

Algunas herramientas que se utilizan en la práctica clínica para detectar sarcopenia.
La referencia es Falcon L y Harris-Love M. Fed Pract. 2017 July 9; 34(7): 24–32.






TEST	CUT OFF SCORES	IMPLEMENTATION	IMPLICATIONS
SARC-F 	Positive test: Scores ≥ 4	<i>Screening</i> May be administered by a physician or an associated health professional	Slower gait speed, lower strength, and an increased likelihood of hospitalization within a year of the test response Specificity = 94% to 99%; sensitivity = 4% to 10% Positive test values may prompt confirmatory testing and a referral for physical therapy
Gait speed 	Positive test: Walking speed < 1.0 m/s	<i>Screening</i> May be administered by a physician or an associated health professional	Lower muscle performance, and increased risk of sarcopenia and lower extremity functional limitations Relative risk = 2.2 (95% CI = 1.8 - 2.7) in ambulatory older adults Positive test values indicate a need for a formal exercise prescription, and may prompt further assessment
Grip strength 	Positive test: Men: < 30 kg Women: < 20 kg	<i>Confirmation Test or Screening</i> Often administered by an associated health professional; may be administered by a physician	Low muscle strength; associated with all-cause mortality Sensitivity = 63%; specificity = 70% Positive test values indicate a need for a formal exercise prescription, and may prompt further assessment; test results may be used for sarcopenia staging
SPPB 	Positive test: Score < 7	<i>Confirmation Test</i> Often administered by an associated health professional; may be administered by a physician (Represents a more comprehensive assessment of functional in comparison to the gait test)	Diminished physical functioning and balance; associated with compromised ability to perform activities of daily living Relative risk = 4.2 (compared to higher performing individuals that score 10-12 on the SPPB) Positive test values may prompt a referral for physical therapy; test results may be used for sarcopenia staging
Lean body mass 	Positive test: Men: < 8.50 kg/m ² Women: < 5.75 kg/m ²	<i>Confirmation Test</i> DXA administered by radiology staff; alternative measures such as BIA are often administered by an associated health professional	Low muscle mass; associated with functional limitations and disability Likelihood is estimated at > 2 times greater in older men and > 3 times greater in older women Test results may be used for sarcopenia staging; ideally, muscle mass values are used in conjunction with the assessment of strength and functional status

Figure. Sarcopenia Screening Tools and Confirmatory Tests

Abbreviations: BIA, bioimpedance analysis; CI, confidence interval; DXA, dual X-ray absorptiometry; SPPB, Short Physical Performance Battery.