

งานประชุมวิชาการสมาคมพฤฒาวิทยาและเวชศาสตร์ผู้สูงอายุไทย ประจำปี พ.ศ. 2564
เรื่อง Practical pearls for long term care in the new normal era

Received: 11 January 2021
Revised: 20 January 2021
Accepted: 7 March 2021

O1 : Enhanced sensitivity of screening tools for sarcopenia

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Background: Sarcopenia is one of the most common geriatric syndromes leading to a decreased ability to perform daily tasks, increased risk of hospitalization, and mortality. According to the diagnostic criteria recommended by AWGS 2019, it needs a high-cost muscle mass measurement and other tests which are impractical to be implemented in the remote community. Following meta-analysis studies highlighting the low sensitivities and specificities of current SARC-F and SARC-Calf screening tools, there is a need to improve these widely-used tools.

Objective: To enhance the screening performances of SARC-F and SARC-Calf screening tools by incorporating other physical performance tests that are convenient to be daily performed in any community setting.

Methods: Community-dwelling older people aged ≥ 60 years were recruited in this cross-sectional study. The AWGS 2019 consensus criteria was used to diagnose sarcopenia. Five physical performance tests, namely, time-up-and-go-test, 5-chair stand test, one leg balance test, arm curl test, and stand-up test were studied to improve the screening performances of SARC-F and SARC-Calf.

Results: Five hundred and thirty participants were evaluated. The mean age was 68.93 ± 6.40 years. The prevalence of sarcopenia was 7.92%. The sensitivities of SARC-F and SARC-Calf to diagnose sarcopenia were 19.0% and 57.1%. When the stand-up test was incorporated in the current two screening tools, the sensitivities of SARC-F and SARC-Calf were substantially improved to be 42.9% (AUC 0.536, 95%CI : 0.444 - 0.628) and 61.9% (AUC 0.722, 95%CI : 0.633 - 0.811), respectively.

Conclusion: The modified SARC-F and SARC-Calf incorporating stand-up test might be used to screen for sarcopenia in the community with better sensitivities than the original ones.

Keywords: Sarcopenia, Screening tool, Sensitivity, SARC-F, SARC-Calf, Community