

Paper Category:	Physical activity and exercise
Paper Title: (Arial Font; 14 Pt Size)	Protocol: Combined Exercise and Nutrition intervention for Possible Sarcopenia in Community-based Primary Care: a Randomized Controlled Trial
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> <ul style="list-style-type: none"> • Background According to AWGS 2019 guideline, “possible sarcopenia” is defined by case finding with calf circumference, SARC-F, SARC-CALF and assessment with handgrip strength or 5-time chair stand test, specifically for primary care setting. There has been a lack of clinical trial with patients with possible sarcopenia in primary care. This study aims to perform and observe the effect of an exercise-nutrition combined intervention with Korean older patients with possible sarcopenia in community-based primary care. • Objectives This study aims to observe the effect of exercise-nutritive complex intervention on possible sarcopenic patients. This experiment compares the 12-week combined exercise and nutrition intervention effect compared to the control group. . • Method This multi-centre, randomized-controlled trial will include 94 community-dwelling older participants, aged between 65 to 85 years, with possible sarcopenia (control group with 47 participants and treatment group with 47 participants). The 12-week exercise-nutritive complex intervention comprises of an exercise intervention consisting of an introductory phase (3 weeks; twice-weekly visits and once-weekly home exercise, concentric exercise), an expanded phase (3 weeks; twice-weekly visits, once-weekly home exercise, eccentric exercise) and a maintenance phase (6 weeks; once-weekly visits, twice-weekly home exercise); and a nutrition intervention according to the nutritional status of the participants(for MNA <24, calorie-protein supplements provided). Results will be measured at 0-week, 12-week and 24-week post-intervention. The data will be analysed using the intention-to-treat method. Primary outcomes are the results of 5-time chair stand test and handgrip strength. • Discussions and Conclusions This study started in August, 2023. We hypothesize that the treatment group with exercise and nutrition intervention therapy for older patients with possible sarcopenia in primary care will show improvement in sarcopenic indicators (5-time chair stand test and hand grip strength) than the control group. 	