

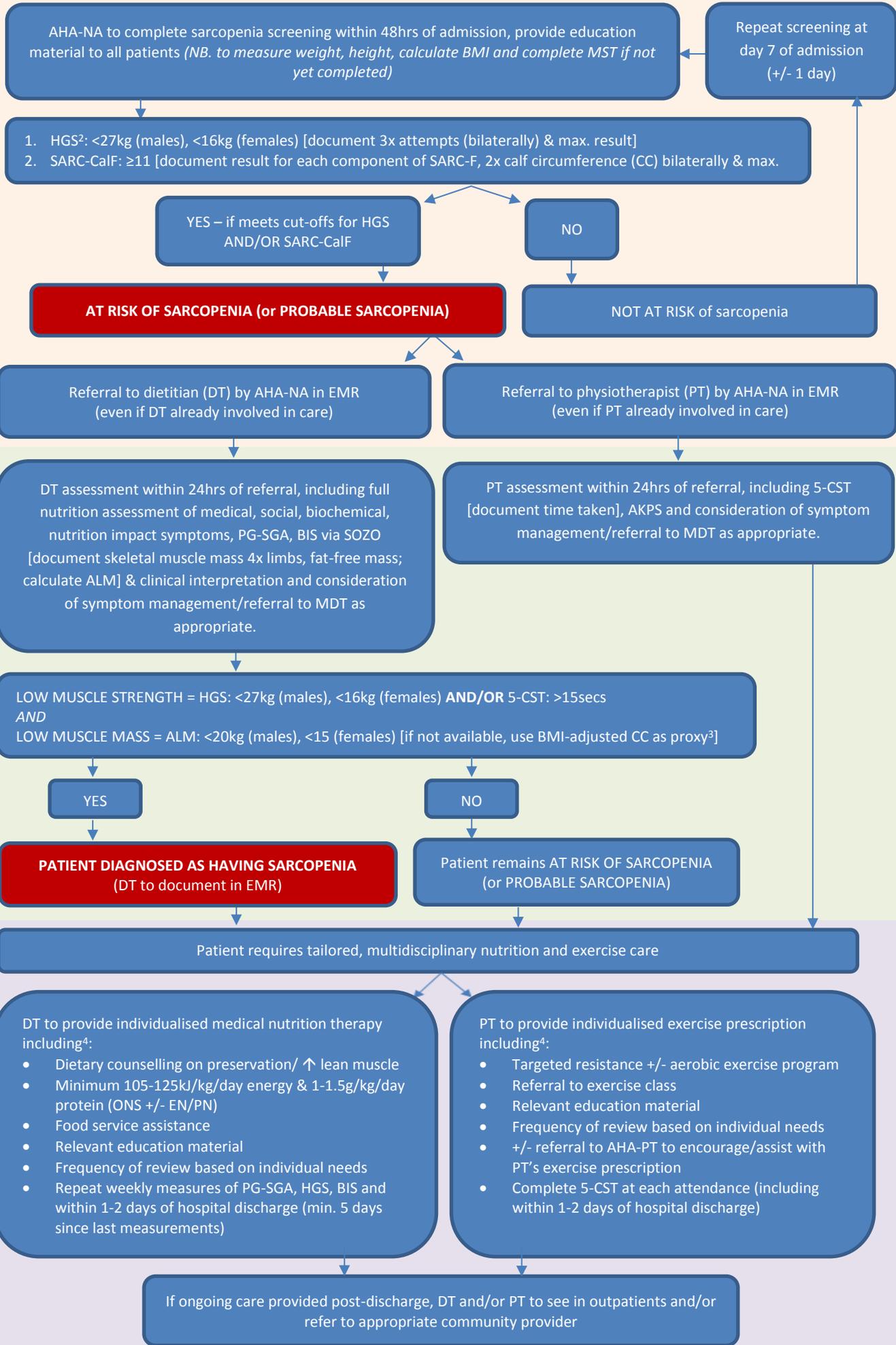
# THE SARC-PATHWAY

SCREENING

ASSESSMENT

TREATMENT

MULTIDISCIPLINARY COLLABORATIVE CARE



AHA-NA to complete sarcopenia screening within 48hrs of admission, provide education material to all patients (NB. to measure weight, height, calculate BMI and complete MST if not yet completed)

Repeat screening at day 7 of admission (+/- 1 day)

- HGS?: <27kg (males), <16kg (females) [document 3x attempts (bilaterally) & max. result]
- SARC-CalF: ≥11 [document result for each component of SARC-F, 2x calf circumference (CC) bilaterally & max.]

YES – if meets cut-offs for HGS AND/OR SARC-CalF

NO

**AT RISK OF SARCOPENIA (or PROBABLE SARCOPENIA)**

NOT AT RISK of sarcopenia

Referral to dietitian (DT) by AHA-NA in EMR (even if DT already involved in care)

Referral to physiotherapist (PT) by AHA-NA in EMR (even if PT already involved in care)

DT assessment within 24hrs of referral, including full nutrition assessment of medical, social, biochemical, nutrition impact symptoms, PG-SGA, BIS via SOZO [document skeletal muscle mass 4x limbs, fat-free mass; calculate ALM] & clinical interpretation and consideration of symptom management/referral to MDT as appropriate.

PT assessment within 24hrs of referral, including 5-CST [document time taken], AKPS and consideration of symptom management/referral to MDT as appropriate.

LOW MUSCLE STRENGTH = HGS: <27kg (males), <16kg (females) AND/OR 5-CST: >15secs  
AND  
LOW MUSCLE MASS = ALM: <20kg (males), <15 (females) [if not available, use BMI-adjusted CC as proxy³]

YES

NO

**PATIENT DIAGNOSED AS HAVING SARCOPENIA**  
(DT to document in EMR)

Patient remains AT RISK OF SARCOPENIA (or PROBABLE SARCOPENIA)

Patient requires tailored, multidisciplinary nutrition and exercise care

DT to provide individualised medical nutrition therapy including<sup>4</sup>:

- Dietary counselling on preservation/ ↑ lean muscle
- Minimum 105-125kj/kg/day energy & 1-1.5g/kg/day protein (ONS +/- EN/PN)
- Food service assistance
- Relevant education material
- Frequency of review based on individual needs
- Repeat weekly measures of PG-SGA, HGS, BIS and within 1-2 days of hospital discharge (min. 5 days since last measurements)

PT to provide individualised exercise prescription including<sup>4</sup>:

- Targeted resistance +/- aerobic exercise program
- Referral to exercise class
- Relevant education material
- Frequency of review based on individual needs
- +/- referral to AHA-PT to encourage/assist with PT's exercise prescription
- Complete 5-CST at each attendance (including within 1-2 days of hospital discharge)

If ongoing care provided post-discharge, DT and/or PT to see in outpatients and/or refer to appropriate community provider

**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:**

<sup>1</sup> Refer to relevant Sarc-pathway training module

<sup>2</sup> 5-CST as a proxy for muscle strength if HGS not available:

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

<sup>3</sup> 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/m<sup>2</sup>:  Males: ≤34cm  Females: ≤33cm

+ BMI adjustment if BMI outside 18.5-24.9kg/m<sup>2</sup> (same for both males and females):

<u>BMI group (kg/m<sup>2</sup>)</u>	<u>Adjustment factor, cm (rounded)</u>
<18.5	+4.0
25-29.9	-3.0
30-39.9	-7.0
≥40	-12.0

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