

Analysis of Risk Factors of Sarcopenia in the Elderly and Nursing Measures of Traditional Chinese Medicine

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Abstract: Sarcopenia is also known as skeletal muscular dystrophy, which has a great relationship with aging. The core symptoms are further reduction of skeletal muscle mass and significant decline of strength. As the name implies, sarcopenia mainly occurs in the elderly, which often has a huge negative impact on the health of older people. Therefore, this paper makes an in-depth study of the cases of actual senile sarcopenia, so as to better analyze the risk factors of patients with such diseases and how to carry out effective TCM nursing.

Keywords: Senile Sarcopenia; Risk Factors; Nursing of Traditional Chinese Medicine

China has stepped into the aging society and many problems are exposed. Especially in terms of medical treatment, the incidence and number of senile sarcopenia in China are also increasing year by year. It is because when the person arrives at old age stage and each body function can decay gradually, at the same time because of a variety of chronic diseases, body function damage caused by the mobility inconvenience will further accelerate the decline in muscle mass. A large number of studies have shown that muscle content is an important factor in the mortality of the elderly, and the elderly with relatively low muscle content tend to have a doubling risk of death. So the present stage, all walks of life shows great concern on the elderly sarcopenia treatment and nursing.

1. Analysis of risk factors in elderly patients with sarcopenia

This paper conducted an in-depth study on the clinical data of senile sarcopenia patients in a hospital within one year, and conducted an effective group study on the confirmed senile sarcopenia patients according to the international standard diagnostic specifications. The

rest were either unrecognized or divided into control groups to better understand the risk factors associated with sarcopenia in elderly patients.

1.1 The method of parsing is introduced

In this paper, the analysis of the risk factors of senile sarcopenia patients was carried out by combining literature review and relevant medical staff practice to further determine the risk factors leading to the occurrence of this disease in senile sarcopenia patients. These include age, gender, physical condition, daily exercise, and other chronic conditions. The diagnosis was based on the latest international criteria for sarcopenia. In the overall data sample statistical process, SPSS 22.0 statistical analysis software was fully applied to analyze the risk factors related to elderly patients with sarcopenia, and the analysis of the overall risk factors was given a more scientific statistical concept.

1.2 Presentation of survey results

Among all hospitalized elderly patients with sarcopenia treated in a hospital in this survey, the overall average age is about 75 years old, among which the number of female cases is slightly higher than that of

male cases while the overall number of patients in the survey is only about 20% of patients have been truly diagnosed with sarcopenia.

1.3 Introduction to the risk factors of elderly patients with sarcopenia

First of all, age is a factor. According to the relevant standard test analysis, sarcopenia has a great correlation with the age of patients. Therefore, the overall test data

Group	Number of cases	Gender		Nutritional status			Experience exercise		Osteoporosis	
		Male	Female sex	good	commonly	Poor	YES	NO	YES	NO
Case group	68	26	42	20	35	13	8	60	45	23
Control group	244	130	114	134	105	5	165	79	120	124

Table 1. Single factor analysis of sarcopenia in the elderly

Through the application, relevant variables without statistical application were gradually selected and removed, and the overall results were as follows: age, gender, physical health status, and exercise status were

can be concluded that the concept of sarcopenia will increase significantly as patients get older.

Then there is the physical condition, which is analyzed from the patient's gender, physical condition, daily exercise, other chronic diseases and other conditions. Finally, it is concluded that osteoporosis is the positive core risk factor for muscle loss in elderly patients, as shown in **Table 1** below.

the important risk factors for the occurrence of sarcopenia in elderly patients in this survey. As shown in **Table 2** below.

Risk factors	β	Sx	P	OR (95%CI)
Age	4.106	0.042	<0.01	2.867
Gender	2.654	2.043	0.030	1.645
Nutritional status	2.332	1.151	0.021	0.021
Physical exercise	2.297	1.137	0.044	0.044

Table 2. Multivariate analysis of sarcopenia in the elderly

2. Analysis of nursing measures of Chinese medicine for aged patients with sarcopenia

2.1 Increase overall physical activity as possible as appropriate

Too little exercise is one of the core factors of sarcopenia in the elderly. From the perspective of traditional Chinese medicine, it plays a very important role in promoting the prevention of sarcopenia in the elderly through reasonable guidance of scientific and comprehensive functional exercise. For the elderly patients with sarcopenia, the intervention mode is mainly

to carry out relatively mild exercise as the core, or carry out light aerobic exercise. Scientific training can not only improve the symptoms of sarcopenia in elderly patients, but also play a key role in the improvement of patients with diabetes.

2.2 The symptoms are relieved by tonic soup

Experts in the field of traditional Chinese medicine believe that such as Sishen decoction has the effect of tonifying the spleen and stomach and can also play a very important role in removing phlegm and dampness. For the elderly patients with sarcopenia, it is a very targeted herbal diet. The main ingredients of Sishen soup include: ling 20 grams, owe 20 grams, lotus seeds

40 grams, yam 20 grams, salt (right amount), rice wine (right amount). The method of manufacture is: the related medicinal materials are pre-soaked and conditioned for 30 minutes. Then the relevant material is put into water and rice wine is added to boil for about an hour.

2.3 Functional exercise and impact of comprehensive interventions

What needs to be noted here is that reasonable key functional exercise and adequate nutrition intake can be carried out in a synchronous manner, which can often play a very significant therapeutic effect. The combination of diet and exercise is very conducive to the overall prevention and control of sarcopenia in the elderly. On the basis of scientific diet and exercise, further increasing the intake of whey protein can further improve the overall physical quality of elderly patients with sarcopenia and other relevant indicators. And related studies have further proved that comprehensively deepening the comprehensive development of nutrition intake and exercise training can further improve the physical function and basic motor ability of elderly patients with sarcopenia, thus effectively achieving the goal of further improving the overall quality of life of elderly patients with sarcopenia.

3. Conclusion

With the further aggravation of the aging of the global population, the health problems of the elderly group have attracted wide attention from all walks of life. Sarcopenia in the elderly is a common disease whose generation will bring great negative impact on the

normal life of the elderly. For now, the overall understanding of sarcopenia in the elderly is still in its infancy with no immediate treatment or even a highly standardized diagnosis. Therefore, relevant medical staff need to further comprehensively explore sarcopenia in the elderly, and provide better and scientific guidance for the health of patients with sarcopenia and the prevention of sarcopenia in the elderly.

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