

From Hospital to Home: Delivering Continuity Care Environment for Patients with Sarcopenia

Sarcopenia, the age-related loss of muscle mass, is often termed the "silent epidemic" of our aging society. While clinical interventions are crucial, the daily lived experience of patients is defined not just by physiology, but by the environments they navigate. Drawing on extensive nursing research conducted in both hospital and community settings, this lecture explores the critical gap between medical treatment and environmental support. We will examine how physical barriers and social misconceptions exacerbate challenges, leading to increased frailty and isolation.

Key takeaways include real-world case studies from China, a multidimensional framework for "friendly environments" encompassing infrastructure and cultural empathy, and a strong call to action. How can students from diverse disciplines contribute? Join us to bridge the gap between healthcare and urban living. Discover how small environmental changes can restore dignity and independence. Let us collaborate across faculties to build a more inclusive society where vulnerability is met with design and care, ensuring no one is left behind due to muscle loss. This presentation promises to inspire practical solutions for a pressing public health challenge. You will gain actionable insights to become agents of change.