Faculty of Science and Health

FACULTY RESEARCH COMMITTEE

Undergraduate Summer Research Internship Scheme 2017

Project Title: *The prevalence of sarcopenia in a chronic illness population*

Principal Investigator: *Dr. Brendan Egan*

School/Research Centre: *School of Health and Human Performance*

Project Description

Project Aims

Sarcopenia refers a loss of muscle mass and function with aging. It is associated with a high prevalence of falls and is a major cause of disability, mortality and other adverse health outcomes. With the aging population, sarcopenia is becoming ever more prevalent and placing an increased demand on health service resources. Despite its clinical importance, sarcopenia remains under-recognized and poorly managed. This is in part due to the lack of standard diagnostic tests and criteria.

MedEx Wellness is a novel community-based chronic illness rehabilitation programme located at Dublin City University. It offers supervised exercise classes and nutrition services to patients with a range of chronic conditions, including cardiovascular disease, diabetes, pulmonary disease, and cancer.   In patients with an established chronic illness such as those catering for by MedEx, comorbidities are frequent and can contribute to disease severity, morbidity and mortality. We hypothesize a high prevalence of sarcopenia in the MedEx population.

Potential Candidates

An intern is required to conduct a study to develop a test battery to identify sarcopenia and to investigate the prevalence of sarcopenia in MedEx.

Under the supervision of Dr. Brendan Egan, the Intern will:

- Work as part of the MedEx research team
- Engage in appropriate training as required
- Develop a sarcopenia test battery suitable for use in Medex consisting of both physical and nutritional outcomes
- Pilot the use of this test battery
- Assist in participant recruitment and induction
- Administer and collate informed consent forms
- Schedule participants for data collection
- Generate and manage a database
- Collate, input, and clean data
- Perform descriptive analysis
- Write a report outlining the rationale, methods, and results of the project
- Present the findings to the MedEx team