

Malnutrition in older people

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.

Subscribers making use of their RCNi Portfolio can complete this and other quizzes online and save the result automatically.

Alternatively, you can cut out this page and add it to your professional portfolio. Don't forget to record the amount of time taken to complete it.

Further multiple-choice quizzes are available at 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. b

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: _____

.....