

## 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. 250mg

## 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 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