

Malnutrition, Sarcopenia & Frailty: Practical Approaches to Improve Patient Care

Test Questions

1. Sarcopenia is characterized by (select all that apply) _____
 - a. A loss of muscle mass and function
 - b. A decrease in muscle strength and gait speed
 - c. An increased risk with aging
 - d. Loss of weight of $\geq 5\%$
2. Loss of 20% lean body mass is associated with decreased healing, weakness and infection risk, and associated mortality of ____ percent:
 - a. 10%
 - b. 20%
 - c. 30%
 - d. 40%
3. When conducting a rapid screening for frailty, domains on the Frail Scale include (select all that apply):
 - a. Fatigue
 - b. Inability to climb 1 flight of stairs
 - c. Inability to walk one block
 - d. No illnesses in the past year
4. The PROT-AGE study supports _____ grams of protein/kg per day for most older adults with acute or chronic diseases:
 - a. 0.8-1.0g/kg/day
 - b. 1.2-1.5g/kg/day
 - c. 2.0-2.2g/kg/day
 - d. 2.3-2.5g/kg/day
5. Evidence-based recommendations for prevention and treatment of malnutrition in older adults in long-term care include (select all that apply):
 - a. Nutrition assessment with the Mini Nutritional Assessment (MNA) screening tool
 - b. Oral nutrition supplements for those with malnutrition or at risk for malnutrition
 - c. Food fortification as part of a comprehensive nutrition intervention
 - d. Increased fluid intake

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