Frailty Specific Tools – PRISMA 7 Questionnaire

The PRISMA 7 is a seven-item, self-completion questionnaire. It can therefore be used as a postal questionnaire, or for people who are too unwell to undertake the 4 metre walking speed test. One point is scored for each of the seven questions and a score of 3 points or more is considered to identify frailty.

The “PRISMA 7” Questions

1. Are you more than 85 years?
2. Male?
3. In general do you have any health problems that require you to limit your activities?
4. Do you need someone to help you on a regular basis?
5. In general do you have any health problems that require you to stay at home?
6. In case of need, can you count on someone close to you?
7. Do you regularly use a stick, walker or wheelchair to get about?