



The Osteoporosis Self-assessment Tool for Asians (OSTA) as a Screening Tool for Sarcopenia in Filipinos

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Abstract:

Sarcopenia is a progressive and generalized loss of muscle mass with either loss of muscle strength or decrease in physical performance. Along with osteoporosis, its prevalence increases with age and is associated with multiple unfavorable clinical outcomes. There is growing evidence supporting the association of osteoporosis to sarcopenia including alterations in metabolism and clinical implications. In orthopaedic practice, literature suggests the association of sarcopenia with the adverse clinical outcomes of skeletal fractures treated either operatively or non-operatively. It is therefore imperative for the orthopaedic surgeon to recognize and treat this clinical entity to improve overall clinical outcomes for patients with skeletal fractures. The Osteoporosis Self-Assessment Tool for Asians (OSTA) score has been developed to identify people at risk of osteoporosis. It is a simple screening tool based on age and weight. Given the strong association of osteoporosis and sarcopenia, this study aimed to determine the utility of the OSTA as a potential screening tool for sarcopenia as well. OSTA score calculation and bioelectrical impedance analysis (BIA) were performed. The results showed that the OSTA score is an adequate alternative screening tool for patients with sarcopenia based on BIA. Instrument sensitivity was 83.3%, specificity was 97.73%, positive predictive value (PPV) was 0.83, and negative predictive value (NPV) was 0.97. The researchers conclude that the use of the OSTA score in Filipinos is also effective for screening sarcopenia and has adequate



sensitivity and specificity.

Biography:

Kristoffer Carlo A. Narvaez has completed his Doctor of medicine degree, Cum Laude, at the age of 24 years from University of Santo Tomas faculty of Medicine and Surgery. He is currently a third year resident physician in the East Avenue medical Center in Quezon City Philippines. He has been awarded as the most outstanding resident by the Philippine board of orthopedics for resident physician year level two (2018) and year level three (2019).

Publication of speakers:

1. The epidemiology of fractures in England- L J Donaldson, I P Reckless, S Scholes, J S Mindell, N J Shelton. BMJ 2008.
2. Hospitalized wrist fractures in France: Incidence and burden trend changes- M. Maravic, P. Taupin, P. Landais, C. Roux. Orthopaedics & Traumatology: Surgery & Research. 2010.

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