

Supplementary Material

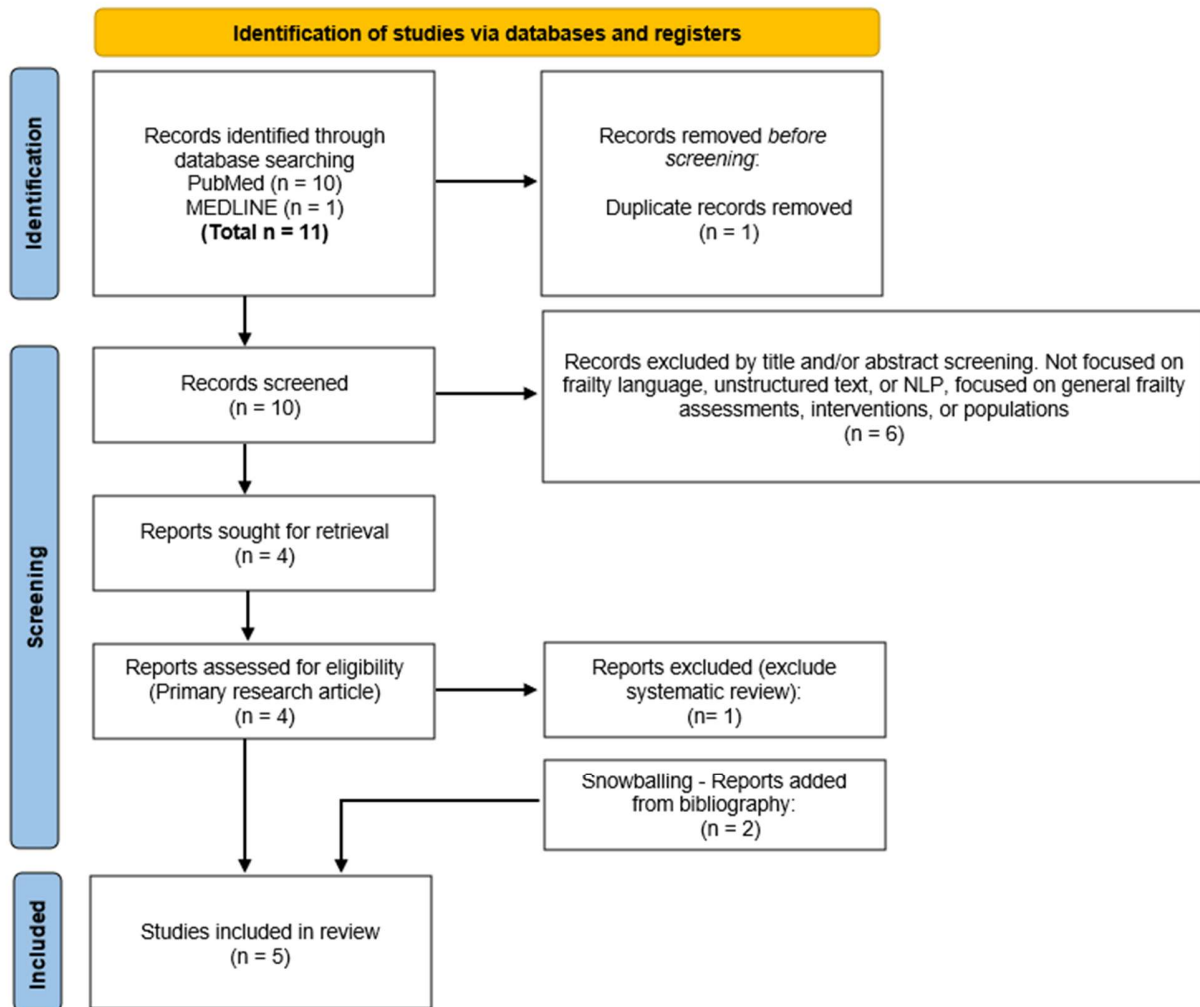


Figure S1. PRISMA-style flow diagram illustrating the identification and screening of articles informing the development of the frailty term list. This search was exploratory and not conducted as a full systematic or scoping review.

