

Paper Category:	COVID 19 and Sarcopenia and Frailty
Paper Title: (Arial Font; 14 Pt Size)	Feasibility of Screening for Sarcopenia In a Geriatric Medicine 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 Sarcopenia, poses significant health concern among older people. Early detection is essential to implement timely intervention and prevent progression. The geriatric medicine outpatient clinic, an area where many have risk factors for sarcopenia, provides an opportunity to proactively screen for this.</p> <p>Objective This study aims to implement screening tools for sarcopenia in a geriatric medicine outpatient clinic.</p> <p>Methods The weekly geriatric medicine clinic sees older people, aged ≥ 65 years, with geriatric syndromes. Sarcopenia screening is not routinely performed. One “new patient” and one “follow-up” clinic were selected at random to trial the screening process. After they had their observations (vitals) done, they proceeded to have their hand-grip strength (HGS) assessed and invited to complete the SARC-F questionnaire. HGS was assessed seated using a hand-held dynamometer (Jamar model J00105) on the dominant hand. The highest of three attempts was used. Cut off for low grip strength was based on thresholds set by the Asian Working Group for Sarcopenia (AWGS), $<28\text{kg}$ in men, $<18\text{kg}$ in women. A score of ≥ 4 on the SARC-F questionnaire was used as a cut off for possible sarcopenia.</p> <p>Results A total of 51 patients attended both clinics and 46 patients (90.2%) participated (17 new clinic; 29 follow-up clinic). The screening process took approximately four minutes per patient. Patients had a mean age of 80.6 (SD 8.5) years. 56.5% (n=26) were women, 93.5% (n=43) reported low grip strength based on AWGS threshold. Based on the SARC-F questionnaire, 52.2% (n=24) patients were identified to have possible sarcopenia.</p> <p>Conclusion Screening for sarcopenia using HGS and SARC-F questionnaire was feasible in a busy geriatric medicine clinic setting. Most patients attending the geriatric clinic were found to likely have sarcopenia, demonstrating the importance of proactive identification and early intervention.</p>	

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