

Paper Category:	COVID 19 and Sarcopenia and Frailty
Paper Title: (Arial Font; 14 Pt Size)	Sarcopenia among older people admitted to hospital
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
(Maximum word limit - 300 words)	
<p>Background: Sarcopenia is prevalent among older people in hospital and associated with worse outcomes. This study aimed to determine the prevalence and clinical characteristics of sarcopenia among hospitalised older people, and to compare outcomes among those with and without sarcopenia.</p> <p>Method: We included patients admitted to geriatric and medical wards in a university hospital. Sarcopenia was determined by assessing participants' calf circumference, hand grip strength and 5-time chair stand test using thresholds per the Asian Working Group for Sarcopenia (AWGS). Comparison was made between those with and without sarcopenia. The participants were followed up 28 days post-discharge to assess Elderly Mobility Scale (EMS), Modified Barthel Index (MBI), readmission rate, and mortality.</p> <p>Result: Participants were assessed within the first 5 days of admission. Forty nine out of 79 (62%) total patients included had possible. The median age was 76 years (IQR:71,82), 62% were female, and the median duration of stay in hospital was 9 days (IQR:5,16). 63% of the participants had low calf circumference (median 31.4cm, IQR:28.5,31.3), 93.7% had low grip strength (median 11kg, IQR:6,15) and 94.9% had prolonged 5-time chair stand test. Although not statistically significant, out of six participants who developed hospital-acquired infections, four had possible sarcopenia ($p=0.768$). All participants who passed away during hospitalisation ($n=3$, vs $n=0$ in those without sarcopenia, $p=0.158$) and within 28 days post-discharge ($n=1$, vs $n=0$ in those without sarcopenia, $p=0.421$) had possible sarcopenia. Among participants who were readmitted to hospital 28 days post discharge, 6 had possible sarcopenia and 4 did not have sarcopenia ($p=0.942$). All of the participants regardless of sarcopenia status had reduced EMS (MBI: $Z -2.668$, $p=0.008$) and MBI on follow up (EMS: $Z -3.259$, $p=0.001$).</p> <p>Discussion and conclusion: These findings indicated that older people should be assessed for sarcopenia in hospital as it is highly prevalent.</p>	

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