



International Journal of Gerontology

journal homepage: <http://www.sgecm.org.tw/ijge/>



CME for 14.1

- Which of the following statement about frailty is true?
 - Frailty a geriatric syndrome which is defined by decline in physical function and inadequate responses to stress to maintain homeostasis
 - Frailty is associated adverse outcomes including delirium, disability and mortality
 - Frailty is highly prevalent in geriatric population and its incidence is increasing as age increased
 - Sarcopenia, defined by loss of muscle mass with declined muscle function, is a crucial driver for frailty
 - All of the above
- Sarcopenia can be diagnosed based on following modalities EXCEPT
 - Dual energy X-ray absorp-tiometry (DXA)
 - Bioelectrical impedance analysis (BIA)
 - Computed tomography (CT) images
 - Muscle biopsy
- Which of the following is NOT part of the criteria for positive of frailty phenotype in Cardiovascular Health Study (CHS)?
 - Unintentional weight gain
 - Self-report low energy
 - Lowest 20% of grip strength
 - Lowest 20% in walking speed
 - Lowest 20% of physical activity
- Which of the following statement is true?
 - World Health Organization recommends dietary protein intake of 0.8 g protein per kg body weight per day for general adults
 - Around 40% of elderly was reported to have protein consumption below the recommendation
 - Higher dietary protein intake was associated with higher appendicular lean mass
 - Lower energy-adjusted total protein intake is associated with higher loss of muscle mass
 - All of the above
- In literature, sarcopenia and frailty are prevalent in following diseases EXCEPT
 - Heart failure
 - Bipolar disorder
 - Chronic obstructive pulmonary disease
 - Critical illness
 - Chronic kidney disease

Issue date: February 29th, 2020

Expiration date: May 31st, 2020

Volume 13 Issue 4 Answers:

- (D)
- (C)
- (E)
- (C)
- (D)