

Evaluer la fragilité en pratique clinique: est-ce recommandable?

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Quintessence

- La fragilité liée à l'âge correspond à une perte de réserve physiologique de plusieurs organes, induisant une plus grande vulnérabilité face au stress. En l'absence de définition consensuelle, sa mesure se réfère principalement à deux modèles: le phénotype de Fried et l'index de Rockwood.
- La fragilité est associée à un risque significativement plus élevé de dépendance fonctionnelle, d'admission dans un hôpital ou un établissement de long séjour, et de décès.
- L'histoire naturelle de la fragilité se caractérise par une progressivité, mais aussi par une éventuelle réversibilité qui en fait une cible potentielle de prévention. Les connaissances actuelles sont cependant trop lacunaires pour intervenir spécifiquement sur la fragilité.
- La recherche clinique sur la fragilité n'est que très récente. La recommandation d'évaluer la fragilité par des mesures de performance (vitesse de marche, force de préhension, etc.) repose sur l'observation de leur lien avec une évolution défavorable, et non sur notre capacité à proposer des interventions efficaces sur la fragilité.
- La poursuite des recherches cliniques et épidémiologiques sur la fragilité est indispensable. Elle constitue un enjeu majeur face au risque d'une épidémie de dépendance fonctionnelle au milieu de ce siècle, annoncée par le vieillissement des baby-boomers.



Brigitte Santos-Eggimann

Les auteurs ont pu déclarer des conflits d'intérêts ou participer au rapport avec l'industrie.

Après un siècle de vieillissement démographique, les personnes âgées de 65 ans et plus constituent aujourd'hui 17% de la population suisse. Sans aucun doute, cette proportion croîtra plus vite que jamais au cours des trois prochaines décennies, en raison de l'arrivée à l'âge de la retraite d'une volumineuse vague de baby-boomers et d'une augmentation de la longévité dont rien ne nous dit qu'elle finit. Selon les projections moyennes de l'OFS, 28% seront âgés de 65 ans ou plus en 2050 [1]. Or, à l'âge de 65-70 ans déjà, une majorité de la population générale rapporte une ou plusieurs maladies chroniques, sans même considérer l'hypertension artérielle ou l'hypercholestérolémie; lorsque ces dernières sont aussi prises en compte, seuls 15% restent sans diagnostic d'affection chronique alors que 60% en déclarent deux ou davantage [2].

L'impact sur la pratique médicale de l'association entre âge avancé et maladies chroniques est aujourd'hui manifeste: au CHUV par exemple, en 2008, 47% des séjours de patients majeurs concernaient des personnes de 65 ans ou plus [3]. Le quotidien des salles d'urgence, des cabinets médicaux et des salles d'opération est de traiter

souvent des patients âgés en proposant, parfois, des soins agressifs constituant en soi une source de stress majeur pour l'organisme.

Dans l'évolution de la santé, beaucoup de personnes âgées connaissent une période transitoire entre le moment du diagnostic de pathologies chroniques et celui où apparaît une dépendance fonctionnelle. Cette période est caractérisée par l'apparition d'une fragilité qui se traduit par une plus grande vulnérabilité aux situations de stress aigus et une susceptibilité accrue au risque de complications [4]. Cet article a pour but de présenter la fragilité en tant que concept et caractéristique mesurable, avant d'examiner si les connaissances actuelles sur la fragilité permettent d'en tenir compte dans la pratique médicale.

Le concept de fragilité

Le concept de fragilité n'est apparu dans le champ médical que dans le dernier quart du XX^e siècle, alors que le vieillissement de la population avait déjà suscité d'abondantes réflexions sur d'autres aspects de la santé des personnes âgées, en particulier les comorbidités et les déficits fonctionnels affectant les activités de la vie quotidienne. Ce n'est qu'au tournant des années 2000 que l'intérêt pour la fragilité a réellement pris de l'ampleur, notamment en recherche gériatrique [5]. Actuellement, le terme de fragilité est utilisé à la fois dans des discours «profanes» et spécialisés; le glissement de l'un à l'autre n'est pas net, comme en témoignent les différentes définitions de la fragilité auxquelles fait référence la littérature médicale. La fragilité reste un sujet de recherche récent. Les débats sur sa nature et sa définition portent notamment sur la distinction entre âge et fragilité, sur une vision de la fragilité comme indépendante ou non d'autres caractéristiques de la santé telles que la comorbidité et la dépendance fonctionnelle, mais aussi sur la contribution de facteurs psycho-sociaux.

L'une des particularités de la fragilité est de susciter une compréhension immédiate, mais essentiellement intuitive, du concept: il est fréquent d'entendre des soignants évoquer la fragilité d'un patient sans pouvoir en donner une définition claire. De fait, la fragilité est mise en avant lorsqu'une vulnérabilité, au sens d'un risque accru d'évolution défavorable de la santé, est perçue chez un patient âgé sur la base d'indices explicites ou non. La référence à la vulnérabilité dans cette approche perceptive favorise un point de vue plus global dans lequel des éléments psycho-sociaux, voire économiques, doivent être intégrés à la définition de la fragilité.

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