

<b>Paper Category:</b>	Frailty & Sarcopenia
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	<p><b>Prevalence of Sarcopenia and Quality of Life (QoL) Among Older People in Kuantan</b></p> <p><i>Irdina Sofiyah<sup>1</sup> &amp; Nik Noor Kaussar Nik Mohd Hatta<sup>2</sup></i></p> <p><sup>1</sup> Staff Nurse Sime Darby Hospital, Subang Jaya Malaysia.</p> <p><sup>2</sup>Corresponding author International Islamic University Malaysia, Jalan Sultan Ahmad Shah, Bandar Indera Mahkota, 25200 Kuantan, Pahang Darul Makmur</p>
<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><b>Introduction:</b> Sarcopenia is loss of strength and progressive muscle mass which increases with age. Sarcopenia manifestation includes weakness and loss of stamina that can lead to poor physical performance, deterioration of function and physical disability, and slower walking speed. Sarcopenia affects the quality of life as it might deteriorate the positive aspects of a person's life, such as positive emotions and life satisfaction, particularly in older people. <b>Objective:</b> This study aims to identify the prevalence and risk factors of sarcopenia and the association of sarcopenia status with quality of life in older people in Kuantan. <b>Methodology:</b> A quantitative cross-sectional study with a convenience sampling method was used to recruit 204 older people who live in Kuantan, Pahang. The study is conducted in Pusat Aktiviti Warga Emas (PAWE) Kuantan, Pahang and in the public community through face-to-face and online participation. The questionnaire consists of three sections: socio-demographic data, SARC-F and SarQoL questionnaire. Data analysis was done by using the Statistical Package for Social Studies (SPSS) software version 20. <b>Results:</b> 41.2% of respondents were categorized as having probable sarcopenia and 58.8% of respondents had no sarcopenia when measured using the SARC-F questionnaire. Age, gender, comorbidities (hypertension, diabetes, knee pain) and BMI are significantly associated with sarcopenia status (<math>p &lt; 0.05</math>). A significant association between sarcopenia status with quality of life was also observed (<math>p &lt; 0.05</math>). <b>Discussion &amp; Conclusion:</b> The prevalence of sarcopenia is relatively high and interventions should be taken to reduce the incidence of sarcopenia by modifying the risk factors on top of improving the quality of life in older people.</p>	

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