

ULTRASOUND MEASUREMENT OF PSOAS MUSCLE COMPARED TO BIOELECTRICAL IMPEDANCE ANALYSIS FOR THE EVALUATION OF SKELETAL MUSCLE MASS IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE: A STUDY ON FEASIBILITY, REPRODUCIBILITY AND DIAGNOSTIC ACCURACY

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Poster

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Ultrasound measurement of psoas muscle thickness adjusted for BMI shows promising diagnostic accuracy for detecting low skeletal muscle mass in IBD patients when compared to bioelectrical impedance analysis.

KEY POINTS

- In 86 IBD patients (67.4% Crohn's disease, 32.6% ulcerative colitis), ultrasound psoas thickness measurement was feasible in all patients with excellent inter-operator reproducibility (ICC 0.951).
- Ultrasound-derived psoas thickness adjusted for BMI correlated significantly with BIA-measured skeletal muscle mass normalized to height squared ($r = 0.54$, $p < 0.0001$).
- Sex-specific cut-offs of psoas thickness $\times$ BMI (≤ 108.18 cm $\cdot$ kg/m² for men, ≤ 66.9 cm $\cdot$ kg/m² for women) yielded sensitivities of 93.5% and 78.5% and specificities of 53.6% and 69.2%, respectively, with AUROC values of 0.753 and 0.758.
- The authors suggest ultrasound psoas measurement could serve as a practical first-line screening tool for sarcopenia during routine bowel ultrasound, given that the psoas is a key anatomical landmark for terminal ileum evaluation.
- Further prospective studies are needed to refine cut-off values and validate findings in diverse populations.

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