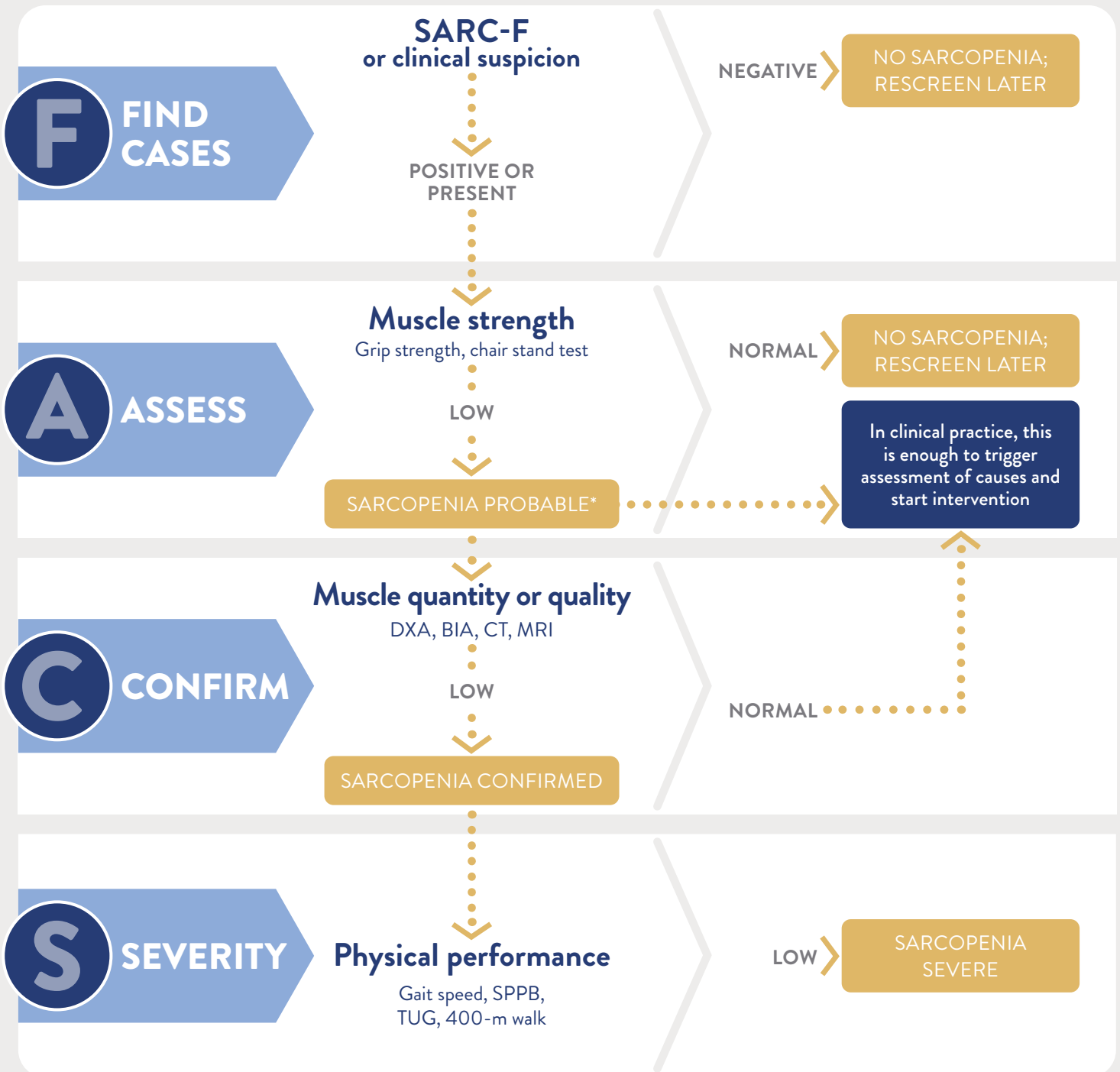




MUSCLE MATTERS: FINDING AND DIAGNOSING SARCOPENIA

In 2018, the European Working Group on Sarcopenia in Older People (EWGSOP) met a second time (EWGSOP2) to update their definition of sarcopenia and the clinical algorithm used to help find and diagnose cases of sarcopenia. The F-A-C-S algorithm can help healthcare providers find and diagnose sarcopenia in patients and promote early intervention with nutrition and exercise programs.

EWGSOP2-SUGGESTED ALGORITHM FOR SARCOPENIA CASE FINDING IN OLDER INDIVIDUALS^{1,†} FOLLOWING THE PATHWAY **F-A-C-S**





MUSCLE MATTERS: FINDING AND DIAGNOSING SARCOPENIA



Use the [SARC-F Questionnaire](#)² to FIND patients at risk for sarcopenia (SARC-F or sarcopenia-associated symptoms).

[Watch a video series.](#)



Next, ASSESS muscle strength by use of a handgrip or chair stand test.

[Watch a handgrip test demonstration.](#)

CUTOFF POINTS

Handgrip Strength: Men: <27 kg; Women: <16 kg

Chair Stand: From ≤11.19 sec (score 4 points) to 60 sec or not able to do the test (0 points)



If your patient falls at or below the cutoff, [CONFIRM](#) muscle quantity or quality.

One technique is using simple anthropometric measurements.



Last, measure SEVERITY using the three components of the Short Physical Performance Battery (SPPB). Click each video link below to learn more.

Total SPPB Score: ___ /12

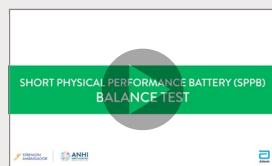
0: lowest performance

12: highest performance

Cutoff point for men and women: ≤8 point score



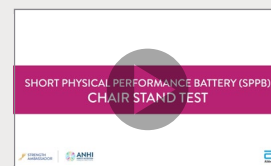
Intro to SPPB & Scoring



Balance Test



Gait Speed Test



Chair Stand Test

VISIT [ANHI.ORG](https://www.anhi.org) FOR A DIGITAL COPY OF THIS RESOURCE AND TO COMPLETE A SELF-STUDY EDUCATION COURSE ON MEASURING MUSCLE, STRENGTH, AND PHYSICAL PERFORMANCE IN ADULTS.

* Sarcopenia: European Consensus on Definition and Diagnosis Report of the European Working Group on Sarcopenia in Older People.

References: 1. Cruz-Jentoft AJ, et al. *Age Ageing*. 2019;48:16-31. 2. Malmstrom TK, et al. *J Cachexia Sarcopenia Muscle*. 2016;7:28-36.