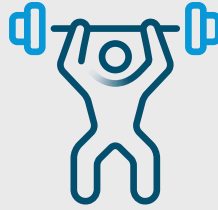


WHY MAINTAINING MUSCLE MATTERS

MUSCLE IS ESSENTIAL FOR STRUCTURAL AND METABOLIC FUNCTIONS¹

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 LOSS²

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 OUTCOMES³

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
 - » Gait speed
 - » Short-performance physical battery (SPPB)
 - » Timed up and go test
- Muscle mass measures
 - » Bioelectrical impedance analysis (BIA)
 - » Dual energy X-ray absorptiometry (DXA)
 - » Computerized tomography (CT)

IMPLEMENT INTERVENTION STRATEGIES



- Nutritional support with adequate energy and high protein
- Oral Nutritional Supplement (ONS) with specialized ingredients (e.g. 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.³

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.



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1. Argilés JM, et al. *J Am Med Dir Assoc.* 2016;17(9):789-796. | 2. Norman K, et al. *Clin Nutr.* 2019;38(4):1489-1495. | 3. Deutz NEP, et al. *J Am Med Dir Assoc.* 2019;20(1):22-27.