Importance of Frailty Terms (Sorted by Combined Importance)

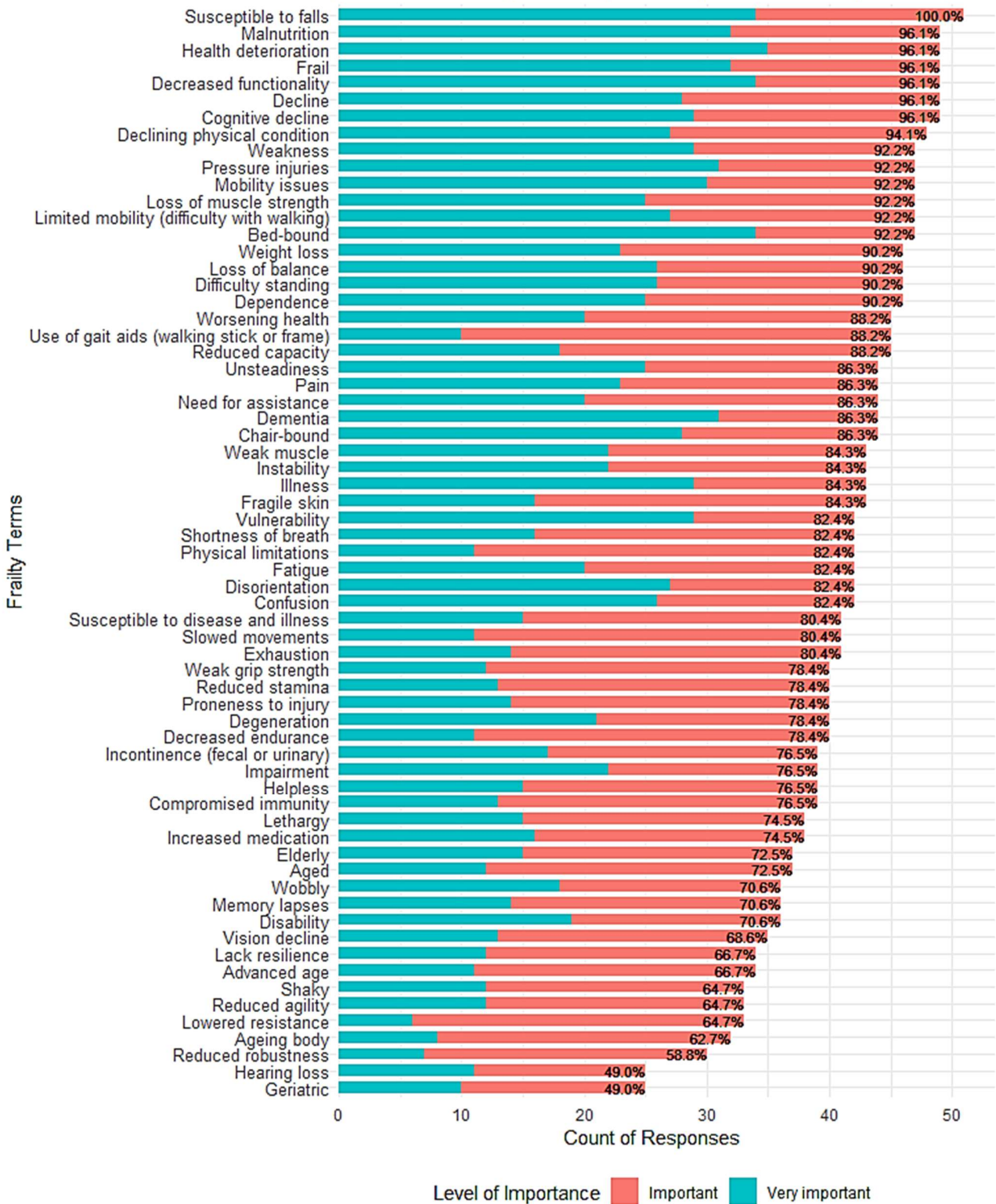


Figure S2. Ranking Graph of Frailty Terms by Combined Importance (%).

