Nutritional Screening and Assessment

Marinos Elia and Rebecca J Stratton

Multiple choice questions

1. Which of the following is not required for a screening tool for malnutrition?
   (a) A detailed assessment of nutritional status undertaken by an expert.
   (b) It is simple and quick to perform.
   (c) Validity and reliability.
   (d) Link to a care plan.

2. Which of the following tools has been developed for use only in older people (aged 65 and over)?
   (a) Subjective Global Assessment.
   (b) Mini Nutritional Assessment.
   (c) Malnutrition Universal Screening Tool.
   (d) Nutrition Risk Score.
3. Using weighed food intakes, how many days are necessary to obtain an estimate of dietary energy intakes within 10% of average intake of healthy people?

(a) 2 days.
(b) 3 days.
(c) 5 days.
(d) 7 days.

4. Which of the following is not a manifestation of vitamin A deficiency?

(a) Xerophthalmia.
(b) Peripheral neuropathy.
(c) Keratomalacia.
(d) Bitot’s spots.

5. Which of the following is associated with iron deficiency?

(a) Hypochromic anaemia.
(b) Megaloblastic anaemia.
(c) Goitre.
(d) Cardiomyopathy.

6. The plasma concentration of which nutrient is affected by the acute-phase response?

(a) Selenium.
(b) Folic acid.
(c) Vitamin D.
(d) Zinc.