Hand grip strength in nutrition risk screening of older adults

Hand grip strength (HGS) has been proposed an indicator of nutritional status that is objective, requires little operator training and is quick to use at the bedside. In this study, the discriminatory ability of HGS in screening for malnutrition during admission to general surgical wards in an older (≥65 years) population was tested against MST screening and PG-SGA nutritional assessment. HGS was found to be unsuitable in screening older inpatients for malnutrition during admission to surgical wards. This finding does go against what previous studies have found in that HGS is a useful screening tool for malnutrition, however, many limitations to the current study were noted.

MCQs

1. Which of the following is a nutrition assessment tool?
   a) PG-SGA  
   b) MST  
   c) Handgrip strength  
   d) Albumin levels

2. Which of the following makes handgrip strength a useful tool to use for nutrition screening?
   a) Requires minimal assessor training  
   b) Is validated against PG-SGA  
   c) Is diagnostic of malnutrition  
   d) Is expensive

3. A test with high sensitivity will:
   a) have a low true negative rate  
   b) have a high false positive rate  
   c) have a high true positive rate  
   d) have a high true negative rate

4. A test with high specificity will:
   a) have a low true negative rate  
   b) have a high false positive rate  
   c) have a high true positive rate  
   d) have a high true negative rate
5. A limitation of using handgrip strength in screening for malnutrition is:
   a) that it is not recommended by any organisations
   b) is subjective in nature
   c) has many confounding clinical conditions
   d) is only valid in people under 30 years of age

6. In the paper, handgrip strength was standardised against what measure?
   a) PG-SGA score
   b) The lower limit of the 95% confidence interval of the mean of normative data
   c) MST score
   d) The sensitivity of the handgrip strength in detecting malnutrition
Answers:
1. a
2. a
3. c
4. d
5. c
6. b