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Principles of Clinical Nutrition: Contrasting the Practice of Nutrition in Health and Disease

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Multiple choice questions

1. Which of the following is the correct concentration of sodium in gastric secretions (aspirates)?
(a) 30 mmol/l.
(b) 60 mmol/l.
(c) 90 mmol/l.
(d) 120 mmol/l.

2. Which of the following statements about the requirements of intravenous (IV) trace elements is correct in patients without excessive losses?
(a) Generally less than oral requirements.
(b) Generally about the same as oral requirements.
(c) Generally more than oral requirements.
(d) Varies substantially, so that they may be substantially higher and substantially lower than oral requirements, depending on the trace element.
3. The World Health Organization 10-step guide to management of malnutrition in children recommends omitting supplementation of which of the following nutrients in the first week (stabilisation phase) of treatment?

(a) Zinc.
(b) Potassium.
(c) Iron.
(d) Selenium.

4. Which of the following is not true of vitamin D?

(a) It is formed in the skin from the action of ultraviolet radiation.
(b) Clinical manifestations of vitamin D deficiency can occur in patients with renal failure even when dietary intake of vitamin D is adequate.
(c) The kidney is responsible for the first hydroxylation step of vitamin D activation (25- hydroxylation).
(d) The liver can convert 1-hydroxy D to 1,25-hydroxy D.

5. Which of the following dietary constituents is unimportant in lean-tissue accretion?

(a) Energy.
(b) Protein.
(c) Phosphate.
(d) Potassium.
(e) Boron.