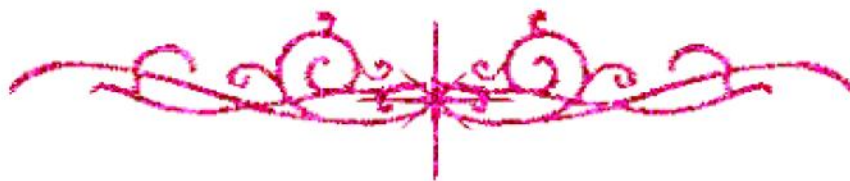


بسم الله الرحمن الرحيم





شبكة المعلومات الجامعية التوثيق الالكتروني والميكرو فيلم



جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات



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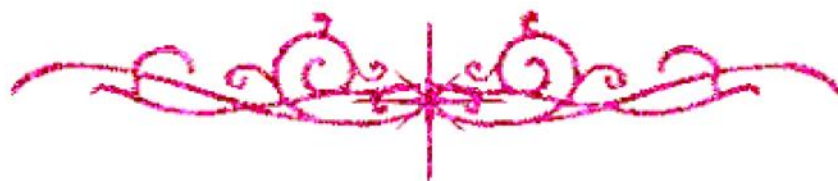


بعض الوثائق الأصلية تالفة





بالرسالة صفحات
لم ترد بالأصل





ASSOCIATION BETWEEN SARCOOPENIA AND RISK OF FALL IN ELDERLY PATIENTS IN OUTPATIENTS CLINICS

Thesis

Submitted for Partial Fulfillment of Master Degree
In Geriatrics

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List of Abbreviations

Abbreviation	Full term
ACEI	Angiotensin-converting enzyme inhibitors
ADL	Activities of daily living
AF	Atrial fibrillation
BIA	Bio impedance analysis
BMI	Body mass index
CAM	Confusion assessment method
CDC	Center for disease control
CGA	Comprehensive geriatric assessment
COPD	Chronic obstructive pulmonary disease
CRP	C-reactive protein
CT	Computed tomography
CVA	Cerebrovascular accident
DEXA	Dual energy X-ray absorptiometry
DHEA	De-hydro-epi-androsterone
DM	Diabetes mellitus
EWGSOP	European working group on sarcopenia in older people
FDA	Food and drug administration of USA
Fig	Figure
FRAT	Falls risk assessment tool
GDF-15	Growth differentiating factor-15
GH	Growth hormone
GHS	Ghrelin is an endogenous growth hormone secretagogue
IADL	Instrumental daily living
IGF-1	Insulin like growth factor-I

List of Abbreviations (continued)

Abbreviation	Full term
IL-6	Interleukin-6
MCI	Mild cognitive impairment
MFS	Morse fall scale
MMSE	Mini mental status examination
MRI	Magnetic resonant imaging
MSQ	Mental status questionnaire
OH	Orthostatic hypotension
OTC	Over the counter
PD	Parkinson disease
POMA	Performance - oriented mobility assessment
SARMs	Selective androgen receptor modulators
SD	Standard deviation
SMMI	Skeletal muscle mas
SPPB	Short physical performance battery
SSCWD	Society of Sarcopenia, cachexia and wasting disorders
TNF-α	Tumour necrosis factor-alpha
TUGT	Timed up and go test
WHO	World health organization

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Abstract

Background: Older people are more susceptible for fall. Fall is one of the most common geriatric syndromes that affects the quality of life of the elderly persons. It is the leading cause of severe injuries, as hip fractures in older population. Such injuries can result in “disability, chronic pain, loss of independence, poor quality of life, and in severe cases, death. Falls dresult from mix of biological, medical, behavioral or environmental risk factors.

This study aimed to assess risk of falls in older people at outpatient clinics.

Methods: A cross sectional study, 120 older adults were collected from outpatient clinics of Ain Shams Hospital. Geriatrics assessment was accomplished and fall risk assessment was completed using Morse fall scale (MFS) and timed up and go test (TUGT).

Results: The risk of falls was 41.67% and assessed by Morse Fall Scale among patients visiting geriatrics outpatient clinics. Older age, cognitive decline, functional dependency, and use of antipsychotic were significant predictors of increased fall risk among elderly attending outpatient clinics.

Conclusion: We concluded that increased risk of falls in older adults attended outpatient clinics is multifactorial.

Keywords: Falls, Risk, Morse Fall Scale, Timed-up and go test.

INTRODUCTION

Sarcopenia is “a syndrome characterized by progressive and generalized decrease of skeletal muscle mass and strength with a risk of adverse outcomes such as physical impairment, decline in quality of life and death (*Tanimoto et al., 2013*).

Muscle is 60% of the human body’s protein stores. After the age of 50, about 1–2% of muscle mass lost every year and between the ages of 20- and 80-years muscle mass is decreased up to 50% (*Wang & Bai, 2012*).

The key element in sarcopenia is loss of muscle strength rather than a loss of muscle mass. Thus, definition of sarcopenia includes muscle strength and function (*Clark & Manini, 2008*).

Fall is one of the most common geriatric syndromes that affects the quality of life of the elderly persons. It is the leading cause of severe injuries, as hip fractures in older population (*Edwards et al., 2013*). Such injuries can lead to functional impairment, chronic pain, dependence, poor quality of life, and even death (*Scott et al., 2010*).

Also, the post-fall anxiety syndrome, fear of falling; is another consequence of falls, this in turn lead to disability, weakness and gait problems and may eventually increase risk of falls (*Tanimoto et al., 2014*).

-Introduction-

Falls result from mix of biological or medical, behavioral and environmental risk factors. Loss of muscle strength, gait with balance problems were found to be the most risk factors for falls among community dwelling elderly (*Tinetti & Kumar, 2010*).

Sarcopenia is associated with loss of muscle mass and decrease physical performance which leads to physical inactivity, slow gait velocity and protective reflexes, decreased mobility and eventually increased risk of falls (*Fried et al., 2001*).

AIM OF THE WORK

The aim of this study was to assess the association between sarcopenia and risk of falls in elderly patients at outpatient clinics in Ain Shams Hospital.