instructions to create this note title and link the RAI Frailty template to the note title.

Step1: Select the RAI FRAILTY TOOL note title

Progress Note Properties

Progress Note Title: `RAI FRAILTY TOOL`

RAI FRAILTY TOOL
RAPID <NURSING STROKE RAPID ASSESSMENT/TREATMENT NOTE>
REACH <REACH VET COORDINATOR NOTE>
REACH <REACH VET PROVIDER NOTE>
REACH VET COORDINATOR NOTE
REACH VET PROVIDER NOTE
REACTION <ADVERSE REACTION/ALLERGY>
REALLY <JMS THIS IS MY REALLY LONG TITLE FOR UP TO 60 CHARACTERS JMS>

Date/Time of Note: Sep 10,2021@08:44

Author:

[OK] [Cancel]

Step 2: Complete the template

Reminder Dialog Template: RAI FRAILTY TOOL

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Use the Online RAI to calculate the RAI; then record the value in the field below.

   RAI score is:
   (Must be an integer value between 0 and 81)

   * [   ]

   ☐ Comment:

   ☐ Select this checkbox if patient indicated history of cancer

[Visit Info]   [Finish]   [Cancel]

FRAILTY ASSESSMENT:
   Risk Analysis Index (RAI) score is:

Health Factor: **VA-RAI FRAILTY SCORE**

* Indicates a Required Field

Installation Option #2:
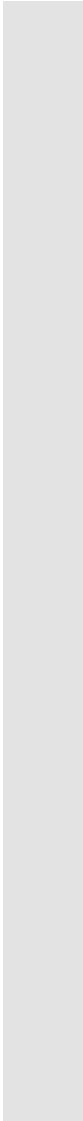
Drag and Drop from Shared Templates*

Drag & Drop
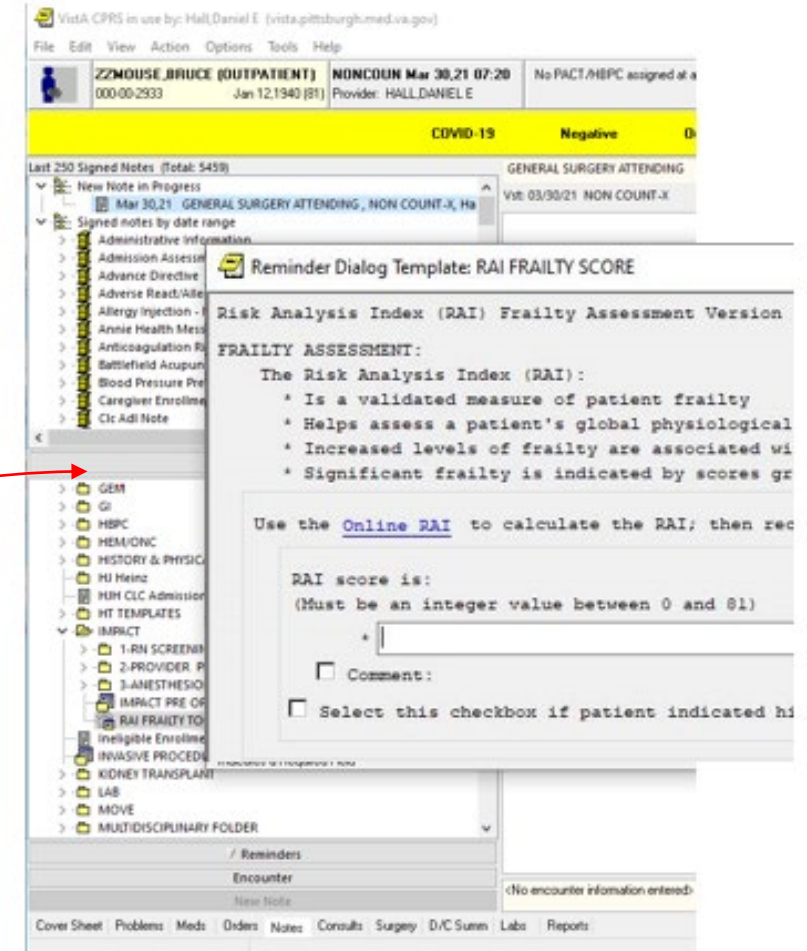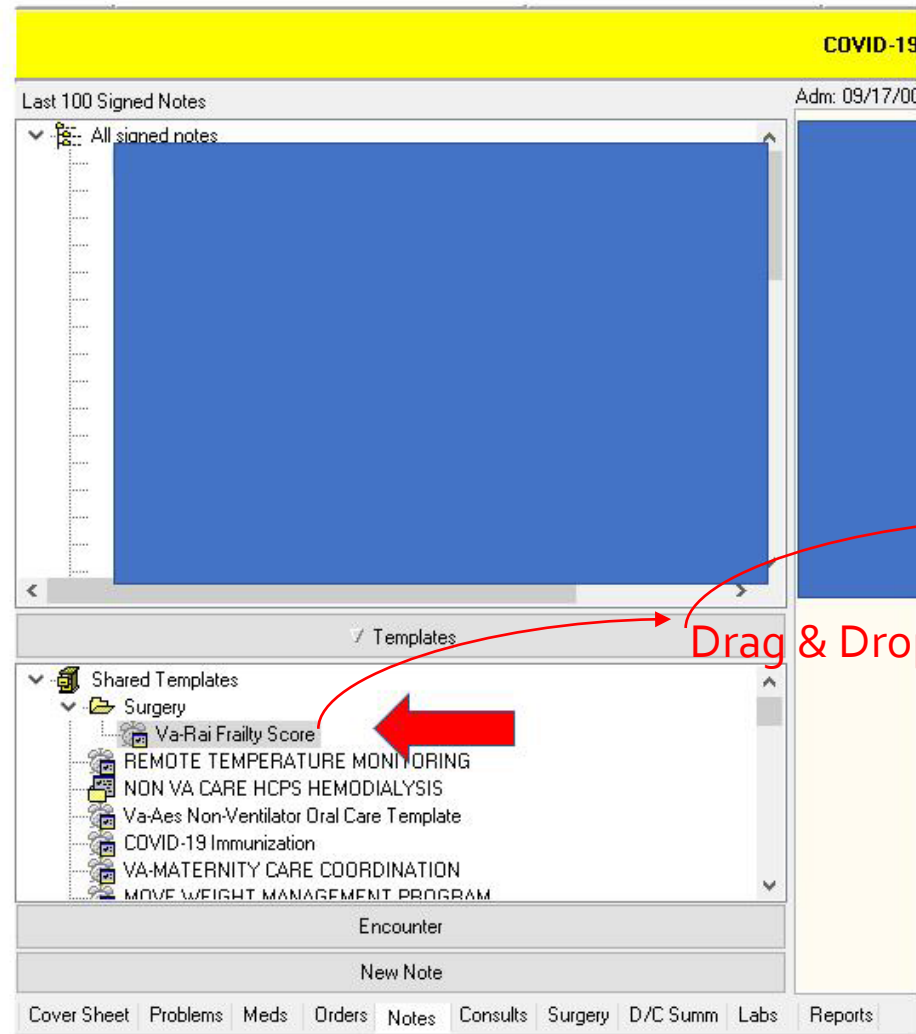
To drag and drop the RAI Frailty Tool

