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Is resilience prior to the Coronavirus pandemic related to changes in frailty status in older adults during the Coronavirus pandemic?

Results from the Hanze Health and Ageing Study

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Introduction

Resilience is expected to be a protective factor for frailty. We aimed to investigate if resilience is associated with change in frailty status in community-dwelling persons aged >55 years during the second wave (November 2020) of the Coronavirus pandemic (CP).

Methods

- Participants were recruited from the Hanze Health and Ageing Study (Northern Netherlands).
- Frailty was assessed by the Groningen Frailty Indicator (GFI) before and during the CP, using ≥4 as cut-off score for frailty.
- Resilience was assessed by the Groningen Ageing Resilience Inventory (GARI), before CP.
- Univariate and multivariate logistic regression analyses were performed for the association between resilience and change in frailty status (difference between both GFI measurements).
- Co-variables included in the multivariate analysis: gender, age, cohabitation, education level, body mass index, comorbidities, physical performance, cognitive function and sleep quality.
- Statistical significance was set at $p<0.05$.

Results

n= 80
Age: 65±6 years

Women
62%

Higher educated
22%

Living alone
22%

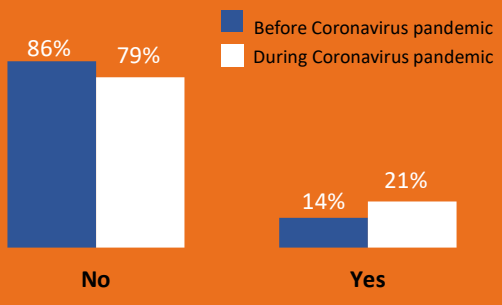

Figure 1. Prevalence of frailty
p=0.146

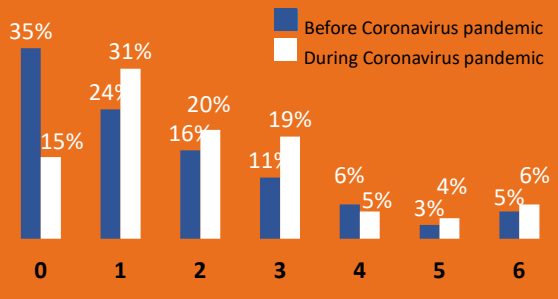

Figure 2. Frailty score (GFI)
p=0.002

- Mean GFI Score increased 0.5 points.
- Resilience before CP was not associated with change in GFI score:
  univariate analysis p=0.783;
  multivariate analysis p=0.932

Conclusion

While prevalence of frailty did not increase during the second wave of the CP, frailty status deteriorated in community-dwelling persons.
However, this deterioration was not associated with low resilience.