Importance of Frailty Terms (Sorted by Important and Very Important)

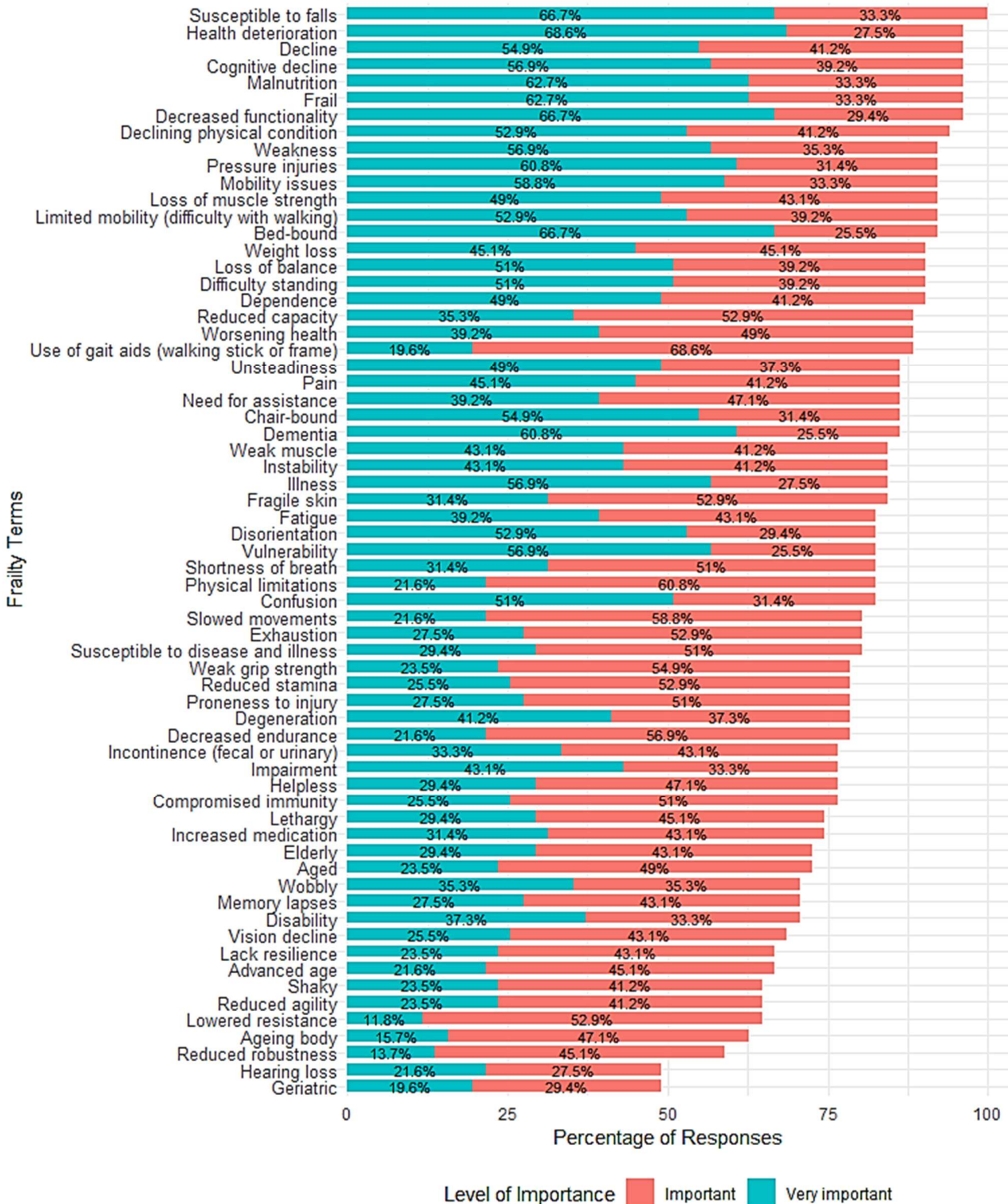


Figure S3. Ranking Graph of Frailty Terms-Very important (%) vs. Important (%).

