Introduction to Randomised Controlled Trials

Symposium

Sarcopenia: Prevalence, Risk Factors and Prevention in Old and Very Old Australians

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Symposium: Sarcopenia: Prevalence, Risk Factors and Prevention in Old and Very Old Australians

Sarcopenia in Residential Aged Care: Assessment and Participant Burden

Dr Tim Henwood
Co-Authors:
Dr Hugh Senior, A/Prof Justin Keogh

Ageing and Muscle

Sarcopenia

Sarx – flesh; body
Pena – poverty; deficiency; reduction in amount or need

• Rosenberg 1989: the loss of mass and the corresponding loss in muscle strength
• Over the previous two decades it can be found to be defined as anything from losses in strength, performance and even bone, to and most commonly, below normal level of muscle mass.

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## Aims

Identify the prevalence of sarcopenia in residential aged care facilities in Australia with a specific interest in sarcopenic status and the risk factors to being sarcopenic.

## Methods

**Recruitment**
- 11 Residential aged care facilities
- 709 residents, 381 eligible and 273 randomised to study
- Ineligible
  - 3% pacemaker,
  - 8% were end-stage palliative or terminal,
  - 31% had dangerous behaviours, and
  - 58% had medical or other conditions/problems
- 102 Participants

**Initial contact**
- Meeting with Service Manager to identify eligible participants

**Randomisation**
- Delivery of information sheets and consent forms
- Book assessment time
- Assessment at facility

**Measures**
- Sarcopenia
- Bioelectrical Impedance Analysis (Ω)
- SPPB – 4 m Walk (m/s)
- Jamar Dynamometer Hand Grip Strength
- Demographic
- Anthropometric
- Function
- Questionnaire
- Burden

## Results

- **Non-consenters**
  - 79% - “Didn’t want to participate”
  - 7% - “My GP doesn’t want me to participate”
  - 7% had a change in their health
  - 3% died
  - 2% were not available during the facility testing period

- **Age** - 84.5 ± 8.2 years
- **Gender** – 71 females, 31 males
- **SPPB Summary score** 3.5 +/- 2.4
- **Time in RAC** – 39.8 ± 40.3 months
- **Falls in previous 6 months** – 27
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### Results

- Average assessment – 27.0 ± 7.0 minute

- Burden:
  - 84% of participant either Agreed or Strongly Agreed the assessment was an appropriate length.
  - 83% either Agreed or Strongly Agreed that the instructions given with each measure were clear.
  - >70% of participant felt the questionnaires and terminology employed appropriate for the target cohort.
  - 87% said they would be happy to followed up for future work in this area.

### Conclusion

- Examination of sarcopenia prevalence feasibility in RAC

- Consideration:
  - Eligibility exclusion
  - Consent

- Primary step towards intervention to reduce prevalence