# SARC-F SARCOPENIA QUESTIONNAIRE

<table>
<thead>
<tr>
<th>COMPONENT</th>
<th>QUESTION</th>
<th>SCORE (please circle as appropriate)</th>
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</thead>
</table>
| Strength           | How much difficulty do you have in lifting and carrying 10 pounds? | None = 0  
Some = 1  
A lot or unable = 2 |
| Assistance in walking | How much difficulty do you have walking across a room? | None = 0  
Some = 1  
A lot, unable or use aids = 2 |
| Rise from a chair  | How much difficulty do you have transferring from a chair or bed? | None = 0  
Some = 1  
A lot, unable or use aids = 2 |
| Climb stairs       | How much difficulty do you have climbing a flight of ten stairs? | None = 0  
Some = 1  
A lot or unable = 2 |
| Falls              | How many times have you fallen in the past year? | None = 0  
1-3 falls = 1  
4 or more falls = 2 |

\[ \text{eGFR} = \] \[ \text{TOTAL SARC-F SCORE} = \]

**IF** eGFR \( >30 \)  **+** SARC-F score \( \geq 4 \) **PRESCRIBE FRESUBIN 3.2KCAL BD** ☐