



Pressure Ulcers eCourse

Knowledge Checkup Module 5.5

Handout

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Knowledge Checkup – Questions

1. What three characteristics should a nutrition screening tool have?
2. Name three commonly used nutrition screening scales.
3. High protein oral nutritional supplements and tube feedings should be offered in addition to the usual diet to individuals with nutritional and pressure ulcer risk because of:
4. Why should nutritional supplements be administered in between meals?
5. What are the risk factors associated with poor nutrition?
6. What factors can cause hypermetabolism which results in higher caloric requirements?
7. Why is adequate protein intake necessary in patients with pressure ulcers?
8. How does the amino acid arginine help heal pressure ulcers?
9. What role does the amino acid glutamine play in pressure ulcer healing?
10. Under what conditions will patients need additional fluids?

Knowledge Checkup – Answers

1. Quick, easy to use, acceptable to both patient and nurse
2. Malnutrition Screening Tool (MST), Mini Nutrition Assessment (MNA), and Braden nutrition sub-scale
3. Acute or chronic diseases or following a surgical intervention
4. Absorption of nutrients and does not interfere with meal intake
5. Weight history; unintentional weight loss; obesity, inability to eat independently; poor intake; chewing and swallowing problems
6. Trauma, infection, stress or pressure ulcers
7. Improves healing; needed to build new tissue; decreases net nitrogen losses; and replaces protein lost in draining wounds
8. Transports amino acids to cells and stimulates collagen synthesis
9. Functions as a fuel source for fibroblasts and epithelial cells
10. Dehydration, elevated temperature, vomiting, profuse sweating, diarrhea, heavily draining wounds, and high protein diets