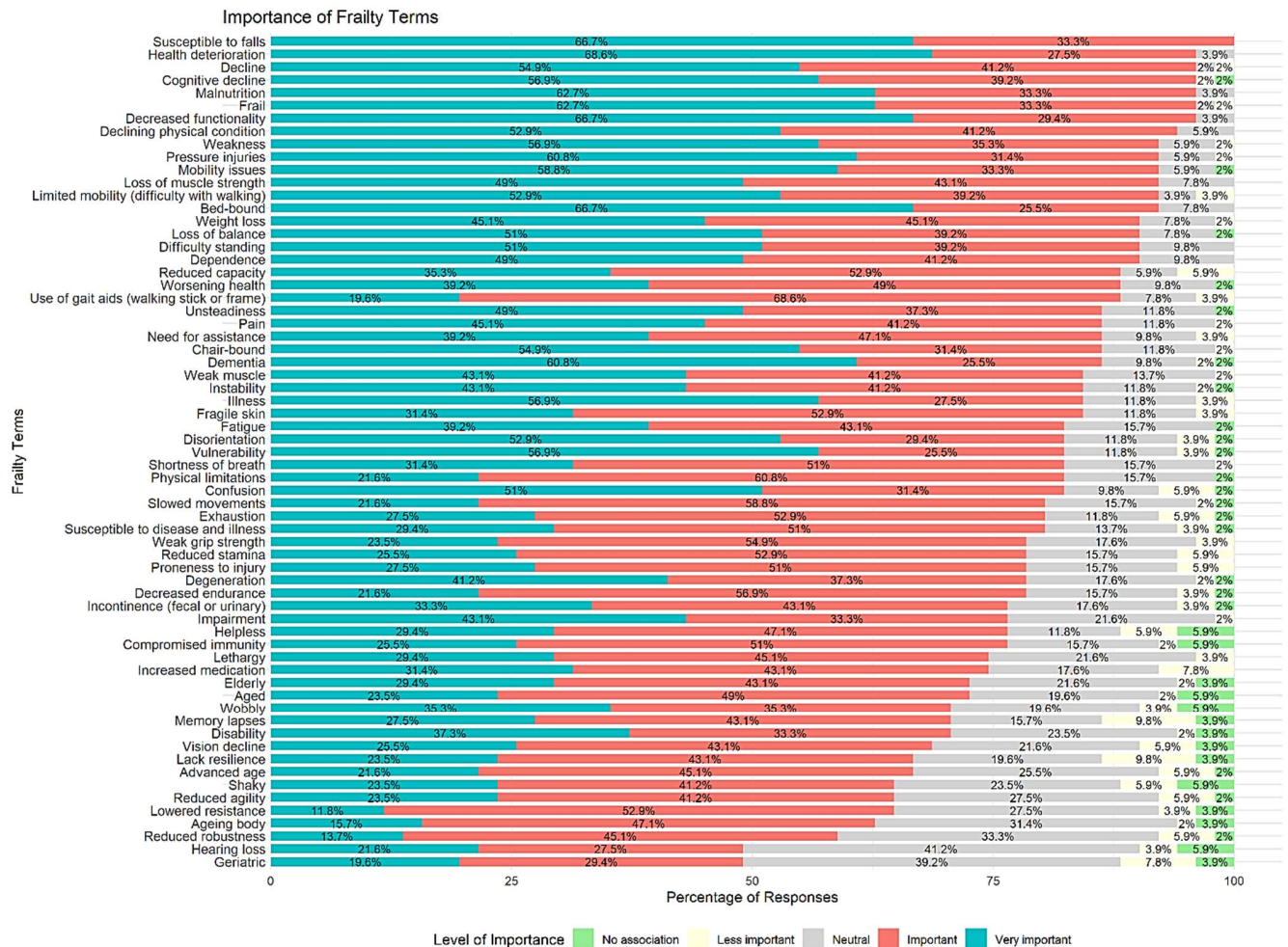


Figure S4. Ranking Graph of Frailty Terms - Neutral (%), Less Important (%) and No Association (%).

Table S1. Full List of 65 Frailty Terms.

No.	Term	No.	Term
1	Cognitive decline	34	Health deterioration
2	Confusion	35	Illness
3	Dementia	36	Instability
4	Disorientation	37	Lethargy
5	Memory lapses	38	Limited mobility (difficulty with walking)
6	Decreased functionality	39	Loss of balance
7	Dependence	40	Loss of muscle strength
8	Disability	41	Lowered resistance
9	Fatigue	42	Mobility issues
10	Hearing loss	43	Pain
11	Impairment	44	Physical limitations
12	Incontinence (fecal or urinary)	45	Pressure injuries
13	Increased medication	46	Proneness to injury
14	Need for assistance	47	Reduced capacity