Step 1: Select and open any new note
Step 2. Open the templates directory and find the VA RAI FRAILTY Score
Step 3. Drag and drop the template into the body of the note; That will bring up the reminder dialogue template

*Template must be added to the "Shared Templates" Directory by the CAC

Completing the Tool and Using the Online RAI

The RAI Frailty Tool

The RAI Frailty Tool assesses a patient's global physiological reserve. Increased levels of frailty are associated with adverse outcomes and significant frailty is indicated by scores of ≥37.

The link to the online RAI, a web-based tool that helps calculate the RAI, (***built within Power Apps***) is available in the template. Please note, the previous REDCap tool is no longer available.

Calculating RAI with the Online RAI Calculator

The user will complete the RAI by answering the questions or transferring the patient's responses from the paper form.

After completing this more than 400,000 times, we know that it takes just 30 seconds to render the RAI score along with a plot permitting the interpretation of the results

Calculating RAI with the Online RAI Calculator

- The PowerApps Tool generates:
  - A breakdown of the score that can be copy and pasted into the CPRS Reminder Dialog
  - The RAI Score
  - The RAI Score (without cancer) – this score is only generated if the question in the RAI regarding a past cancer diagnosis was answered in the positive.

CALCULATED SCORE

Variable	Score
Sex:	3
Cancer Status:	Yes
Age*Cancer Status:	32
Weight Loss:	4
Poor Appetite:	4
Renal Insufficiency:	8
Chronic/Congestive Heart Failure:	5
Shortness of Breath:	3
Dependent Living:	1
Cognitive Decline:	Yes
ADL*Cognitive Decline:	8
Mobility:	Needs help from a cane, walker or scooter
Eating:	Needs help planning his/her meals
Toileting:	Needs help getting to or from the toilet
Personal Hygiene:	Can shower or bathe without help when prompted
RAI Score:	68
RAI Score (without Cancer):	52

RAI Score 68

(We recommend considering this higher score if the patient's cancer is unresectable, metastatic or carries a poor prognosis.)

Because this patient indicates a history of cancer, please select the toggle box in CPRS to this effect and enter the:

RAI Score (without cancer) 52

(We recommend considering this lower score if the patient's cancer is minor or definitively treated such that it does not impact long term survival or frailty.)

Scores ≥37 indicate significant frailty and should be discussed with the surgeon and patient.

