

Multiple strategies to improve sarcopenia for nursing home residents

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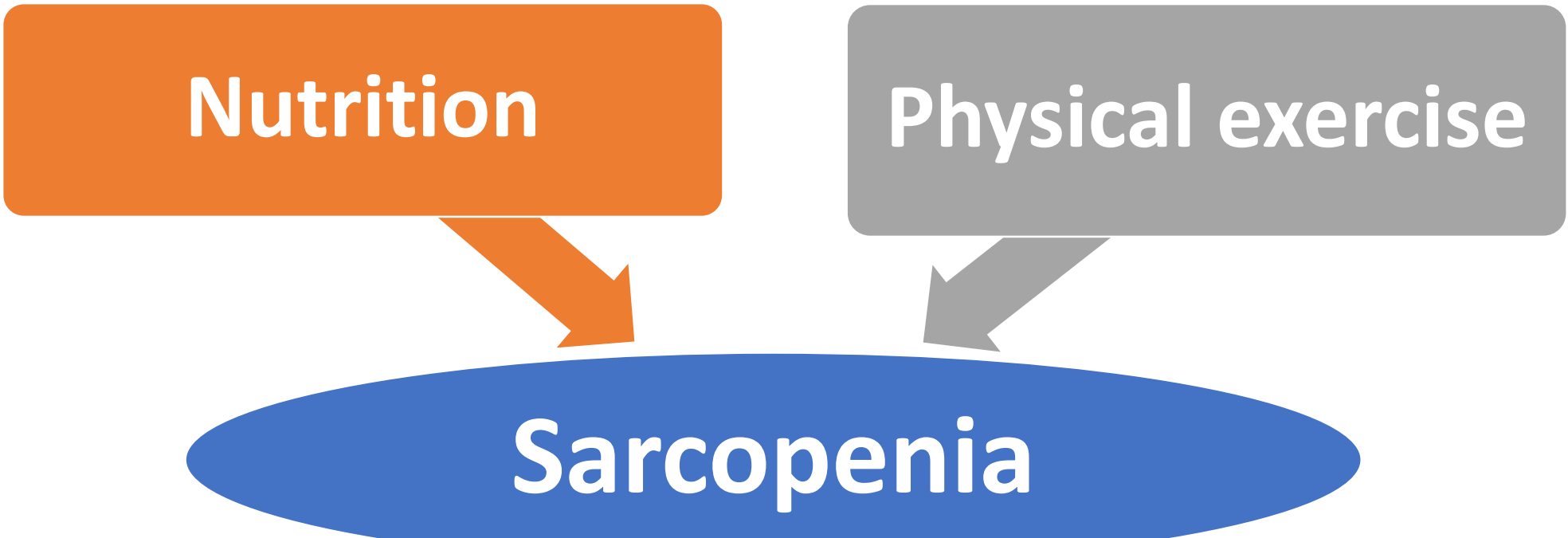
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INTRODUCTION

Sarcopenia is an acknowledged geriatric condition characterized by aggressive loss of muscle mass and function.

The high prevalence of sarcopenia has been found to affect as many as 25% to 73.7% of residents at nursing homes.

