

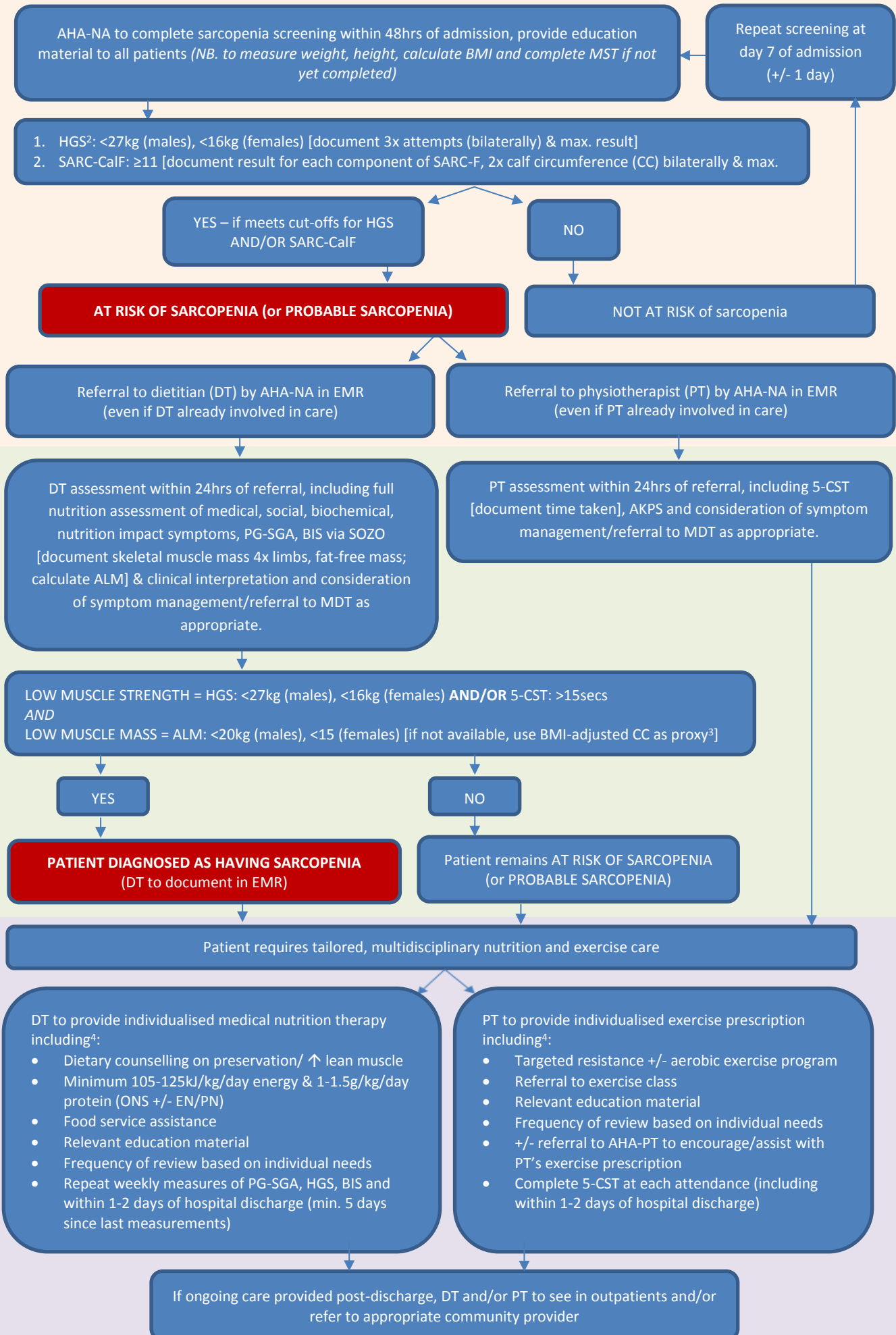
THE SARC-PATHWAY

SCREENING

MULTIDISCIPLINARY COLLABORATIVE CARE

ASSESSMENT

TREATMENT



KEY:

5-CST = 5 times chair stand test
AHA-NA = allied health assistant - nutrition assistant
AHA-PT = allied health assistant - physiotherapy
AKPS = Australian-modified Karnofsky Performance Status
ALM = appendicular lean mass
BIS = bioimpedance spectroscopy
BMI = body mass index
CC = calf circumference
DT = dietitian
EMR = electronic medical record
EN = enteral nutrition
HGS = hand grip strength
MDT = multidisciplinary team including medical, nursing, allied health professionals, other support staff
MST = Malnutrition Screening Tool
ONS = oral nutrition support
PG-SGA = Patient-Generated Subjective Global Assessment
PN = parenteral nutrition
PT = physiotherapist
SARC-CalF = 5-item sarcopenia screening tool combined with calf circumference measurement with scoring system
SARC-F = 5-item screening tool for sarcopenia
SOZO = SOZO® Digital Health Platform (bioimpedance spectroscopy device)



FOOTNOTES:

¹ Refer to relevant Sarc-pathway training module

² 5-CST as a proxy for muscle strength if HGS not available:

Cut-offs: Low muscle strength = >15 seconds to complete 5x chair stands

³ BMI-adjusted calf circumference as a proxy for muscle mass if ALM not available:

Cut-offs: Low muscle mass = if BMI 18.5-24.9kg/m²:  Males: ≤34cm  Females: ≤33cm

+ BMI adjustment if BMI outside 18.5-24.9kg/m² (same for both males and females):

<u>BMI group (kg/m²)</u>	<u>Adjustment factor, cm (rounded)</u>
<18.5	+4.0
25-29.9	-3.0
30-39.9	-7.0
≥40	-12.0

⁴ If patient does not require ongoing DT and PT interventions whilst an inpatient, refer back to AHA-NA for rescreening