

SARCOPENIC OBESITY AND FUNCTIONAL DECLINE IN INDIVIDUALS UNDERGOING GASTROPLASTY: IMPACT ON THE BARTHEL INDEX AND PERFORMANCE ON TSL 30S

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RESUMO

Introduction: Sarcopenic obesity (SO) is a clinical condition characterized by the coexistence of excess body fat and low muscle mass/function. This combination is detrimental, as it negatively impacts activities of daily living (ADLs), strength, and functional performance. Objectives: To investigate the association between SO, the Barthel Index, and the TSL 30S in individuals undergoing gastroplasty. Methods: A cross-sectional observational study with patients hospitalized in the ward. Sarcopenia risk was analyzed using the SARC-F questionnaire, validated for the Brazilian population. For the purposes of this study, sarcopenia was considered present when the score was ≥ 4 points, in accordance with the guidelines of the European Working Group on Sarcopenia in Older People (EWGSOP2). ADLs were assessed using the Barthel Index, with scores that imply the ability to dress, feed, and perform personal hygiene. The TSL 30S test was administered to evaluate functional performance, as well as lower limb strength and endurance. Data normality was tested using the Shapiro-Wilk test. Pearson's correlation coefficient was used to analyze associations, with a significance level of $p < 0.05$. Results: Twenty-six patients were assessed, with a mean age of 35 ± 8 years; the majority were female ($n = 21$, 77.8%). The body mass index (BMI) was 43 ± 5 kg/m². A moderate positive correlation was observed between the SARC-F and BMI kg/m² ($r = -0.612$; $p = 0.001$). Moderate positive correlation between TSL 30S and the Barthel Index ($r = 0.569$; $p = 0.005$). Moderate negative correlation between the Barthel Index and the SARC-F ($r = -0.452$; $p = 0.023$). Weak negative correlation between the Barthel Index and weight (kg) ($r = -0.399$; $p = 0.044$). Conclusions: SO in individuals undergoing gastroplasty is directly associated with functional decline and loss of autonomy. These findings reinforce the need for rehabilitation strategies focused on preserving muscle mass in order to optimize functional outcomes in the postoperative period.

Palavras-chave: Body Mass Index Barthel Index SARC-F TSL 30S Sarcopenic Obesity.