



NURSING HOME CLINICAL ASSIGNMENT

FRAILTY ASSESSMENT

COURSE: TBD

LEVEL OF STUDENT: Second- or Third-year BSN

SPHERE OF CARE: Sphere 3: Chronic disease management: Involves long-term care for patients with chronic conditions, focusing on self-management, education, and quality of life.

LEARNING OUTCOMES:

1. At the completion of the clinical assignment the learner will be able to discuss the aspects of Chronic disease that place individuals at risk for frailty
2. At the completion of the clinical assignment the learner will be able to identify the appropriate frailty assessment tool for older adult residents
3. At the completion of the clinical assignment the learner will be able to execute a frailty assessment and provide an interpretation of results.
4. At the completion of the clinical assignment the learner will be able to differentiate between normal aging and complications that accompany frailty.

ESSENTIAL DOMAIN(S):

Domain 1: Knowledge for Nursing Practice
Domain 2 : Person-Centered Care

ESSENTIAL CONCEPTS :

Clinical Judgement

ESSENTIAL COMPETENCY(S):

- 1.1 Demonstrate an understanding of the discipline of nursing's distinct perspective and where shared perspectives exist with other disciplines.
- 1.3 Demonstrate clinical judgment founded on a broad knowledge base.
- 2.3 Integrate assessment skills in practice.
- 2.7 Evaluate outcomes of care.

ESSENTIAL SUB-COMPETENCY(S):

- 1.1b Apply knowledge of nursing science that develops a foundation for nursing practice.
- 1.3d Integrate foundational and advanced specialty knowledge into clinical reasoning.
- 1.3f Analyze decision models from nursing and other knowledge domains to improve clinical judgment.
- 2.3d Perform point of care screening/diagnostic testing (e.g., blood glucose, PO₂, EKG).
- 2.3e Distinguish between normal and abnormal health findings.
- 2.7c Recognize the need for modifications to standard practice.

Developed by Megan Kazakoff DNP, AGNP-C, CNE (2026, April)
for the Pennsylvania Teaching Nursing Home Collaborative



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PRE-CLINICAL PREPARATION ASSIGNMENT:

Students must review the following resources before the clinical experience:

- [Multidimensional frailty as a predictor of mortality among older adults: a systematic review and meta-analysis](#). Liu, W., Qin, R., Qiu, Y., Luan, T., Qiu, B., Yan, K., Chen, Z., Miao, B., & Liu, Y. (2024). Multidimensional frailty as a predictor of mortality among older adults: a systematic review and meta-analysis. *BMC geriatrics*, 24(1), 793. <https://doi.org/10.1186/s12877-024-05377-4>
 - Domain 1: Knowledge for Nursing Practice
 - 1.1b Apply knowledge of nursing science that develops a foundation for nursing practice.
 - 1.3d Integrate foundational and advanced specialty knowledge into clinical reasoning.
- [Frailty and Healthy Aging](#): The Center for Research Excellence
 - Domain 2: Person-Centered Care
 - 2.3e Distinguish between normal and abnormal health findings.
 - 2.7c Recognize the need for modifications to standard practice.

Additional Recommended Resources:

- [A multidimensional approach to frailty in older people](#)

Pilotto, A., Custodero, C., Maggi, S., Polidori, M. C., Veronese, N., & Ferrucci, L. (2020). A multidimensional approach to frailty in older people. *Ageing research reviews*, 60, 101047. <https://doi.org/10.1016/j.arr.2020.101047>

CLINICAL ASSIGNMENT AND COMPONENTS:

1. Collect chart data from electronic medical record of 2 residents. Review resident demographic characteristics, medication list, problem list, date of last hospitalization, mobility status, physical therapy notes, and occupation therapy notes.
2. Interview resident/family and nursing home staff: ask about self-reported ability to perform ADL with or without assistance, history of falls, impact of disease on daily life.
3. Perform formal Frailty assessment.
 - a. Clinical Frailty Scale: [rockwood_cfs.pdf](#)
 - b. Physical Frailty Phenotype: [Frailty-Assessment-Definition-Sheets-combined-2.pdf](#)
4. Report to clinical instructor the results of the frailty assessment and discuss/interpret the implications of the score.
5. Propose 1-2 nursing interventions to reduce future risk for each resident assessed.

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EVALUATION CRITERIA:

- The learner completes each component of the clinical assignment.
- The learner is able to extract relevant data from the resident's EHR and via patient/family interview related to patient ADL status and risk for frailty.
- Demonstrates appropriate role of the nurse performing frailty risk assessment in terms of identifying the assessment tool preferred by the nursing home administration.
- Is able to report assessment findings to clinical instructor in a concise and organized manner.
- Is able to discuss with clinical instructor the resident specific risk factors and complications that are associated with their level of frailty given their level of care in the nursing facility.

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