

Articulating the Value of Enteral Nutrition Therapies from Acute Care to Home Care

Test Questions

1. According to the study by Bechtold et al in *Nutrition in Clinical Practice* published in 2021, what was the impact of enteral nutrition therapy in patients with hospital-acquired infections?
 - a. Decrease in length of stay by 1.4 days
 - b. Decrease in length of stay by 4.7 days
 - c. No difference in length of stay
2. In the critical care setting, patients often develop gut failure related to which of the following factors?
 - a. Ischemic reperfusion injury
 - b. Release of inflammatory cytokines and chemokines
 - c. Visceral hypoperfusion
 - d. a and c
 - e. a, b and c
3. Which of the following studies demonstrated the use of a high protein, lower carbohydrate peptide-based formula as part of a hypocaloric feeding regimen, met the nutritional needs of critically ill patients while avoiding hyper and hypoglycemia?
 - a. EDEN Study
 - b. DIVINE Study
 - c. NICE-SUGAR Study
 - d. TARGET Study
4. Results from the Liu et al study published in 2021 showed which of the following in patients with COVID-19?
 - a. Feeding intolerance was not associated with longer length of ICU stay
 - b. Feeding intolerance was associated with longer intubation days
 - c. Feeding intolerance vs. no feeding intolerance had no effect on outcomes
5. During critical illness, the prevalence of feeding intolerance can exceed_____.
 - a. 15%
 - b. 30%
 - c. 50%
 - d. 75%
6. True or False
In the intensive care unit, use of 100% whey peptide-based tube feeding formulas was associated with higher enteral tube feeding tolerance, with less nausea, vomiting and abdominal pain, as compared to the use of standard intact protein formulas.

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Test Questions Continued

7. The benefits of home enteral nutrition include the preservation of:
 - a) Gut associated lymphoid tissue (GALT)
 - b) Hepatic immune function
 - c) Mucosal architecture
 - d) Pulmonary immune function
 - e) a and b
 - f) a and c
 - g) All of the above

8. The indications for home enteral nutrition include all except:
 - a. Able to receive therapy outside of an acute care setting
 - b. Agree and are able to comply with HEN therapy with goal of improving body weight, functional status, and/or QoL
 - c. High nutritional risk or malnourished
 - d. Unable to meet nutritional needs orally
 - e. Exhibit a functional gastrointestinal tract
 - f. Gastrointestinal tract bleeding

9. In a study of patients with pancreatitis who were randomized to receive a peptide-based tube feeding formula, or a standard formula through a j-tube, the peptide-based group had:
 - a. A shorter length of stay
 - b. Greater loss of lean body mass
 - c. Less weight loss
 - d. More symptoms of feeding intolerance
 - e. a and c
 - f. All of the above

10. The current literature shows the following outcomes are associated with food-based tube feeding formulas:
 - a. Cost savings / decreased healthcare utilization
 - b. Decreased quality of life
 - c. Improvement and diversity of gut microbiota
 - d. Increased gagging, retching, and reflux
 - e. Increased patient / caregiver satisfaction
 - f. a, c, e
 - g. b, c, d

11. Per USDA guidelines, perishable foods, such as those used in home blenderized tube feeding formulas, should not be left at room temperature for more than 2 hours.
 - a. True, as after 2 hours at room temperature significant bacterial growth can occur.
 - b. False, 8 hours is a safe hangtime for all tube feeding formulas.

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