

<b>Paper Category:</b>	Diagnosis and Aetiology
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	<b>Knowledge and Attitudes of Healthcare Workers Towards Sarcopenia: Assessment, Diagnosis and Management Practices</b>
<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>

### **Background**

Sarcopenia is increasing in prevalence with ageing populations across the world. It is associated with negative health outcomes and increased healthcare burden. Healthcare professionals play crucial roles in early intervention of sarcopenia.

### **Objective:**

To assess the knowledge and attitudes of healthcare workers towards sarcopenia.

### **Methods:**

A multi-centre online survey of healthcare staff was conducted across hospitals in Singapore.

### **Results:**

A total of 65 staff participated – 43% Doctors, 38% Nurses, 8% therapists, 8% pharmacist, 3% dieticians. Majority of the doctors were from Geriatric (39%) and General Medicine (36%) specialty respectively. Remaining (25%) were practicing in Rehab, Palliation, Endocrine, Dermatology and Family Medicine. Most (93%) agree that it is very important to recognize sarcopenia and institute appropriate treatment, and most (86%) agree that identifying sarcopenia is very important in the overall treatment of the patient. However, knowledge of sarcopenia and management differs amongst individuals. 74% of participants were unaware of the onset of decline in muscle mass. Majority (80%) did not diagnose sarcopenia in their area of practice within the past 3 months. The common reasons cited were that they do not have the tools required (56%), or they were not responsible for diagnosis of sarcopenia (67%). For diagnosis, only 11% used muscle mass and strength, and 21% used physical assessment. Only 5% were aware of a protocol for diagnosis of sarcopenia in their workplace, whilst remaining 95% of participants are either not sure or denies having a protocol for diagnosis of sarcopenia in their workplace.

### **Conclusion:**

Whilst majority agree that sarcopenia is an important disease to be addressed, there is a gap in the knowledge of the disease. There is significant heterogeneity in

the diagnosis and management of sarcopenia amongst different healthcare staff, and a lack of protocol for identification and management of sarcopenia.

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