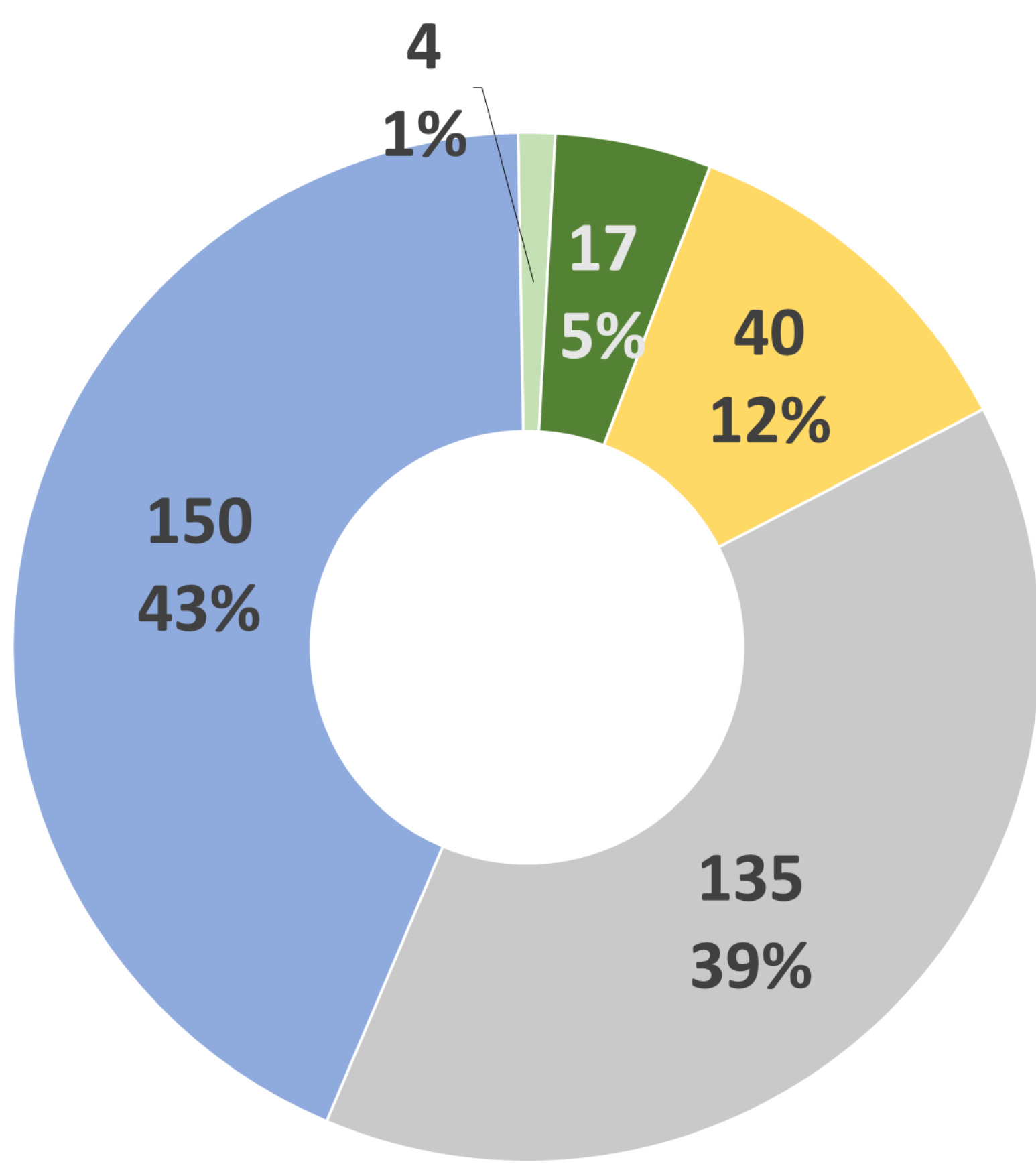


AIM

We initially scoped this investigation based on the prevalence of sarcopenia among nursing home residents.

Our objective was to improve the sarcopenic condition of nursing home residents by implementing various tactics and interventions.

METHODS AND INTERVENTIONS



- Level 1 - Able to run and jump on flat surfaces
- Level 2 - Able to walk on flat surfaces, but walking on uneven surfaces without support is difficult
- Level 3 - Able to stand up with the assistance of one person, needs support to walk
- Level 4 - Able to maintain a sitting position continuously, unable to stand up and walk
- Level 5 - Bedridden or unable to maintain a sitting position independently



Let's eat well

Carbohydrates : Protein
3~4 : 1

Calories 100 - 200 kcal)

