

Bedside Risk Scoring System for Mortality in Older Adults After Hospitalization

Overview: The Bedside Risk Score can be used to predict mortality for an older adult 1 year after discharge from the hospital. It uses information available at the time of hospital discharge. This can help identify patients who might benefit from more aggressive therapy and monitoring.

Patients: age \geq 70 years of age

Parameters:

- (1) gender
- (2) dependence in activities of daily living (ADL)
- (3) comorbid conditions for heart failure and cancer
- (4) laboratory findings for serum creatinine and albumin

Activities of daily living:

- (1) bathing
- (2) dressing
- (3) using the toilet
- (4) transferring from bed to chair
- (5) eating

Parameter	Finding	Points
gender	female	0
	male	1
need for assistance with activities of daily living	0	0
	1 to 4	2
	all 5	5
heart failure	absent	0
	present	2
cancer	absent	0
	solitary cancer	3
	metastatic	8
serum creatinine	\leq 3.0 mg/dL	0

	> 3.0 mg/dL	2
albumin	> 3.4 g/dL	0
	3.0 - 3.4 g/dL	1
	< 3.0 g/dL	2

bedside risk score =

= SUM(points for all 6 parameters)

Interpretation:

- minimum score: 0
- maximum score: 20
- The higher the score the more severely affected the patient.

Risk Score	Percent Dead at 1 Year in Derivation Set (95% CI)	Percent Dead at 1 Year in Validation Set (95% CI)
0 to 1	13% (10-16%)	4% (2-6%)
2 to 3	20% (16-24%)	19% (15-23%)
4 to 6	37% (33-41%)	34% (29-39%)
> 6	68% (63%-73%)	64% (58-70%)

from Table 4 page 2992

References:

Walter LC Brand RJ et al. Development and validation of a prognostic index for 1-year mortality in older adults after hospitalization. JAMA. 2001; 285: 2987-2994.