



PROJECT DESIGN

Sarcopenia Guideline 2018-2019

BVGG - SBGG



RATIONALE

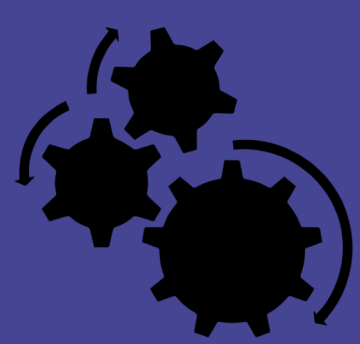
Sarcopenia is a progressive and generalized skeletal muscle disorder that is associated with increased likelihood of adverse outcomes including falls, fractures, physical disability, and mortality. A range of lifestyle, pharmacological, non-pharmacological and rehabilitation interventions are reported to prevent and/or treat sarcopenia.



OBJECTIVE

The aim of the Sarcopenia Guideline project is to translate the actual scientific body of knowledge regarding sarcopenia into a practice guideline. Recommendations will be tailored to the Belgian context and will be written in English, French and Dutch and will focus on three levels:

- 1) *Recommendations for health care and prevention specialists*
- 2) *Summary of evidence*
- 3) *Information for the public (Layman's terms)*



EXECUTION

The topic of this project and the selection of the involved researchers was done by the BVGG Governing Board who kept track of the project progress. A scope statement was generated by the Guideline Development Group (GDG) to outline the extent of the project. This group also selected the working group members and provided feedback. The seven working groups refined and agreed the review questions, systematically selected relevant evidence, assessed the quality of this evidence, summarized and interpreted the results and suggested guideline recommendations. Two scientific staff members prepared the work plan, organized meetings, developed search strategies, provided support for the GDG and the Working Groups and prepared the first draft of the guideline.



RESULTS

For every working group recommendations were generated and validated by the entire project group. The results of the working groups on intervention are transformed in to publishable papers. The complete guideline will be submitted to CEBAM, the Belgian Centre for Evidence-based Medicine – Cochrane Belgium.



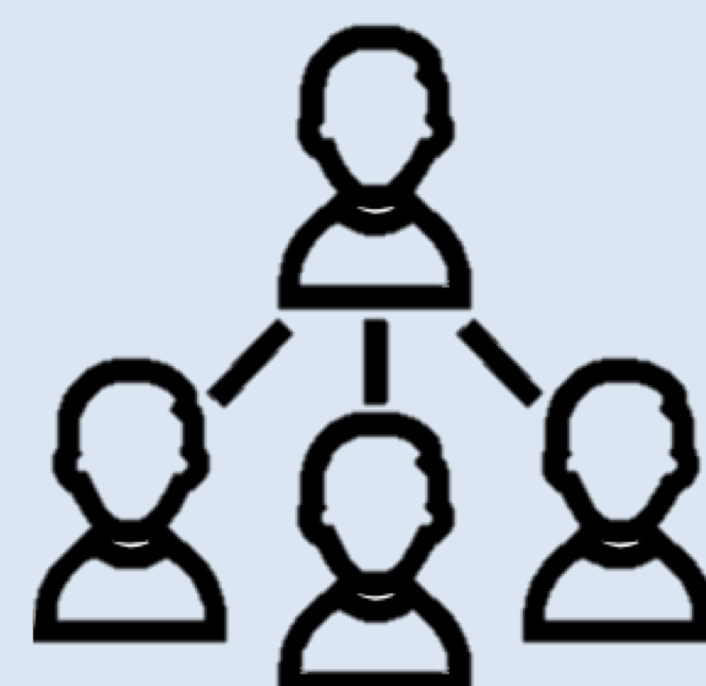
BSGG Governing Board

(N=19)



Scientific Staff Members

(N=2)



Guideline Development Group

(N=11)



Working Groups

(N=14)

4 Working Groups ASSESSMENT

Risk Factors

Muscle Mass

Muscle Strength

Physical Performance



3 Working Groups INTERVENTION

Exercise

Nutrition

Pharmacology

