Nutrition in dementia

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. At which stage of dementia can difficulties with eating and drinking begin?

a) Middle stage ☐
b) Any stage ☐
c) Early stage ☐
d) Late stage ☐

2. Common causes of suboptimal nutrition and hydration in people with dementia include:

a) Loss of appetite ☐
b) Loss of taste and smell ☐
c) Forgetting to eat and drink ☐
d) All of the above ☐

3. Which of the following is not a cause of poor appetite in people with Alzheimer's disease?

a) Dementia-related brain atrophy ☐
b) Depression ☐
c) Inability to remain seated ☐
d) Side effects of medicines ☐

4. Which of the following is a sign of dysphagia?

a) 'Wet voice' while eating or drinking ☐
b) Reduced hand-mouth coordination ☐
c) Distractibility ☐
d) 'Walking with a purpose' behaviours ☐

5. What is apraxia?

a) Impaired swallowing reflex ☐
b) Increased risk of developing aspiration pneumonia ☐
c) Loss of ability to carry out motor movement ☐
d) Loss of taste and smell ☐

6. Which of these behaviours associated with dementia can affect people's eating habits?

a) Delusional thinking ☐
b) Mood changes ☐
c) Aggressive behaviours ☐
d) All of the above ☐

7. Which of these is not an intervention to improve food and drink intake in people with dementia?

a) Adding extra flavour to food ☐
b) Serving unfamiliar foods ☐
c) Creating a homely or family mealtime experience ☐
d) Playing familiar background music at mealtimes ☐

8. If a person is losing weight unintentionally and has a reduced appetite, the National Institute for Health and Care Excellence recommends as a first-line measure:

a) A 'food first' approach whereby food is fortified to contain more energy (calories), protein and nutrients ☐
b) Avoiding adding calorie-rich foods to snacks ☐
c) Creating aromas to stimulate appetite ☐
d) Prescribing oral nutritional supplements ☐

9. Who should people with suspected dysphagia be referred to for advice on safe and appropriate food texture modification?

a) Ear nose and throat surgeon ☐
b) Speech and language therapist ☐
c) Audiologist ☐
d) Neurologist ☐

10. Which of these statements about oral nutritional supplements is incorrect?

a) The supplements are classified as foods for special medical purposes ☐
b) The supplements help manage disease-related malnutrition ☐
c) The supplements should be used in conjunction with food fortification strategies ☐
d) The supplements should replace food ☐

How to complete this assessment

This multiple-choice quiz will help you test your knowledge. It comprises ten multiple choice questions broadly linked to the previous article. There is one correct answer to each question.

You can read the article before answering the questions or attempt the questions first, then read the article and see if you would answer them differently.

You may want to write a reflective account. Visit rcni.com/reflective-account

Go online to complete this multiple-choice quiz and you can save it to your RCNi portfolio to help meet your revalidation requirements. Go to **rcni.com/cpd/test-your-knowledge**

This multiple-choice quiz was compiled by **Ruth Williams**

The answers to this quiz are:

1. b, 2. d, 3. c, 4. a, 5. c, 6. d, 7. b, 8. a, 9. b, 10. d

This activity has taken me ___ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent ☐ Good ☐ Satisfactory ☐ Unsatisfactory ☐ Poor ☐

As a result of this I intend to: _____

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