European Respiratory Society statement on frailty in adults with chronic lung disease

Christian R. Osadnik 1,2, Lisa J. Brighton 3,4, Chris Burtin 5, Matteo Cesari 6, Lies Lahousse 7, Will D.C. Man 8,9,10, Alessandra Marengoni 11,12, Andreja Sajnic 13, Jonathan P. Singer 14, Lies ter Beek 15, Ioanna Tsiligianni 16, Janos T. Varga 17,18, Stefano Pavanello 19 and Matthew Maddocks 3

1Monash University, Department of Physiotherapy, Frankston, Australia. 2Monash Health, Monash Lung, Sleep, Allergy and Immunology, Frankston, Australia. 3King’s College London, Cicely Saunders Institute of Palliative Care, Policy and Rehabilitation, London, UK. 4King’s College London, Department of Psychology, Institute of Psychiatry, Psychology and Neuroscience, London, UK. 5REVAL Rehabilitation Research Center, BIOMED Biomedical Research Institute, Hasselt University, Hasselt, Belgium. 6Department of Clinical Sciences and Community Health, University of Milan, Milan, Italy. 7Department of Bioanalysis, Ghent University, Ghent, Belgium. 8Heart Lung and Critical Care Group, Guy’s and St Thomas’ NHS Foundation Trust, London, UK. 9National Heart and Lung Institute, Imperial College, London, UK. 10Faculty of Life Sciences and Medicine, King’s College London, London, UK. 11Department of Clinical and Experimental Science, University of Brescia, Brescia, Italy. 12Aging Research Center, Karolinska Institutet, Stockholm, Sweden. 13Department for Respiratory Diseases Jordanovac, University Hospital Center, Zagreb, Croatia. 14Department of Medicine, University of California San Francisco, San Francisco, CA, USA. 15Vrije Universiteit Amsterdam, University Medical Center Groningen, Amsterdam, The Netherlands. 16Department of Social Medicine, Faculty of Medicine, University of Crete, Heraklion, Greece. 17Semmelweis University, Department of Pulmonology, Budapest, Hungary. 18National Koranyi Institute of Pulmonology, Department of Pulmonary Rehabilitation, Budapest, Hungary. 19Unione Trapiantati Polmone, Padua, Italy.

Corresponding author: Christian R. Osadnik (christian.osadnik@monash.edu)

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A world first, this European Respiratory Society statement summarises the state of the science on understanding and managing frailty in adults with chronic respiratory disease https://bit.ly/436PgDq


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Abstract
Frailty is a complex, multidimensional syndrome characterised by a loss of physiological reserves that increases a person’s susceptibility to adverse health outcomes. Most knowledge regarding frailty originates from geriatric medicine; however, awareness of its importance as a treatable trait for people with chronic respiratory disease (including asthma, COPD and interstitial lung disease) is emerging. A clearer understanding of frailty and its impact in chronic respiratory disease is a prerequisite to optimise clinical management in the future. This unmet need underpins the rationale for undertaking the present work. This European Respiratory Society statement synthesises current evidence and clinical insights from international experts and people affected by chronic respiratory conditions regarding frailty in adults with chronic respiratory disease. The scope includes coverage of frailty within international respiratory guidelines, prevalence and risk factors, review of clinical management options (including comprehensive geriatric care, rehabilitation, nutrition, pharmacological and psychological therapies) and identification of evidence gaps to inform future priority areas of research. Frailty is underrepresented in international respiratory guidelines, despite being common and related to increased hospitalisation and mortality. Validated screening instruments can detect frailty to prompt comprehensive assessment and personalised clinical management. Clinical trials targeting people with chronic respiratory disease and frailty are needed.