

MSRA

Mini Sarcopenia Risk Assessment

Purpose : Screening test for sarcopenia

Admin time : 5 min

User Friendly : High

Administered by : GP or nurse

Content : Available in a seven-item (MSRA-7) and five-item (MSRA-5) version. The items of the MSRA-7 questionnaire are: (1) age, (2) the number of hospital treatment in the last year, (3) level of physical activity, (4) regular consumption of three meals a day, (5) consumption of dairy products, (6) consumption of protein, and (7) weight loss in the last year. Each item can be scored 0, 5, or 10, and the total score ≤ 30 indicates the risk of sarcopenia. Items (4) and (5) are not included in the MSRA-5 version. Each item of the MSRA-5 can be scored 0, 5, 10, or 15, and the total score ≤ 45 indicates sarcopenia risk.

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<https://www.cgakit.com/s-1-msra>

Name : _____

Date : _____

Assessed by : _____

	MRSA-7	MRSA-5
1. How old are you?		
>70 years	0	0
<70 years	5	5
2. Were you hospitalized in the last year?		
<i>Yes, and more than 1 hospitalization</i>	0	0
<i>Yes 1 hospitalization"</i>	5	10
<i>No</i>	10	15
3. Mat is your activity level?		
I'm able to walk <1000 m.	0	0
I'm able to walk more than 1000 m	5	15
4. Do you eat 3 meals per day regularly?		
No, up to twice per week I skip a meal (e.g. I skip breakfast or I have only milk coffee or soup for dinner)	0	
Yes	5	
5. Do you consume any of the following?		
Milk or dairy products (e.g. yogurt, cheese), but not every day	0	
Milk or dairy products (e.g., yogurt, cheese), at least once per day	5	
6. Do you consume any of the following?		
Poultry, meat, fish, eggs, legumes, ragout, or ham but not every day	0	0
Poultry, meat, fish, eggs, legumes, ragout, or ham, at least once per day	5	15
7. Do you lose weight in the last year?		
>2 kg	0	0
No, or <2 kg	5	10
SCORE (sum of points)		

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SCORING :

MRSA-7 : total score ≤ 30 indicates the risk of sarcopenia

MRSA-5 : total score ≤ 45 indicates sarcopenia risk