**Service Priorities and Programmes**

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# A Nutrition Program for Sarcopenic Older Patients Attending Geriatric Day Hospital

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## Introduction

Sarcopenia is common among local older adults. It has been estimated, the prevalence of sarcopenia were 12.3% in men and 7.6% in women in Hong Kong Chinese aged above 70 years. In geriatric patients with hip fracture, the prevalence was even higher and up to 73.6% in males and 67.7% in females. Nutrition intervention, usually with protein supplementation, is a promising strategy to improve muscle health of older patients.

## Objectives

To provide nutrition support to sarcopenic older patients who attended GDH.

## Methodology

Body composition and anthropometric measurement of older patients was performed upon admission to and discharge from GDH. Body composition was assessed by bioimpedance analysis. Based on cutoff values suggested by the Asian Working Group for Sarcopenia, patients who were sarcopenic were identified. Whey protein enriched supplement was given to sarcopenic patients once daily until discharge. Pre and post body compositions were compared. Paired samples t-test or Wilcoxon signed rank test were used for data analysis depending on data normality.

## Result

From 6/2015 to 11/2016, protein supplement was given to 254 sarcopenic older patients. The interval between two body composition measurements was 51±22 days. The age of the patients was 82±6year and the average weight was 47.7±8.1kg. An average of 9.7±4.0 nutrition supplements were given per participant. The consumption rate was 88%. Body weight, skeletal muscle mass and appendicular skeletal muscle mass increased 0.39±2.10kg (+0.8%, P=0.001), 0.67±1.8kg (+3.9%, P<0.001) and 0.72±1.6kg (+5.6%, P<0.001), respectively. Body fat mass decreased

0.62±2.8kg (-4.3%, P<0.001). In addition to GDH training, the nutrition program may improve body composition of older patients with sarcopenia.