15	Reduced agility	48	Reduced stamina
16	Reduced robustness	49	Shaky
17	Slowed movements	50	Shortness of breath
18	Use of gait aids (walking stick or frame)	51	Susceptible to disease and illness
19	Vision decline	52	Susceptible to falls
20	Worsening health	53	Unsteadiness
21	Malnutrition	54	Weak grip strength
22	Weight loss	55	Weak muscle
23	Bed-bound	56	Weakness
24	Chair-bound	57	Wobbly
25	Compromised immunity	58	Helpless
26	Decline	59	Lack resilience
27	Declining physical condition	60	Vulnerability
28	Decreased endurance	61	Advanced age
29	Degeneration	62	Aged
30	Difficulty standing	63	Ageing body
31	Exhaustion	64	Elderly
32	Fragile skin	65	Geriatric
33	Frail		

Table S2. Grouping of Frailty Terms by Dimensions.

Dimension	Term
Cognitive	Cognitive decline, Confusion, Dementia, Disorientation, Memory lapses
Functional	Decreased functionality, Dependence, Disability, Fatigue, Hearing loss, Impairment, Incontinence (fecal or urinary), Increased medication, Need for assistance, Reduced agility, Reduced robustness, Slowed movements, Use of gait aids (walking stick or frame), Vision decline, Worsening health
Nutritional	Malnutrition, Weight loss
Physical	Bed-bound, Chair-bound, Compromised immunity, Decline, Declining physical condition, Decreased endurance, Degeneration, Difficulty standing, Exhaustion, Fragile skin, Frail, Health deterioration, Illness, Instability, Lethargy, Limited mobility (difficulty with walking), Loss of balance, Loss of muscle strength, Lowered resistance, Mobility issues, Pain, Physical limitations, Pressure injuries, Proneness to injury, Reduced capacity, Reduced stamina, Shaky, Shortness of breath, Susceptible to disease and illness, Susceptible to falls, Unsteadiness, Weak grip strength, Weak muscle, Weakness, Wobbly
Psychological	Helpless, Lack resilience, Vulnerability
Social	Advanced age, Aged, Ageing body, Elderly, Geriatric

Table S3. Percentage of frailty terms rated as “Very Important or Important” by each professional group, broken down by frailty dimension and level of agreement.

Professional Group	Doctors (total 5)		Nurses (total 11)		Allied Health (total 27) DT, EP, OT, PHY, POD, PSY, SWK, SP		CWK, Lifestyle, THA (total 8)	
	All agreed	Agreed by 80%+	All agreed	Agreed by 80%+	All agreed	Agreed by 80%+	All agreed	Agreed by 80%+
Physical (35 items)	15 terms (43%)	25 terms (71%)	8 terms (23%)	28 terms (80%)	1 term (3%)	22 terms (63%)	27 terms (77%)	35 terms (100%)
Functional (15 items)	8 terms (53%)	12 terms (80%)	3 terms (20%)	8 terms (53%)	0 terms (0%)	5 terms (33%)	9 terms (60%)	14 terms (93%)
Nutritional (2 items)	2 terms (100%)	2 terms (100%)	1 term (50%)	2 terms (100%)	0 terms (0%)	2 terms (100%)	2 terms (100%)	2 terms (100%)
Cognitive (5 items)	3 terms (60%)	5 terms (100%)	1 term (20%)	3 terms (60%)	0 terms (0%)	1 term (20%)	5 terms (100%)	5 terms (100%)
Psychological (3 items)	1 term (33%)	1 term (33%)	0 terms (0%)	2 terms (67%)	0 terms (0%)	0 terms (0%)	2 terms (67%)	3 terms (100%)
Social (5 items)	0 terms (0%)	2 terms (40%)	0 terms (0%)	0 terms (0%)	0 terms (0%)	0 terms (0%)	1 term (20%)	4 terms (80%)

DT: Dietitian, EP: Exercise Physiologist, OT: Occupational Therapist, POD: Podiatrist, PHY: Physiotherapist, PSY: Psychologist, SWK: Social Worker, SP: Speech Pathologist. Note: “All agreed” = all respondents within the professional group rated the term as Very Important or Important. “≥80% agreed” = at least 80% of respondents within the professional group rated the term as Very Important or Important.

