

Pressure Ulcers eCourse: Module 5.5 – Quiz I

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

14. Individuals eating high-protein diets require additional liquids.

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