Overview

The Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR) is the peak professional scientific society that specializes in the study of sarcopenia and frailty in Australia and New Zealand. The society was established in 2016 with the specific objective to bring together clinical, basic and translational scientists and clinicians actively involved in the study of sarcopenia and frailty. ANZSSFR is governed by a Council that is represented by elected members from all States/Territories in Australia and New Zealand.

Our Mission

To promote and enhance excellence in sarcopenia and frailty research and clinical practice, and to facilitate the professional development of health professionals and the translation of research into practice.

Our Vision

To be the leading organisation in sarcopenia and frailty in Australia and New Zealand.

Values

Leadership, Excellence, Professionalism, Respect, Equitable, Responsive, Inclusive

Our Strategic Priorities (2020 – 2023)

This plan covers the period 13 November 2020 to 31 December 2023, and has four key strategic priorities each of which has specific strategies and measures of success.

1. Develop, promote and lead the research and practice agenda for sarcopenia and frailty across the scientific, clinical and broader community in Australia and New Zealand.

2. Demonstrate leadership by promoting education and training, and facilitate national and international initiatives and networking opportunities to promote the sharing of knowledge.

3. Build capacity to grow, providing mentorship and opportunities, to support and engage with all members of the society, and ensure equity and inclusiveness.

4. Build capacity for a financially secure and sustainable future.
Objectives of ANZSSFR

The objectives for which the Society was established are:

- To promote, foster, develop and assist research in the area of sarcopenia and frailty, and also the dissemination and application of this research knowledge and information.

- To promote knowledge of muscle function, biology and biological mechanisms of sarcopenia and frailty, investigate potential biomarkers for sarcopenia and frailty, prevention of sarcopenia, frailty and associated consequences as well as clinical outcomes and treatments of sarcopenia and frailty, and all aspects of falls and fracture prevention.

- To encourage, stimulate and foster interest in: a) musculoskeletal biology and function, sarcopenia and frailty amongst other interested persons including regional and international bodies; and b) promotion of networking collaborations nationally and internationally.

- To encourage participation of scientists from Australia and New Zealand at the International Conference on Sarcopenia and Frailty and other related conferences.

- To encourage and to assist and arrange for scientists, exchange students, practitioners and others to travel abroad and/or engage online and promote scientific communication and exchange in preclinical / biological and clinical research in sarcopenia and frailty.

- To facilitate and promote the research agenda on all aspects of sarcopenia and frailty in Australia and New Zealand.

- To advocate for the integration of sarcopenia and frailty diagnostics and management in clinical practice across Australia and New Zealand.

- To promote translational research and clinical trials (investigator-initiated and industry-sponsored) on sarcopenia and frailty in Australia and New Zealand.

- To promote the dissemination of knowledge on all aspects of sarcopenia and frailty to the broader community.
Our Strategic Priorities (2020 – 2023)

Strategic Priority

Develop, promote and lead the research and practice agenda for sarcopenia and frailty across the scientific, clinical and broader community in Australia and New Zealand.

Key Strategies

1.1. Reach consensus and endorse a definition of sarcopenia and frailty to be adopted and promoted across Australia and New Zealand, and be responsive to any future changes.

1.2. Develop, promote and deliver clinical and public profiling and educational events, and establish a clear communication strategy, to raise awareness of sarcopenia and frailty amongst scientists, clinicians, healthcare providers, and the community.

1.3. Lead and/or collaborate with other relevant national and international specialist societies with overlapping interests, to develop relevant position statements and/or clinical guidelines related to sarcopenia and frailty, and to review and endorse relevant guidelines from related specialist societies.

1.4. Lead and/or support initiatives focused on identifying, developing and implementing strategies to address the key challenges within the field of sarcopenia, frailty and related research.

Mechanisms | Measures of Success

- Use a Delphi (or related) process to gain responsive consensus on a clearly defined and utilisable definition of sarcopenia and frailty to facilitate research and patient assessment and management.

- Obtain Independent Hospital Pricing Authority (IHPA) recognition of sarcopenia (five digit code) to increase usability across Australia and New Zealand.

- Active communication and dissemination strategy to raise awareness of sarcopenia and frailty, and the translation of evidence-based research into practice.

- Development and/or endorsement of position statements and/or clinical guidelines, including partnering with a related specialist society.

- Dissemination of a society newsletter to all ANZSSFR members (at least 2 per year).

- At least one profiling and/or educational events per year (outside of the annual meeting), including one event with a related specialist society.
Strategic Priority

Demonstrate leadership by promoting education and training, and facilitate national and international initiatives and networking opportunities to promote the sharing of knowledge.

