WHY MAINTAINING MUSCLE MATTERS

MUSCLE IS ESSENTIAL FOR STRUCTURAL AND METABOLIC FUNCTIONS

**STRUCTURAL**
- Strength and power
- Mobility
- Posture and balance

**METABOLIC**
- Regulates blood glucose
- Synthesizes and stores glutamine
- Stores protein and glycogen

CONSEQUENCES OF MUSCLE AND STRENGTH LOSS

**INCREASED**
- Morbidity
- Mortality
- Length of hospital stay
- Complications

**DECREASED**
- Mobility
- Independence
- Recovery
- Quality of life
- Discharge to home

INTERVENTION WITH NUTRITION AND EXERCISE CAN IMPROVE MUSCLE MASS, STRENGTH, PHYSICAL FUNCTION, AND OUTCOMES

**SCREEN NUTRITIONAL STATUS**
- Malnutrition Screening Tool (MST)
- Malnutrition Universal Screening Tool (MUST)
- Mini Nutritional Assessment (MNA)

**ASSESS AND MEASURE MUSCLE MASS, STRENGTH, AND FUNCTION**
- SARC-F screening*
- Muscle functional tests, eg, gait speed, short-performance physical battery (SPPB), timed up and go test
- Muscle mass measures, eg, bioelectrical impedance analysis (BIA), dual energy X-ray absorptiometry (DXA), computerized tomography (CT)

**IMPLEMENT INTERVENTION STRATEGIES**
- NUTRITIONAL SUPPORT: adequate energy and high protein
- ORAL NUTRITIONAL SUPPLEMENT (ONS) with specialized ingredients: eg, HMB, omega-3, vitamin D
- EXERCISE: resistance training, adaptation needed

MONITOR/INTERVENE

Adapted from Figure 1, page 25 of Deutz NEP, et al: Algorithm depicting the management pathway for identifying, assessing, and managing low muscle mass.

The steps of the pathway are represented as Find Assess Confirm Severity or FACS.

* SARC-F is an acronym for the dimensions screened with the tool: Strength, Assistance with walking, Rise from a chair, Climb stairs, and Falls.