

# Malnutrition in older people in the community

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

## 1. Malnutrition:

- a) Is an inevitable part of ageing or illness
- b) Primarily affects people who are in hospital
- c) Is an imbalance between what a person eats and drinks and what their body requires
- d) Is rarely a cause of ill health

## 2. Which of the following is a medical (disease-related) risk factor for malnutrition in older people?

- a) Chronic liver disease
- b) Dementia
- c) Chronic obstructive pulmonary disease
- d) All of the above

## 3. Physical (disability-related) risk factors for malnutrition in older people do not include:

- a) Bereavement
- b) Memory loss
- c) Difficulty reading food labels
- d) Dry mouth

## 4. Coronavirus disease 2019 (COVID-19) public health protection measures have exacerbated the risk of malnutrition in older people due to:

- a) Increased physical activity
- b) The psychological consequences of isolation
- c) Functional decline of the ageing gut
- d) Altered colonic microbiota

## 5. What is the Malnutrition Universal Screening Tool (MUST)?

- a) A tool used to diagnose eating disorders
- b) A screening tool used to identify patients at risk of malnutrition
- c) A tool used to measure protein intake in older people
- d) A tool used to identify people who require assistance with food shopping and cooking

## 6. The Nutrition Wheel supports identification of the risk of malnutrition through:

- a) Counting calories
- b) Calculating body mass index
- c) Conversations between health and social care professionals and older people, as well as their family and/or carers
- d) Measuring fluid intake

## 7. What does the 'food-first' approach entail?

- a) Encouraging people to plan menus
- b) Encouraging people to eat more
- c) Encouraging people to consume high-calorie foods
- d) Encouraging people to consume a range of nutrient-dense foods and eat little and often

## 8. An example of a treatment goal for older people who are malnourished or at risk of malnutrition is:

- a) Optimisation of food and fluid intake
- b) Weight stabilisation
- c) General improvement in mobility, quality of life, mood and well-being
- d) All of the above

## 9. Which of these foods may be required for older people with dysphagia (swallowing difficulties)?

- a) Texture-modified foods
- b) Nuts or seeds
- c) Meat and fish
- d) Starchy carbohydrates

## 10. Which statement is false? Prescribed oral nutritional supplements can be used:

- a) In addition to a normal diet
- b) When diet alone is insufficient to meet a person's daily nutritional requirements in disease-related malnutrition
- c) As a food replacement
- d) Following a period of food-first

## How to complete this quiz

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

- » You can test your subject knowledge by attempting the questions before reading the article, and then go back over them to see if you would answer any differently.
- » You might like to read the article before trying the questions.

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Further multiple-choice quizzes are available at [rcni.com/cpd/test-your-knowledge](http://rcni.com/cpd/test-your-knowledge)

This multiple-choice quiz was compiled by Ruth Williams

The answers to this multiple-choice quiz are:

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

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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