Let's do it

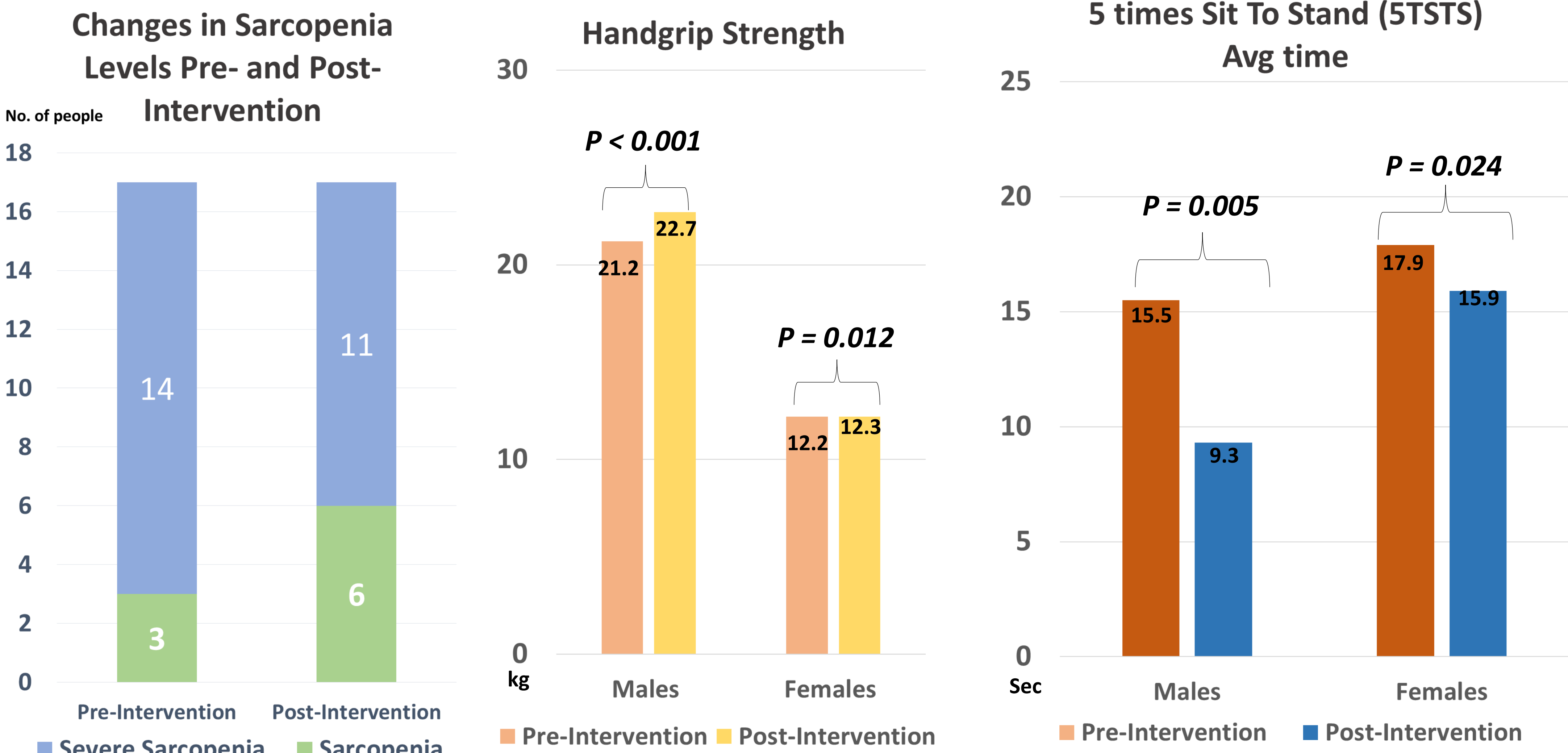
3 weeks exercise
training program

4 Times/week
40-50 mins/times

Resistance band + STS
exercise +Stretch exercise



RESULTS



CONCLUSIONS

Different exercise regimens have differing effects on physical performance in elderly with sarcopenia.

Daily exercise and training considerably improve the handgrip and 5-times sit to stand test scores of the nursing home residents

In our study. It is advised that senior citizens should follow a nutritious diet and regular exercise regimen to increase their muscle power.

REFERENCES

1.Liu J, Zhu Y, Tan JK, Ismail AH, Ibrahim R, Hassan NH. Factors Associated with Sarcopenia among Elderly Individuals Residing in Community and Nursing Home Settings: A Systematic Review with a Meta-Analysis. Nutrients. 2023;15(20):4335. doi:10.3390/nu15204335

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