Return to RAI Calculator

2 Scores: What Do they Mean?

RAI Frailty Tool in the Setting of Cancer Diagnosis

- The RAI score is heavily influenced by the presence of a cancer diagnosis.
  - Influence of a cancer diagnosis varies by patient age.
  - It can be hard to determine how much of the score is attributable to the cancer diagnosis.
  - This becomes relevant in early-stage cancers that may be cured by the surgical procedure under consideration.
  - If the only thing making a patient appear "frail" is a cancer diagnosis, this might unduly bias against surgical intervention.

- The way we have managed this with the Online RAI is as follows.
  - When the RAI indicates a history of cancer, the Online RAI reports *2 separate scores:*
    - **RAI Score**
    - **RAI Score calculated as if the patient did not have cancer**
  - This allows the clinician to quickly understand how much of the score is attributable to the cancer diagnosis.
  - If both scores are above 37—be careful.
  - If one is high and the other is low, it may require more clinical judgment to ascertain the realistic chance of cure.

- If the Online RAI reports 2 scores, there is the option to check the toggle box in the CPRS Template to display a second data entry field that can capture the RAI Score without cancer and record it as a separate health factor.

RAI Frailty Tool in the Setting of Cancer Diagnosis

CALCULATED SCORE

Variable	Score
Sex:	3
Cancer Status:	Yes
Age*Cancer Status:	32
Weight Loss:	4
Poor Appetite:	4
Renal Insufficiency:	8
Chronic/Congestive Heart Failure:	5
Shortness of Breath:	3
Dependent Living:	1
Cognitive Decline:	Yes
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Mobility:	Needs help from a cane, walker or scooter
Eating:	Needs help planning his/her meals
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Personal Hygiene:	Can shower or bathe without help when prompted
RAI Score:	68
RAI Score (without Cancer):	52

RAI Score — **68**

(We recommend considering this higher score if the patient's cancer is unresectable, metastatic or carries a poor prognosis.)

Because this patient indicates a history of cancer, please select the toggle box in CPRS to this effect and enter the:

RAI Score (without cancer) — **52**

(We recommend considering this lower score if the patient's cancer is minor or definitively treated such that it does not impact long term survival or frailty.)

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Return to RAI Calculator

Reminder Dialog Template: RAI FRAILTY SCORE ✕

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RAI score is:
(Must be an integer value between 0 and 81)
    *
☐ Comment:

☑ Select this checkbox if patient indicated history of cancer
    The RAI Score (without cancer) is: (Must be an integer value SMALLER than the RAI Score Above)
        *
    Use this value to appreciate how much the cancer diagnosis increases the RAI score
        ☐ Comment:

Visit Info   Finish   Cancel

FRAILTY ASSESSMENT:
    RAI score is:
        52
    Veteran indicated history of cancer:
        The RAI Score (without cancer) is:
            41

Health Factors: RAI FRAILTY SCORE, RAI FRAILTY SCORE WITHOUT CANCER

* Indicates a Required Field

Recording the Score and Where to Find Help

How to use the table:

1- Select table with cursor

2-Control+c to copy

CALCULATED SCORE

Variable	Score
Sex:	3
Cancer Status:	Yes
Age*Cancer Status:	32
Weight Loss:	4
Poor Appetite:	4
Renal Insufficiency:	8
Chronic/Congestive Heart Failure:	5
Shortness of Breath:	3
Dependent Living:	1
Cognitive Decline:	Yes
ADL*Cognitive Decline:	8
Mobility:	Needs help from a cane, walker or scooter
Eating:	Needs help planning his/her meals
Toileting:	Needs help getting to or from the toilet
Personal Hygiene:	Can shower or bathe without help when prompted
RAI Score:	68
RAI Score (without Cancer):	52

RAI Score   68

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Because this patient indicates a history of cancer, please select the toggle box in CPRS to this effect and enter the:

RAI Score (without cancer)   52

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Scores ≥37 indicate significant frailty and should be discussed with the surgeon and patient.

Return to RAI Calculator

How to use the table:

3- Input RAI Score into Template

4-Press "Finish"

How to use the table:

5-Paste Table in CPRS with Control+v

Pasted Table will look like this

(No way to improve the formatting)

```
FRAILTY ASSESSMENT:
     Risk Analysis Index (RAI) score is:
         27
Sex      3
Cancer Status    No
Age*Cancer-Status        24
Weight Loss      0
Poor Appetite    0
Renal Insufficiency      0
Chronic/Congestive Heart Failure       0
Shortness of Breath      0
Dependent Living         0
Cognitive Decline        No
ADL*Cognitive Decline    0
Mobility         Can get around without any help.
Eating  Can plan and prepare his/her own meals.
Toileting        Can use the toilet without help.
Personal Hygiene         Can shower or bathe without prompting or help.
RAI Score        27
```

Copying and Pasting Table is *OPTIONAL*
(not required)

Questions?

- Reach out anytime to:
  - VHASurgicalPause@va.gov

- Check out our Marketplace Page
  - VA Diffusion Marketplace

- Link to RAI PowerApps Tool