

Let's Talk Preoperative Nutrition Optimization: Scoping Review from JACS

Test Questions

1. The scoping review on preoperative nutritional optimization published in the Journal of the American College of Surgeons (JACS) was written to guide practice decisions of general surgeons.
 - a. True
 - b. False
2. The strongest quality of evidence was found for which type of preoperative nutritional intervention:
 - a. Nutritional counseling
 - b. Protein-calorie supplementation
 - c. Immunonutrition
 - d. Synbiotics/probiotics
3. The meta-analysis of RCTs from Adiamah et al showed a ____% decrease in the risk of infectious complications when an immunonutrition formula was compared with isonitrogenous, isocaloric control formula.
 - a. 41%
 - b. 51%
 - c. 37%
 - d. 22%
4. The most studied combination of immunonutrients shown to have preoperative benefit are:
 - a. L-arginine and n-3 fatty acids
 - b. L-arginine and L-glutamine
 - c. L-arginine, n-3 fatty acids and dietary nucleotides
5. The scoping review did not include an evaluation of carbohydrate loading because....
 - a. The ACS preoperative phase includes interventions taking place prior to the final 24 hours before surgery.
 - b. Isolating the clinical outcome benefit from carbohydrate loading within the context of Enhanced Recovery Pathways is difficult.
 - c. Both a and b
6. Which two clinical study outcomes were most frequently measured in coordination with nutritional interventions?
 - a. Total postoperative complications and survival
 - b. Total postoperative complications and length of stay
 - c. Wound complications and functional capacity
7. For which type of GI oncology surgery has the data emerged in showing benefit from preoperative use of probiotics/synbiotics?
 - a. Colorectal
 - b. Esophageal
 - c. Pancreatic
 - d. Gastric

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