

M2 Acute sarcopenia in hospitalized older persons: assessment through ultrasound

Topic medical

Presentation poster

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Abstract body Introduction

Sarcopenia is a condition with progressive and generalized loss of muscle mass and function. It is strongly correlated to negative health outcomes and higher mortality. Acute sarcopenia is the decline of muscle mass and function within 28 days following acute illness or hospitalization, sufficiently to meet the sarcopenia criteria.

Aim

This study tries to assess the effect of acute illness and hospitalization on muscle characteristics, as determined by muscle ultrasound.

Methods

A prospective, observational study has been performed at the geriatric wards of Middelheim hospital in Antwerp. Patients hospitalized for at least seven days were included. Ultrasound measurements include muscle thickness, cross sectional area, pennation angle and stiffness (through elastography). Other registered parameters include anthropometric data, comorbidities using the Cumulative Illness Rating Scale-Geriatric (CIRS-G), nutritional data (mini-nutritional assessment-short form, MNA-SF), hand grip strength, laboratory parameters and questionnaires (FRAIL and SARC-F). Measurements were done within 48 hours after admission and then every seven days until discharge.

Results

Results will be available by January 2020. The hypothesis of this study is a decrease in muscle mass, quality and function after longer days of hospitalization or illness. Furthermore, we expect associations with pre-existing conditions, nutritional status and reason of admission.

Conclusions

This study seeks to gain knowledge of the evolution of muscle quantity, quality and function after acute illnesses or hospitalization.