

<b>Paper Category:</b>	
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	<b>The impact of hospitalization on anthropometrics, sarcopenia parameters and psychological functions in older persons with and without sarcopenia</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>
<p>(Maximum word limit - 300 words)</p> <p>Sarcopenia is an age-related health condition characterized by gradual and progressive loss of skeletal muscle mass, muscle strength and physical function. Sarcopenia may increase the risk of hospitalization or vice versa. Limited studies have been conducted to determine whether older persons with sarcopenia may improve its presentations and other functional measures following hospitalization. This study aimed to determine the effects of hospitalisation on anthropometrics, sarcopenia parameters and psychological functions, among older persons with and without sarcopenia. This cross-sectional cohort study recruited 100 older patients referred to the Medical Ward, Kuala Lumpur Hospital, Malaysia. Measurements were conducted at baseline and and discharge that included anthropometrics (weight [Wt] (kg), height [Ht] (m), body mass index [BMI] (kg/m<sup>2</sup>), calf circumference [CC] (cm), muscle mass [MM] (kg) and skeletal muscle index [SMI]) (kg/m<sup>2</sup>), sarcopenia parameters (grip strength [HGS] (kg), lower limb strength [LLS] (sec) and gait speed [GS] m/s)), and psychological impairment (Cognitive function [Cog] and depression status [Dep]). The sarcopenia status was evaluated at baseline using the Asian Working Group for Sarcopenia algorithm (AWGS) to classify participants into sarcopenia and non-sarcopenia. During admission, the sarcopenic patients were significantly lower in MM, Wt, SMI, and CC (All p&lt;0.05) but no significant differences in the other measures between the sarcopenia and non-sarcopenic. Upon discharge, there were only 81 patients completed the measurements. The non-sarcopenic (n=45) presented with a significant improvement in HGS, GS, LLS, Cog and Dep (All p&lt;0.05). While patients who were sarcopenic (n=36) at baseline only showed significant improvement in GS, LLS and depression level (All p&lt;0.05). These findings showed that hospitalization may regain some functions, however, those who were sarcopenic at admission may have slower or limited improvement. Comprehensive guidelines for early screening and management of sarcopenia upon hospitalisation and post-hospitalisation should be recommended, involving a multidisciplinary approach.</p>	

Date of Submission: 6 July 2023

Total number of words: 296 words

**Please submit the completed abstract form by 12 July 2023 via the online submission portal at (<https://sgms.org.sg/abstract-submission/>.)**

### **Instructions**

1. **The names of the author and co-authors must not be identifiable on this form.**
2. Abstract body should not exceed 300 words.
3. Abstract title to be in Arial Font & Bold 14Pt and abstract body to be in Arial Font & 12Pt.
4. The use of standard abbreviations is acceptable. Place special or unusual abbreviations in brackets after the full word the first time it appears.
5. The use of tables, graphs, and other types of images in abstracts is not permitted.
6. Please submit this form in PDF format.
7. Only abstracts submitted via the online submission portal will be accepted.