



# A survey of knowledge and awareness towards sarcopenia among registered nurses

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## Background and objective

Sarcopenia is a type of geriatric condition with a high prevalence in nursing homes, healthcare professionals and nurses play a crucial role in identifying and evaluating patient health conditions. The objective of this survey is evaluated the awareness and knowledge about sarcopenia of medical care team, which might help promote the well-being of the elderly in nursing homes.

## Methods/intervention

Questionnaires were developed by the authors. Surveys about dietary intake, physical activity, and other aspects of sarcopenia are included. A total of 82 nurses participated in this survey. A training series of courses on how to take care and awareness of sarcopenia were provided for medical care professionals and nurses.

## Conclusion:

According to a recent report, the prevalence of sarcopenia was at a ranging from 6.7% to 10% in Taiwan<sup>1</sup>. However, there are few studies indicating the knowledge and recognition level of healthcare professionals. The purpose of this study was to evaluate participants understanding and awareness of sarcopenia syndrome. In this study, we found that knowledge and management of sarcopenia patients among healthcare professionals was incomplete and limited.

With the increasing prevalence of sarcopenia in the elderly, it is very important to provide training programs and education curricula to increase awareness and knowledge of sarcopenia and improve care skills toward patients with sarcopenia.

## References:

1. Chang CF, Yeh YL, Chang HY, Tsai SH, Wang JY *Int J Environ Res Public Health*. 2021;18(16). doi:10.3390/ijerph18168299



## Results:

Only 63.3% of accurate rate in the pre-test of participated nurse. Concerning "Q1:loss of muscle mass is a sign of sarcopenia," and "Q3:Nutritional assessment can be used to diagnose sarcopenia." Of those, just 22% and 24.4% of participants had the right answers. On the other hand, 96.3% and 95.1% of repliers correctly answered the statements, "Q4:People with sarcopenia are more likely to fall," and "Q8:Exercise at least three times a week can improve sarcopenia." The accuracy percentage of the sarcopenia proficiency test increased from 63.4% in the pretest survey to 94.8% after education courses following a periodical course of sarcopenia (Figure 1).

Table 1. Questionnaire of knowledge about sarcopenia

Knowledge about sarcopenia	Answer
1.Sarcopenia is a loss of muscle mass	True <b>False</b>
2.Sarcopenia is simply caused by insufficient protein intake	True <b>False</b>
3.Sarcopenia can be diagnosed through nutritional assessment	True <b>False</b>
4.People with sarcopenia are more likely to fall	<b>True</b> False
5.Hormones can also cause sarcopenia	<b>True</b> False
6.Muscle tissue decreases by 1-2% per year after the age of 30	<b>True</b> False
7.Hot compress and electrotherapy can improve sarcopenia	True <b>False</b>
8.Exercise at least 3 times a week can improve sarcopenia	<b>True</b> False
9.Sunbathing can also prevent sarcopenia	True <b>False</b>
10.Increased protein intake within 1 hour of exercise can increase muscle mass	<b>True</b> False

Figure 1a. Comparison of question correct about sarcopenia between pre-test and post-test.

1b. Overall recognition improvement of sarcopenia on post-test score

