

简体中文版临床虚弱量表（SC-CFS, Simplified Chinese Clinical Frailty Scale）

级别		Clinical Frailty Scale	Simplified Chinese Clinical Frailty Scale
第 1 级		Very Fit – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.	非常健壮 （Very Fit）– 能保持良好体能和积极主动的态度，通常坚持规律运动，是同龄人中最强健的群体。
第 2 级		Well – People who have no active disease symptoms but are less fit than category 1. Often, they exercise or are very active occasionally, e.g. seasonally.	健康良好 （Well）– 无明显疾病症状，但体能略逊于第 1 级。偶尔进行锻炼或高强度活动（如季节性运动）。
第 3 级		Managing Well – People whose medical problems are well controlled, but are not regularly active beyond routine walking.	状况稳定 （Managing Well）– 医学问题得到良好控制，但仅限日常步行，无规律性运动。
第 4 级		Vulnerable – While not dependent on others for daily help, often symptoms limit activities. A common complaint is being “slowed up”, and/or being tired during the day.	轻度脆弱 （Vulnerable）– 可自理日常生活，但症状常限制活动；常感行动变慢或白天易疲劳。
第 5 级		Mildly Frail – These people often have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and house work.	轻度衰弱 （Mildly Frail）– 行动明显放慢，工具性日常生活活动（如理财、出行、繁重家务、用药管理）需他人协助，逐步影响独自购物、户外行走、备餐及家务能力。
第 6 级		Moderately Frail – People need help with all outside activities and with keeping house. Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing.	中度衰弱 （Moderately Frail）– 所有户外活动及家务需协助；居家上下楼梯困难，洗澡需帮助，穿衣需少量提示或陪同。
第 7 级		Severely Frail – Completely dependent for personal care, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).	重度衰弱 （Severely Frail）– 因身体或认知原因完全依赖他人进行日常护理；但病情相对稳定，约 6 个月内生存相对有保障。
第 8 级		Very Severely Frail – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.	极重度衰弱 （Very Severely Frail）– 完全依赖他人护理，接近生命终末期；即便轻微疾病也难以恢复。
第 9 级		Terminally Ill – Approaching the end of life. This category applies to people with a life expectancy < 6 months, who are not otherwise evidently frail.	临终状态 （Terminally Ill）– 临近生命终点，预期生存期 < 6 个月，但无其他明显衰弱表现。

使用说明：本量表仅供临床评估参考，需结合医师综合判断与个体化评估结果。