

# Performa Penapisan Instrumen Mini Sarcopenia Risk Assessment (MSRA) dan Instrumen MSRA-LB Terhadap Diagnosis Sarkopenia pada Pasien Lanjut Usia = The Screening Performance of Mini Sarcopenia Risk Assessment (MSRA) and MSRA-LB Instruments to Diagnose Sarcopenia in Elderly Patients

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## Abstrak

Latar Belakang: Sarkopenia merupakan sindroma geriatri baru tertinggi dengan luaran klinis yang buruk, sehingga perlu dilakukan penapisan. Instrumen penapisan standar memiliki sensitivitas yang rendah. Mini Sarcopenia Risk Assessment (MSRA) merupakan instrumen baru dengan performa penapisan beragam, sehingga perlu diteliti lagi. Penambahan lingkaran betis (LB) pada MSRA diharapkan mendapatkan hasil penapisan yang lebih baik.

Tujuan: Mengetahui performa penapisan instrumen MSRA dan MSRA-LB terhadap diagnosis sarkopenia pada pasien lansia.

Metode: studi potong lintang dengan subjek lansia di Poliklinik Terpadu Geriatri, Rumah Sakit Umum Pusat Nasional Cipto Mangunkusumo telah dilakukan bulan Oktober hingga Desember 2022. Data diambil melalui wawancara dan pemeriksaan antropometri, LB, kekuatan genggam tangan, indeks massa otot apendikular, dan penilaian performa fisik.

Hasil: Diperoleh subjek sebesar 118 pasien dengan proporsi sarkopenia sebesar 19 pasien (16,1%) berdasarkan AWGS 2019. Sensitivitas instrumen MSRA-7, MSRA-5, MSRA-7-LB dan MSRA-5-LB secara berurutan adalah 78,95%, 57,89%, 57,89% dan 42,11%. Sedangkan spesifisitas adalah 30,30%, 46,46%, 87,88% and 93,94%. Model MSRA-LB meningkatkan akurasi diagnosis secara bermakna  $p=0,003$  pada MSRA-7-LB dan  $p=0,005$  pada MSRA-5-LB  $p=0,00$ .

Simpulan: Performa penapisan instrumen MSRA memiliki sensitivitas tinggi pada versi 7 butir pertanyaan. Penambahan lingkaran betis memperbaiki akurasi diagnosis instrumen MSRA namun tidak meningkatkan sensitivitas instrumen.

.....Background: Sarcopenia were the highest prevalence in current geriatric syndrome with unfavorable clinical outcomes and standardized tools to screen was insensitive. Mini Sarcopenia Risk Assessment (MSRA) has been developed to screen sarcopenia. Even, the performance is inconsistent, that is needed to be evaluated. Adding of calf circumference (CC) was conducted to find better screening performance.

Objective: To determine the screening performance of the MSRA and MSRA-LB instruments.

Methods: A cross-sectional study was conducted in elderly outpatients Cipto Mangunkusumo Central General Hospital, from October to December 2022. Data were collected through interviews and anthropometric examinations, measurements of body weight, hand grip strength, appendicular muscle mass index, and physical performance.

Result: Eligible subjects was 118 patients base on inclusion criteria. Sarcopenia were found 19 (16,1%) subjects based on the 2019 AWGS criteria. The sensitivity values of MSRA-7, MSRA-5, MSRA-7-LB, MSRA-5-LB were 78,95%, 57,89%, 57,89% and 42,11%, respectively. The specificities were 30,30%, 46,46%, 87,88% and 93,94%, respectively. Combination MSRA-LB improved diagnostic accuracy with  $p=0,003$  on MSRA-7-LB and  $p=0,005$  on MSRA-5-LB.

value of 7 and 5 version 0,003 and 0,005, respectively.

Summary: The high sensitivity screening performance of MSRA has been found in 7 item questions version. Combination MSRA-CC improved diagnostic accuracy of sarcopenia without increasing of sensitivity those instruments.