

Paper Category:	Health Service
Paper Title: (Arial Font; 14 Pt Size)	Sarcopenia Screening and Intervention Pathway in the Geriatric Outpatient Clinic
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>(Maximum word limit - 300 words)</p> <p>Background With a rapidly aging global population and an increasing prevalence of chronic diseases, the focus of healthcare is shifting towards preventive health. Sarcopenia can lead to negative outcomes in older adults such as falls and functional decline, thereby increasing healthcare costs. Screening and early intervention of sarcopenia can improve quality of life and allow older adults to live long and well.</p> <p>Objectives The aim is to evaluate the role of a sarcopenia screening and intervention pathway in the geriatric outpatient clinic.</p> <p>Methods Older adults aged 65 years and above with geriatric syndromes are referred to the geriatric outpatient clinic in Alexandra Hospital. In addition to their clinical parameters, patients are screened for sarcopenia using the SARC-F questionnaire and handgrip strength with the dynamometer. Those who have a SARC-F score of ≥ 4 or handgrip strength of $< 28\text{kg}$ in males or $< 18\text{kg}$ in females are advised for further evaluation. This includes measurement of appendicular skeletal muscle mass using bioelectrical impedance analysis, assessment of physical performance, and clinical evaluation for reversible causes. Subsequently, the patient will also be reviewed by the dietician and physiotherapist for adequate protein diet and resistance-based exercises.</p> <p>Results A total of 147 patients were referred to the geriatric outpatient clinic from May to Jun 2023. Of the 112 patients who were screened, the mean age is 79.8 ± 7.97 years, with a female predominance (69.6%). 57 (50.9%) and 73 (65.2%) were screened as at risk for sarcopenia based on the SARC-F questionnaire and handgrip strength assessment respectively.</p> <p>Discussion Older adults attending the geriatric outpatient clinic may have multiple comorbidities, cognitive impairment or history of falls, which are associated with increased risk of developing sarcopenia. Having a sarcopenia screening and management pathway in the specialist outpatient clinic is an effective and feasible way to prevent sarcopenia and maintain quality of life in older adults.</p>	

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