

COURSE: **Sarcopenia, Frailty and disability: Concepts, assessment and intervention in physiotherapy**

Università degli Studi di Verona

3rd year of degree in Physiotherapy

Dates: **Polo di Vicenza** 12th of December 2017 from 14h30 till 17h30

Polo di Rovereto 13th of December 2017 from 14h30 till 17h30

Teacher: **M^a Teresa Tomás** –Polytechnique Institutet of Lisbon - Escola Superior de Tecnologia da Saúde de Lisboa

At the end of this course students could:

- 1) Recognize and discuss concepts related to sarcopenia, Muscle wasting, frailty and disability
- 2) Recognize different methodologies to assess and define sarcopenia, Muscle wasting, frailty and disability
- 3) Apply different methodologies to assess and define levels of sarcopenia, Muscle wasting, frailty and disability
- 4) Identify strategies for intervention in Sarcopenia, muscle wasting, frailty and disability

Contents

Theoretical classes (14h30-16h)

- 1) Sarcopenia, Muscle Wasting, Frailty and disability: definitions
- 2) The dismobility concept
- 3) Dinapenia Concept
- 4) Methodologies of assessment: laboratory and functional assessment
 - a. Body composition
 - b. Strength assessment; handgrip, etc
 - c. Questionnaires
 - d. Fullerton Battery
- 5) Management of sarcopenia, frailty and disability
- 6) Exercise prescription in physiotherapy for sarcopenia, frailty and disability

Practical classes (16h-17h30)

- 1) How to assess sarcopenia, frailty and disability
- 2) How to manage sarcopenia, frailty and disability in physiotherapy