

中文題目：肌少症預防、復健、營養衛教介入於高齡衰弱前期及衰弱族群之效益研究

英文題目：The effectiveness of prevention, rehabilitation and nutrition education of sarcopenia in the frailty and prefrailty elder group

作者：陳俊昌¹,方姿蓉¹,劉桂君²,黃玉霽²

服務單位：¹高雄醫學大學內科部老年醫學科,²高雄醫學大學護理部

Background: Frailty and Pre-frailty is a state of multiple dysfunctions with aging. The frailty and pre-frailty increase the risk of negative healthoutcomes such as death, hospitalization, institutionalization, falls, poor quality of life and disability. The aims of this study were to investigate the effects of intervention which including patient education of sarcopenia, rehabilitation programs, nutrition education in frail and prefrail older adults.

Method: We started early intervention of sarcopenia since 2019 in frailty and prefrailty patients which follow up in Geriatric Outpatient department. We enrolled elder patients is older than 65 years old with score 4 to 6 of Clinical Frailty Scale. We evaluate the muscle strength, time of 5-time chair stand test and 3-m walk test before and after the intervention 3 months later.

Result:A total of 231 frailty and prefrailty patients were identified for further analysis. The muscle strength is higher after the intervention (16.64 ± 5.4 vs 17.51 ± 5.64 kg) ($p=0.001$). The time of 5-time chair stand test is shorter after intervention(19.99 ± 8.73 vs 16.31 ± 8.06 seconds)($p<0.001$).The time of 3-m walk test is shorter after intervention (18.60 ± 10.21 vs 17.24 ± 11.2 seconds)($p=0.003$).

Conclusion: The time of 5-time chair stand test, 3-m walk are shortened, muscle strength is increased after the early intervention 3 months later. In conclusion, the prevention, rehabilitation and nutrition education of sarcopenia may help old-aged, frailty and prefrailty patients suffering from worsen frailty. Therefore, these patients deserve early intervention of sarcopenia.