Table S4. Distribution of “Very Important or Important” frailty term ratings by professional group and years of experience.

Group	Years of Experience				
	< 1 year	[1, 5) years	[5, 10) years	[10, 15) years	> 15 years
Allied Health	-	20.9%	19.7%	32.3%	27.1%
Care Workers/Lifestyle/Therapy Assistants	24.8%	23.1%	39.1%	13%	-
Medical Doctors	-	-	13.4%	17.1%	69.5%
Nurses	-	28.9%	10.6%	10.8%	49.6%

Note: Cells marked ‘-’ indicate that no participants from this profession were represented in the specified experience category.

Survey S1. Survey Instrument.

Dear Participant,

Thank you for participating in our survey. In our PhD research, we are collecting opinions from healthcare professionals like you to inform our research design regarding a set of frailty terms we have developed. Your feedback on the suitability and wording of these terms is invaluable, as it helps us refine our understanding of how frailty is described in healthcare settings. By sharing your perspectives, you are making a significant contribution to the nuances of frailty, which is essential for advancing our research and understanding in this field.

We would like to emphasise that participation in this online survey is entirely voluntary. To ensure the utmost confidentiality, all survey responses will be aggregated, and no individual identifiers will be used in any reports or publications. The findings from this survey will be compiled and disseminated through peer-reviewed articles, conference presentations, and other academic platforms, contributing to a broader understanding and discussion within the scientific and healthcare communities.

If you have any questions regarding this survey, please feel free to email me at jonathan.kong@my.jcu.edu.au. On behalf of the research team, thank you once again for your time and contribution. Your involvement is greatly appreciated and will surely make a positive impact on our research outcomes.

Jonathan Kong
PhD Candidate
James Cook University

Note:

By clicking the "Commence" arrow button below, you are giving your consent to participate in this survey. We value your feedback and appreciate your contribution to advancing our understanding in this field.

When you are ready, click on the arrow button to commence the survey.



Please select the profession that best describes your current occupation:

Medical Doctor

Nurse

Psychologist

Physiotherapist

Exercise Physiologist

Occupational Therapist

Speech Pathologist

Dietitian

Social Worker

Podiatrist

Therapy Assistant

Care Worker

Other (Please specify):

How long have you been in your current occupation?

< 1 year

1 - 5 years

5 - 10 years

10 - 15 years

> 15 years



How would you rate the following terms in their relevance to describing frailty in the elderly?

	Very important	Important	Neutral	Less important	No association
Illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vulnerability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health deterioration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exhaustion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Impairment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Degeneration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lethargy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



How would you rate the following terms in their relevance to describing frailty in the elderly?

	Very important	Important	Neutral	Less important	No association
Fatigue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unsteadiness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wobbly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shaky	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Loss of balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mobility issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shortness of breath	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dependence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weak muscle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



How would you rate the following terms in their relevance to describing frailty in the elderly?

	Very important	Important	Neutral	Less important	No association
Reduced stamina	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helpless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack resilience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decreased functionality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cognitive decline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Memory lapses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confusion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disorientation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Susceptible to falls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



How would you rate the following terms in their relevance to describing frailty in the elderly?

	Very important	Important	Neutral	Less important	No association
Compromised immunity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Need for assistance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduced capacity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty standing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Proneness to injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Limited mobility (difficulty with walking)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduced agility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Loss of muscle strength	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Slowed movements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aged	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frail	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Elderly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



How would you rate the following terms in their relevance to describing frailty in the elderly?

	Very important	Important	Neutral	Less important	No association
Decreased endurance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worsening health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hearing loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vision decline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fragile skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increased medication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health deterioration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical limitations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Susceptible to disease and illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ageing body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduced robustness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



How would you rate the following terms in their relevance to describing frailty in the elderly?

	Very important	Important	Neutral	Less important	No association
Lowered resistance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Geriatric	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Advanced age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Incontinence (fecal or urinary)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dementia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Malnutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weak grip strength	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pressure injuries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use of gait aids (walking stick or frame)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bed-bound	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chair-bound	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Are there any other terms you can think of that are not covered above? Please enter new terms below.

Click to enter:



We thank you for your time spent taking this survey.
Your response has been recorded.