

Immunonutrition and Wounds

Test Questions

1. Approximately what percentage of Medicare beneficiaries studied suffer from a chronic wound?
 - a. 5-6 %
 - b. 8-9%
 - c. 14-15%
 - d. 19-20%
2. Approximately what percentage of the \$32 billion spent by Medicare on wounds is for costs associated for non-healing wounds?
 - a. 15%
 - b. 25%
 - c. 35%
 - d. 50%
3. Of the various malnutrition screening tools, which has been observed to predict pressure injury risk in the elderly better than subjective global assessment or the Braden scale?
 - a. Nutrition Focused Physical Assessment (NFPA)
 - b. Mini Nutrition Assessment (MNA®)
 - c. Malnutrition Screening Tool (MST)
 - d. Nutrition Risk Screening (NRS-2002)
4. At which stage of pressure injury do guidelines advise the addition of L-arginine and increased amounts of zinc and other antioxidants in enteral feedings or oral nutritional supplements suggested for malnourished or at-risk patients?
 - a. Stage 3
 - b. Stage 2
 - c. Stages 2, 3 and 4
 - d. Stages 3 and 4
5. Well-nourished spinal cord injury patients with pressure injury (stages 2-4) have been studied in regard to taking an oral nutritional supplement containing L-arginine and antioxidants. In the Brewer et al study, what quantities of L-arginine, Vitamin C and Vitamin E were provided daily until fully healed?
 - a. 9 g L-arginine, 312 mg Vitamin C, 82 mg Vitamin E
 - b. 7 g L-arginine, 300 mg Vitamin C, 15 mg Vitamin E
 - c. 4.5 g L-arginine, 300 mg Vitamin C, 15 mg Vitamin E
 - d. 14 g L-arginine, 500 mg Vitamin C, 50 mg Vitamin E

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Test Questions Continued

6. Randomized control trial data referenced in the guidelines show specialized nutrition helps reduce the size of pressure injuries by what mean percentage at 8 weeks of intervention?
 - a. 25%
 - b. 40%
 - c. 50%
 - d. At least 40%

7. In the case studies Dr. Fife shared, which of the following did she and her team use to support compliance during one month of immunonutrition?
 - a. Recipes/flavoring tips
 - b. Diary/record keeper follow-up
 - c. Taste test
 - d. Patient commitment
 - e. All of the above

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