Key Strategies

2.1. Provide high quality educational activities and training opportunities for students, clinicians, healthcare professionals and the community to promote and showcase sarcopenia and frailty research.

2.2. Deliver clinical update sessions for clinicians to raise awareness of the diagnosis, management and prevention of sarcopenia and frailty.

2.3. Network, collaborate and form alliances with relevant specialist societies and key stakeholders both nationally and internationally to develop joint initiatives.

2.5. Advocate for ANZSSFR representation on key government and non-government bodies to support the prioritisation of sarcopenia and frailty research funding, and to promote the integration of research into clinical practice across Australia and New Zealand.

Mechanisms | Measures of Success

- At least one yearly educational event or training opportunity (beyond our annual meeting) offered to our members, healthcare professionals across other specialty areas and/or the community.
- At least one yearly clinical update or related session held.
- Increase the number of members (and non-members) attending ANZSSFR and related events by 20% of the next three years.
- Increase the number of members of our society by 20% over the next three years.
- Hold at least three joint symposia and meetings with other specialist societies, and involvement in other joint local, national and international initiatives over the next three years.
- Introduce a number of online learning or other related education opportunities provided.
- Number of nominated ANZSSFR members represented (or requests for responses) on key government and/or related professional bodies.
Strategic Priority

Build capacity to grow, providing mentorship and opportunities, to support and engage with all members of the society, and ensure equity and inclusiveness.

Key Strategies

3.1 Grow the ANZSSFR membership base.

3.2 Engage with and support early-to-mid career members (and the EMCR committee) to facilitate mentoring, networking, education and showcasing opportunities.

3.3 Develop initiatives and benefits that are relevant to our members and will keep them engaged with the society.

3.4 Ensure the ANZSSFR annual meeting remains relevant to our members across the domains of basic, clinical and translational research.

3.5 Engage with other societies and organisations with an interest in sarcopenia, frailty and musculoskeletal health to provide increased opportunities for our members.

3.7 Ensure the ANZSSFR Council and Committee encompasses equity in genders, career stage and diversity, and to ensure all operations, events and communications are gender-neutral, culturally sensitive and respectful and inclusive in terms of all forms of diversity.

3.8 Recognition of the important and complementary roles and significance of all health care professionals in the identification and management sarcopenia and frailty.

Mechanisms | Measures of Success

- Number of members registered on database and annual growth (aim 5% per year), along with the establishment of an appropriate membership database to facilitate yearly renewals.
- Establishment of a mentoring scheme and number of networking events.
- Number of educational events and training opportunities offered to our members as well as healthcare professionals across other specialty areas.
- Numbers of ANZSSFR members and non-members attending the annual meeting.
- Number of abstract submissions across the three main domains (basic, clinical and translational research) at our annual meeting.
- Number of co-badged events with other societies/organisations.
- Continue to provide awards and travel assistance for EMCRs to attend and present at annual meeting.
- Equitable potential for all members to engage with events, and be represented on Council and/or Committee.
- Development and promotion of, and active alignment with, a Diversity and Inclusion Statement of Principles.
Strategic Priority

Build capacity for a financially secure and sustainable future.

Key Strategies

4.1. Ensure the financial viability of the society.
4.2. Explore opportunities to diversify funding streams.
4.3. Continue to facilitate strong working relationships with sponsors and related stakeholders.
4.4. Adhere to ASIC requirements and ensure timely and accurate budgetary and financial reporting to all members.
4.5. Develop a succession plan for the Council roles of President, President Elect, Treasurer, Secretary and state-based positions.
4.6. Development of policies and induction resources for the Council (and subcommittees) to facilitate sound governance.
4.7. Maintain effective governance and management, and establish relevant subcommittees to support Council and society activities.

Mechanisms | Measures of Success

- Ensure activities conducted aligned with the resources available to safeguard the ongoing and long-term financial viability of the society, with all events run to a profit.
- Amount of funding obtained from events or activities outside of the annual meeting.
- Ongoing relationships with sponsors and related stakeholders reflected in annual sponsorship of our yearly conference and related events.
- Review ASIC details following each AGM and demonstrate adherence to all financial reporting requirements.
- Clearly defined and documented succession plan for Council members ending their terms.
- Finalize policies and induction resources for the Council and subcommittee roles.
- Regular monitoring and reporting of progress against the ANZSSFR strategic plan.
- Establishment of active subcommittees with terms of reference clearly defined, along with objectives and measurable deliverables.