SAJCN
2022
CPD

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Activity 160

1. Body mass index, is a principal component of which nutritional screening procedure?
   a. The Malnutrition Universal Screening Tool (MUST)
   b. The Global Leadership Initiative on Malnutrition (GLIM)
   c. Both the above

2. Recumbent length measured in patients in the supine position is an easy way to measure height when patients cannot stand up straight, as it does not require a standardised technique:
   a. True
   b. False

3. Upon rising in the morning, loss of approximately 1% in height takes place due to compression of the spine. Most loss in height occurs within:
   a. The first hour of the day
   b. The first two hours of the day
   c. The first four hours of the day

4. According to Giavarina (2015), the best statistical test to determine agreement between different methods of measuring the same construct is:
   a. Correlation analysis
   b. Regression analysis
   c. Bland–Altman analysis

5. Knee height should be measured with a:
   a. Broad-blade sliding caliper
   b. Measuring tape
   c. Measuring rod

6. At the time of publication of this article, only three equations had been standardised on South African populations to predict height when direct measurements are not possible.
   a. True
   b. False

7. The MUST equations that use ulna length to predict height, was standardised on:
   a. A South African population
   b. A British population
   c. A USA population

8. A statistically significant difference between the measured standing height and height predicted by a specific prediction equation, indicates that the equation predicted height in the specific study population:
   a. Accurately (within an acceptable margin of error)
   b. Inaccurately (not within an acceptable margin of error)

9. In the current study from a population of adult patients admitted to public hospitals in Bloemfontein, South Africa, the proportion of participants that knew how tall they were when asked, was:
   a. 60–80%
   b. 20–30%
   c. <5%

10. In the current study from a population of adult patients admitted to public hospitals in Bloemfontein, South Africa, the proportion of participants that did not have their height recorded in their medical files when the researcher engaged them in the study, was:
    a. >85%
    b. 20–30%
    c. <10%

11. In the healthcare team, only dietitians need accurate height measurements for calculating the patients' needs.
    a. True
    b. False

12. In the current study on a population of South African patients admitted to public hospitals, the most accurate equation among those tested to predict standing height, was that of:
    a. Hirani et al. (2010) equation based on demi-span
    b. Chumlea et al. (1994) equation based on knee height
    c. Chumlea and Guo (1992) equation based on knee height

13. In the current study population, the MUST equations by Elia et al. (2011) based on ulnar length:
    a. Overestimated height
    b. Underestimated height

14. Evidence exists that stunting affects the long bones in:
    a. The lower extremities more than in the upper extremities
    b. The upper extremities more than in the lower extremities
    c. Equally in the upper and lower extremities

15. When standardising height prediction equations in the adult South African population with a high prevalence of stunting in childhood, the best segments to consider may those in the:
    a. Upper extremities
    b. Lower extremities
    c. It should not matter