

Live Long, Age Strong! **Approaches to Managing Sarcopenia in Older Adults**

17th February 2023 | THURSDAY | 8.00AM – 5.00PM | TTSH

Synopsis

Sarcopenia is defined as the age-related loss of skeletal muscle mass, coupled with the loss of muscle strength or reduced physical performance (AWGS, 2020). Based on local studies, it is present in 27% to 33.2% of community-dwelling older adults aged 60 and above. While its prevalence is typically associated with older age, the likelihood of developing sarcopenia is enhanced by other risk factors such as physical inactivity and common chronic co-morbidities such as Type 2 diabetes, hypertension and hyperlipidaemia. Left untreated, sarcopenia poses as a serious health threat to older adults. Acting as an antecedent to other geriatric syndromes such as frailty and falls, sarcopenia can also accelerate the cascade towards functional dependence, disability and other adverse health outcomes.

As such, it is crucial to take active steps and approaches towards preventing and managing sarcopenia in older adults. Research evidence supports the use of non-pharmacological interventions such as exercise and nutrition to combat sarcopenia. With exercise as a cornerstone in sarcopenia prevention and management, physiotherapists play a key role in enabling and empowering older adults to not only live stronger, but also age stronger.

Through a series of interactive lectures, hands-on practice and engaging discussions, participants will learn pertinent knowledge and skills on (i) assessment of muscle strength and physical performance, and (ii) proper prescription of exercise interventions (in particular progressive resistance training). As the participants will be engaged in physical activity and exercise throughout the workshop, they are highly encouraged to dress comfortably in exercise attire and appropriate footwear.

Learning Objectives:

At the end of the workshop, participants should be able to:

- 1) describe sarcopenia and its impact on older adults,
- 2) select and conduct appropriate assessments or outcome measures to screen for sarcopenia,
- 3) describe evidence-based management of sarcopenia,
- 4) prescribe appropriate exercises to improve muscle strength and physical performance in older adults with various levels of abilities, drawing on key principles of exercise training.

Target Audience:

Physiotherapists from primary, tertiary and community settings working with older adults.

Faculty:

Ms. Faezah Ghazali
Principal Physiotherapist

Ms. Mok Cuiting
Senior Physiotherapist

Ms. Shu Tint Yadanar
Senior Physiotherapist

Course Fee:

SGD 450
(Early bird closing 1st Dec 2022)
SGD 540
(Regular closing 27th Jan 2023)

Platform:

This workshop will be conducted on site at Tan Tock Seng Hospital (TTSH).

Upon successful registration, you will receive a confirmation email closer to date.

Enquiries:

For enquiries please email:
AHInet@ttsh.com.sg

Registration:

Please register with QR code provided.



ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)

PROGRAMME

17th FEBRUARY 2023 (THURSDAY)	
0800-0815	Registration Welcome and Introduction
0815-0900	LECTURE An Introduction to Sarcopenia – <i>Ms. Faezah</i>
0900-0945	LECTURE Assessing for Sarcopenia – <i>Ms. Cuiting</i>
0945-1000	Tea Break
1000-1130	PRACTICAL Assessing for Sarcopenia: • Screening Tools and Outcome Measures
1130-1215	LECTURE Managing Sarcopenia: The Physiotherapist's Lens – <i>Ms. Shu</i>
1215-1315	Lunch Break
1315 -1530	PRACTICAL Age Strong: Exercise for Sarcopenia • Resistance Training: Considerations on Mode and Equipment • Principles of Exercise Prescription: Overload & Progression • Adaptations For Various Older Adult Populations • Aerobic & Balance Training For Muscle Health And Physical Performance
1530-1545	Tea Break
1545-1645	CASE STUDY
1645-1700	DEBRIEF AND CLOSING REFLECTIONS
1700	END

ALLIED HEALTH INTEGRATIVE NETWORK (AHINET)

Speaker



MS FAEZAH GHAZALI
Principal Physiotherapist

Ms. Faezah specialises in geriatric rehabilitation, with a vast experience in acute, emergency, outpatient, as well as community settings spanning over 14 years. Her clinical interests include working with older adults in the area of falls management and prevention, as well as motivating and empowering older adults to initiate and maintain physically active lifestyles. She is a certified Cascade Trainer and Otago Exercise Programme (OEP) leader, through a joint collaboration between Tan Tock Seng Hospital (TTSH) and Later Life Training (United Kingdom). Aside from her clinical interests, she is also involved in training and education efforts; she conducts regular workshops for fellow health professionals and has spoken at local conferences and public talks on various topics pertaining to geriatric care and rehabilitation.



MS MOK CUITING
Senior Physiotherapist

Ms. Cui Ting is passionate in the rehabilitation of older adults following acute illnesses. She has a vast experience in managing older adults across the spectrum of care, from the intensive care unit, to the subacute setting at Tan Tock Seng Hospital. Ms. Cui Ting is not afraid to load her older adults appropriately during the process of recovery, challenging the myth of under prescription in the inpatient setting. She believes in the importance of patient education and will invest her time to understand her older adults to improve patient compliance to a rehabilitation programme. Her ability to empower older adults to take ownership of their health, is further enhanced through mentoring many Physiotherapy students and new graduates, and her active participation in advocating for movement through events organized for TTSH Physiotherapy day.



MS SHU TINT YADANAR
Senior Physiotherapist

Ms. Shu is a physiotherapist with a keen interest in person-centered management of falls and frailty in older persons. She is also a strong advocate for physical activity and exercise as a preventative management of chronic diseases. She has gained a good exposure in treating older persons in the emergency department, acute in-patient setting and sub-acute rehabilitation units at Tan Tock Seng Hospital. She also practises at the Centre for Geriatric Medicine outpatient clinic, offering geriatric rehabilitation to older adults through both physical and telehealth sessions.