

<b>Paper Category:</b>	Health Services
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	Behaviour change interventions for management of frailty and sarcopenia – a primary care pilot
<b>Abstract Body:</b> (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> <li>• Background</li> <li>• Objectives</li> <li>• Method</li> <li>• Results</li> <li>• Discussions and Conclusions</li> </ul>
<p>(Maximum word limit - 300 words)</p> <p><b>Background</b></p> <p>Frailty and sarcopenia will become increasingly prevalent in an ageing society and are associated with multiple adverse outcomes. Prevention and reversal of frailty and sarcopenia is important to promote healthy ageing. In Singapore patients visit polyclinics for chronic disease management and this creates an opportunity for care teams to promote behaviour change in their patients to reverse frailty and sarcopenia.</p> <p><b>Objectives</b></p> <p>The objective of the pilot was to assess if behaviour change interventions could improve frailty and sarcopenia in patients presenting to polyclinics for chronic disease management.</p> <p><b>Method</b></p> <p>Patients aged 65 years or more visiting a teamlet in a polyclinic for chronic disease with a Clinical Frailty Scale of 3 or 4 would have their hand grip strength measured to create cognitive dissonance. These patients would receive advice on resistance exercises and high protein diet by a care coordinator to prevent or reverse frailty. SARC-F scores, CFS, hand grip strength were measured at the index visit and at subsequent follow up 3 months later.</p> <p><b>Results</b></p> <p>Data from 242 patients were analysed. The mean age of the cohort was 75.8 +/- 0.77 years. 65.3% of patients were female and 90.9% were Chinese. 55.0% of patients were CFS 3. Mean baseline hand grip strength was 16.6 +/- 0.74 kg. 8.3% of the cohort had a SARC-F score of 4 or more. At 3 months follow up 42.1% increased in physical activity levels. 33.9% had an improved CFS score. 56.6% had a 1 kg or larger improvement in hand grip strength. 75% of patients with SARC-F score of 4 or more had improved SARC-F scores at 3 months follow up.</p> <p><b>Discussions and Conclusions</b></p>	

Polyclinic teamlets are able to deploy behaviour change interventions to improve frailty and sarcopenia outcomes at 3 months follow-up.

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