



PREVALENCE OF SARCOPENIA IN OLDER PATIENTS IN REHABILITATION WARD

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Background and aims

It is important to investigate the prevalence of sarcopenia to reduce its incidence and prevent related complications.

The aim of this research was to determine the prevalence of sarcopenia and to investigate associated risk factors in a cohort of patients hospitalized.

Methods

Observational study on sarcopenia in patients hospitalized in the neurological and motor rehabilitation departments of the IRCCS San Raffaele Hospital (2019-2021).

For the diagnosis was followed the algorithm of the EWGSOP2.

Sarcopenia was the dependent variable, while the independent variables were:

- Age
- Body mass index (BMI)
- Life autonomy (Barthel score)
- Mini Mental State Examination (MMSE)

Results

336 patients. 47.9% with confirmed sarcopenia; 30.3% with probable sarcopenia; 20.8% absence of sarcopenia.

- Age: significantly higher in patients with confirmed sarcopenia than in those without sarcopenia.
- BMI: significant negative association between BMI values and the prevalence of sarcopenia
- Barthel index: Patients with probable sarcopenia had a statistically lower median of Barthel's index than those with confirmed sarcopenia.
- MMSE: There is a significant correlation between MMSE and the condition of sarcopenia.

Conclusions

Sarcopenic patients tend not to be autonomous in their daily life, to present cognitive impairment and to be normal weight.

These conditions that can aggravate the state of sarcopenia can be considered as useful factors for a thorough evaluation of the patient. It is only thanks to the collaboration between the different figures that early identification of frailty can be possible as well as the best rehabilitation treatment.

