

# Hot Topics 2024: Contemporary Nutrition Issues

## Test Questions

1. What effect does a low fiber diet have in patients with active inflammatory bowel disease (IBD)?
  - a. Low fiber diet has little discernable effect.
  - b. Low fiber diet results in symptom improvement over time.
  - c. Low fiber diet reduces inflammation through changes in the microbiome.
  - d. Low fiber diet increases risks of malnutrition and micronutrient deficiencies.
2. Which diet is recommended for the daily management of patients with active inflammatory bowel disease?
  - a. Low fiber diet
  - b. High fiber diet
  - c. Texture-modified diet
  - d. Texture-restricted diet
3. According to the latest clinical practice update on nutrition therapy in IBD, a texture-modified diet that reduces indigestible fiber from fruits and vegetables and includes soluble fiber is recommended for the patient hospitalized for an exacerbation of IBD with
  - a. intestinal strictures.
  - b. inflamed Crohn's disease.
  - c. Crohn's disease with an abscess.
  - d. a high output fistula (>500 ml/day).
4. Emergency nutritional management for a critically ill patient, status post Roux-en-Y gastric bypass 5 years ago, who presents with coma and severe malnutrition-related hyperammonemia should include
  - a. aggressive enteral feeding with glutamine-rich formula.
  - b. stopping tube feedings and all protein supplements.
  - c. parenteral nutrition with limited protein.
  - d. Intensive macronutrient repletion.
5. Which type of catheter lock has a favorable safety profile and has demonstrated a cost benefit due to a reduction in catheter related bloodstream infections in home parenteral and enteral nutrition patients?
  - a. Taurolidine-citrate-heparin locks
  - b. Nitric oxide locks
  - c. Antibiotic locks
  - d. Ethanol locks

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### Test Questions Continued

6. What is the most reliable test for assessing exocrine pancreatic insufficiency (EPI) in children?
  - a. Fecal fat test
  - b. Fecal elastase test
  - c. Dreiling tube test / Lundh meal test
  - d. Endoscopic pancreatic function testing (ePFT)
  
7. What are the recommendations for annual micronutrient monitoring for patients who have undergone bariatric surgery more than two years ago?
  - a. Iron, folate, Vitamin B12, Vitamin D for all patients
  - b. Iron, folate, Vitamin A, Vitamin B12, Vitamin D, zinc and copper for all patients
  - c. Iron and folate for all patients; consider Vitamin B12, zinc, and copper for at-risk patients.
  - d. Routine monitoring no longer necessary beyond 12 months except for at-risk patients.

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