Multiple choice questions

1. How many patients are operated on annually in the Western world?
   (a) 1%.
   (b) 2%.
   (c) 5%.
   (d) 10%.

2. Which of these statements about postoperative insulin resistance is correct?
   (a) It decreases glucose uptake in muscle.
   (b) It decreases glucose release from the liver.
   (c) It helps support glycogen storage.
   (d) It is caused by reduced insulin levels.

3. When can a patient undergoing rectal cancer surgery be allowed to eat hospital food?
   (a) When gas has been passed.
   (b) When stools have been passed.
   (c) When bowel sounds have returned.
   (d) When the patient is lucid after surgery.
4. What is the rationale behind preoperative carbohydrate treatment?
   (a) It improves energy stores.
   (b) It secures glycogen in the liver.
   (c) It enhances insulin sensitivity.
   (d) It increases fat oxidation.

5. When should preoperative nutritional therapy be considered?
   (a) When the patient is about to undergo major surgery.
   (b) When the patient has cancer.
   (c) When the patient has lost significant weight.
   (d) All of the above.

6. What are the risks of poor glucose control in the surgical ICU?
   (a) Increased infections.
   (b) Insulin resistance.
   (c) Poor nutritional intake.
   (d) Metabolic alkalosis.