Pressure Ulcers eCourse: Module 5.5 – Quiz II

1. What are the characteristics of the ideal nutritional screening tool?
   a. Quick
   b. Easy to use
   c. Acceptable to patient
   d. Acceptable to nurse

2. On the Braden nutrition sub-scale, a patient who never eats or completes meals, and has poor fluid intake will be rated as having:
   a. Very poor nutritional status
   b. Inadequate nutrition
   c. Adequate nutrition
   d. Excellent nutrition

3. Validated screening tools are able to detect nutrition risk in a very limited population.
   True    False

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

5. When should high-protein oral nutritional supplements and tube feedings be offered in addition to the usual diet?
   a. High nutritional and pressure ulcer risk
   b. Acute or chronic diseases
   c. Following surgical intervention
   d. As a special treat
6. Why should supplements be given in between meals?
   a. Better absorption of nutrients
   b. Gives patients something to do
   c. Does not interfere with meal intake
   d. Reduces staff work at mealtime

7. When should nutritional screening of patients and residents be done?
   a. At admission
   b. Health condition changes
   c. Wound fails to heal
   d. Upon discharge

8. A _____ unintended weight decline in 6 months is a strong predictor of mortality.
   a. 5%
   b. 10%
   c. 15%
   d. 25%

9. If a patient appears undernourished, we should always wait for the laboratory results before intervening.
   True   False

10. What is the recommended number of calories per kilogram of body weight for patients under stress with pressure ulcers?
    a. 10 to 15 calories
    b. 15 to 20 calories
    c. 30 to 35 calories
    d. 45 to 50 calories

11. Which of following should be used to meet caloric requirements for pressure ulcer patients?
    a. Favorite food
    b. Menu variety
    c. Ethnic foods
    d. Fortified foods
12. If you are healthy, your body makes enough arginine to meet your metabolic needs.

   True     False

13. What is the importance of adequate protein in improved pressure ulcer healing rates?

   a. Makes food taste better
   b. Builds new tissue
   c. Decreases nitrogen losses
   d. Lost in draining wounds

14. Arginine is the most abundant naturally occurring, nonessential amino acid in the human body.

   True     False

15. Clinical judgment is required to determine the appropriate levels of protein based on:

   a. Overall nutritional status
   b. Comorbidities
   c. Tolerance to intervention
   d. Renal function

16. In treatment of pressure ulcers, glutamine functions as a fuel source for fibroblasts and epithelia cells.

   True     False

17. Why is it important that patients have adequate hydration?

   a. Solvent for nutrients
   b. Transport nutrients
   c. Remove waste products
   d. Replace water loss

18. Higher doses of zinc may affect copper status and possibly result in anemia.

   True     False
19. Under what conditions will patients require additional fluid intake?
   a. Heavily draining wounds
   b. Diarrhea
   c. Stage I and II pressure ulcers
   d. High-protein diets

20. Vitamin and mineral supplements should be routinely given to patients with pressure ulcers.
   True False

21. What are the daily recommended requirements for Vitamin C?
   a. 50 mg
   b. 90 mg
   c. 120 mg
   d. 250 mg
Answers to Module 5.5 – Quiz II

Q1 a,b,c,d
Q2 a
Q3 False – These tools can be used to assess nutritional risk in all types of individuals including those whose in whom weight and height cannot be easily measured.
Q4 c
Q5 a,b,c
Q6 a,c
Q7 a,b,c
Q8 b
Q9 False – If a patient is under-nourished, we need to intervene immediately.
Q10 c – This amount should be adjusted for weight loss, weight gain, or change in level of obesity.
Q11 a,b,c,d
Q12 True – However, if you are sick or under stress, you need to get extra amounts through food or supplements.
Q13 b,c,d
Q14 False – Glutamine is the most abundant amino acid in the human body.
Q15 a,b,c,d
Q16 True
Q17 a,b,c,d
Q18 True – For this reason, it is important that we monitor the dose and length of time that zinc is administered.
Q19 a,b,d
Q20 False – Supplements should be provided only after it is determined that food intake is inadequate and deficiencies are confirmed by lab tests.
Q21 b