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Trends in Frailty and its Associated factors in Community Dwelling Elderly Indian Population during COVID-19 Pandemic- A Prospective Analytical Study

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Trends in Frailty and its Associated factors in Community Dwelling Elderly Indian Population during COVID-19 Pandemic- A Prospective Analytical Study

Abstract: There is a scarcity of quality literature on the prevalence of frailty among community dwelling elderly in India. This study was originally planned to analyze the longitudinal trends in frailty status of community dwelling elderly in an Indian population as well to identify factors associated with frailty in the Indian context. However the recruitment phase of this study coincided with one of the largest lockdowns in history, and this gave us a unique opportunity to study the effects this pandemic enforced, absolutely necessary restrictions, had on the frailty status as well the factors affecting frailty in elderly. **Methods :** A prospective observational study was designed and conducted amongst 19 community dwelling elderly of Dakshina Kannada District, in Karnataka India. Outcome variables of frailty(EPIF), Physical activity(PASE), functional mobility(TUG), gait speed(10 meter walk test), nutritional status(MNAT), body composition(BIA), and strength(dynamometry), were measured at baseline and on follow-up exactly after 3 months. The change occurring in these variables over the 3 month period was analyzed and the change in frailty was independently correlated with changes in each of the other outcomes. **Results:**We couldn't identify any statistically significant difference in frailty over a period of 3 months. However there was a highly significant change in the physical activity status, lower extremity muscle strength, body composition, functional mobility, gait speed, and cognitive function in the same time period. **Conclusion :** Though individual determinants of frailty in community dwelling changed over a 3 month period, these changes failed to produce any observable/measurable difference in frailty status.