

## NURS 6540 Week 7 Quiz Questions and Answers (Graded A)

### CORRECT ANSWERS ARE BOLDED

#### Question 1

Which of the following nutritional parameters is an indicator for functional decline among older adults?

- a. Fasting blood glucose of 100 mg
- b. **A body mass index greater than or equal to 35**
- c. Total serum cholesterol of 175 mg
- d. A planned weight loss of 1 pound per week as a result of healthy dietary changes

Which two laboratory test results provide evidence of malnutrition in hospitalized older adults?

- a. **Low albumin and cholesterol**
- b. Elevated hemoglobin and hematocrit
- c. Low sodium and potassium
- d. Elevated liver enzymes and CRP

Strict adherence to therapeutic diets in hospitalized frail older adults is

- a. Essential to control disease states until the end of life
- b. Essential to conform to nursing home regulations
- c. **Not essential if the patient is at risk for malnutrition or diet results in poor quality of life**
- d. Not essential because old people don't eat that much anyway

#### Question 4

In what way does functional disability contribute to malnutrition?

- a. The functionally disabled stomach does not absorb nutrients adequately from the food

- b. Dietary restrictions of functionally disabled individuals cause low caloric intake
- c. The person with functional disability has little money to buy food
- d. **Declining functional ability interferes with shopping, preparing meals, or feeding**

For patients in whom protein energy supplements are indicated, when should these supplements be provided?

- a. At bedtime
- b. With breakfast and lunch
- c. **Between meals as tolerated**
- d. Before breakfast

### Question 6

Which of the following is the first step in managing chronic constipation?

- a. Order saline enemas twice per week
- b. Order 8 ounces of warm milk at bedtime
- c. **Stop constipating medicines when possible**
- d. Order opioid antagonists daily

### Question 7

The average older adult requires the following fluid intake to maintain health

- a. 1 gallon of water per day
- b. As much fluid as required to diminish thirst
- c. **30 mL per kilogram of body weight per day**
- d. None of the above

Which class of laxatives is NOT useful in managing opioid-induced constipation?

- a. Osmotic laxatives
- b. **Bulk-forming laxatives**
- c. Saline laxatives
- d. Stimulant laxatives

For undernourished, frail older adults, effective medications to promote weight gain include

- a. Dronabinol
- b. Megestrol acetate
- c. Ensure Plus
- d. **No medications are FDA-approved to promote weight gain in older adults**

Which of the following medications is constipating?

- a. Erythromycin
- b. **Morphine**
- c. Lipitor
- d. Synthroid