

Supplement C. Clinical Intervention Guidelines on Prevention and Management of Frailty (unpublished)

Recommendations	Strength of recommendations	Level of evidence
1-1 In elderly patients with normal cognitive function, exercise intervention is strongly recommended to improve frailty.	Strong	A*
1-2 In elderly patients who can walk independently even if they have cognitive impairment, exercise intervention to improve frailty is helpful.	Strong	C-EO**
2-1 In elderly patients with normal cognitive function, a combination of exercise and nutrition intervention is strongly recommended to improve frailty.	Strong	A
2-2 In elderly patients who can walk independently even if they have cognitive impairment, a combination of exercise and nutrition intervention is helpful to improve frailty.	Strong	C-EO

* A: Two or more high-quality randomized clinical studies, meta-analysis using high-quality randomized clinical studies, and one or more randomized studies with guaranteed high-quality subject enrollment

** C-Expert Opinion: Expert opinion consensus based on clinical experience