

# Role of Nutrition in the Prevention and Treatment of Pressure Injuries

## Test Questions

1. How many adults in the US develop pressure injuries annually?
  - a. 1 million
  - b. 2.5 million
  - c. 5 million
  - d. 10 million
2. Which stages of pressure injury in malnourished or at-risk patients are recognized by the 2019 Clinical Practice Guideline for intervention with specialized oral supplements or enteral feeding?
  - a. 1, 2, 3, and 4
  - b. 2, 3, and 4
  - c. 3 and 4
  - d. 4 only
3. Based on the 2019 Clinical Practice Guidelines, how much protein is recommended for an adult with a pressure injury who is malnourished or at risk of malnutrition.
  - a. 1.0 -1.25 g/ kg/ d
  - b. 1.25-1.5 g/ kg/ d
  - c. 1.5- 2.0 g/ kg/ d
  - d. 2.0 -2.5 g/ kg/ d
4. Which type of oral supplement or tube feeding formula is recommended for adults with a stage 2 or greater pressure injury who are malnourished or at risk for malnutrition?.
  - a. High Calorie, high protein, arginine and zinc
  - b. High Calorie, high protein, arginine and antioxidants
  - c. High Calorie, high protein, glutamine and antioxidants
  - d. High Calorie, high protein, arginine, zinc and antioxidants
5. What amount of elemental zinc when used long term, increases the risk for copper deficiency?
  - a. 10 mg/d
  - b. 20 mg/d
  - c. 40 mg/d
  - d. 80 mg/d
6. According to Raeder K et al. Int Wound Journal 2020, chronic wounds were highly associated with which of the following? **Select all that apply.**
  - a. Diabetes
  - b. Dementia
  - c. Limited mobility
  - d. Poor nutrition

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