1. Which of the following are commonly used nutritional screening tools?
   a. MST  
   b. MNA  
   c. BWAT  
   d. Norton

2. Under-nutrition is a reversible factor for pressure ulcer development and treatment.
   True    False

3. On the Braden nutrition sub-scale, a patient who eats half the food offered and has an occasional intake of supplements will be rated as having:
   a. Very poor nutritional status  
   b. Inadequate nutrition  
   c. Adequate nutrition  
   d. Excellent nutrition

4. Facilities should implement tracking and referral systems so that the nutritional data on patients don’t get lost.
   True    False

5. On the Braden nutrition sub-scale, a patient who eats most meals and eats 4 or more serving of protein will be rated as having:
   a. Very poor nutritional status  
   b. Inadequate nutrition  
   c. Adequate nutrition  
   d. Excellent nutrition

6. There is no evidence to support the conclusion that high doses of zinc facilitate pressure ulcer healing.
   True    False
7. When is the best time to provide nutritional supplements?
   a. At meal time
   b. In between meals
   c. After meals
   d. Late night snack

8. Protein from animal foods such as meat, fish, poultry, eggs and milk contain all the essential amino acids.
   True   False

9. Which of the following are usually included in nutritional supplements?
   a. Calories
   b. Protein
   c. Fat
   d. Vitamins and minerals
   e. Amino acids

10. Large doses of Vitamin C have been shown to accelerate healing of pressure ulcers.
    True   False

11. Which of the following have been indirectly associated with delayed pressure ulcer healing?
    a. Weight loss
    b. Inability to eat independently
    c. Poor intake
    d. Chewing / swallowing problems

12. Obese individuals are getting adequate nutrition.
    True   False
13. Which of the following can cause hypermetabolism and higher caloric requirements?
   a. Trauma
   b. Infection
   c. Stress
   d. Obesity
   e. Pressure ulcers

   True   False

15. Under what conditions does the recommended number of calories need to be adjusted?
   a. Weight loss
   b. Appetite
   c. Weight gain
   d. Rate of healing
   e. Change in obesity

16. Overly restricted diets may result in unappetizing, unpalatable food that is uneaten resulting in under-nutrition and delayed wound healing.
   True   False

17. How much protein per kilogram of body weight do pressure ulcer patients need?
   a. 1.15 – 1.5 grams
   b. 1.5 – 2.0 grams
   c. 2.0 – 2.5 grams
   d. 3.5 – 4.0 grams

18. We need to assess the renal function for patients with chronic kidney disease to ensure appropriate tolerance to higher protein levels.
   True   False
19. What is the role of arginine in healing pressure ulcers?
   a. Transports amino acids to cells
   b. Inhibits kidney function
   c. Stimulates collagen synthesis
   d. Builds proteins

20. Glutamine becomes conditionally essential, that is requiring intake from food or supplements, in states of illness or injury.
   True  False

21. Under what conditions will patients require additional fluid intake?
   a. Dehydration
   b. Elevated temperature
   c. Vomiting
   d. Profuse sweating
Answers to Module 5.5 – Quiz I

Q1  a,b – MST (Malnutrition Screening Tool) and MNA (Mini Nutrition Assessment)
Q2  True – This is why every individual at risk of pressure ulcers should have their nutritional status assessed.
Q3  b
Q4  True – It is important to document assessment, problems, concerns and recommendations in the patient’s progress notes.
Q5  d
Q6  True – Unless there is a confirmed deficiency.
Q7  b – In between meals is best because of better absorption and non-interference with meal intake.
Q8  True
Q9  a,b,c,d,e
Q10 False – There is no evidence that it does so.
Q11 a,b,c,d
Q12 F – They may not be consuming a balanced diet and may be malnourished.
Q13 a,b,c,e
Q14 True
Q15 a,c,e
Q16 True – That is why the American Dietetic Association advocates individualized nutrition approaches that are the least restrictive possible.
Q17 a – This may need to be adjusted based on overall nutritional status, co-morbidities and tolerance to the intervention.
Q18 True
Q19 a,c,d
Q20 True
Q21 a,b,c,d