

ACTIVITY 68

You can obtain 3 CEU's for reading the article: "NUTRITIONAL ASSESSMENT OF THE CRITICALLY ILL PATIENT" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2010/00001

PLEASE ANSWER ALL THE QUESTIONS (True or False)

- About 70 – 80% of patients are under- or malnourished upon admission to hospitals. True False
- Lack of early nutritional assessment and treatment plays a role in weight loss during hospitalization. True False
- Elderly patients with chronic obstructive pulmonary disease and diabetes have a significantly poorer nutritional status on admission and a high readmission rate. True False
- Utilizing the Harris Benedict formula without a stress factors for patients who suffered a central venous incident, provides sufficient nutrition support. True False
- The hallmark of the refeeding syndrome is hypophosphataemia. True False
- Current screening tools can be utilized to identify at risk critically ill obese patients. True False
- The NRS-2002 screening tool predicts incidence and severity of complications in GIT surgery patients better than the NRS and the NRI screening tools. True False
- Assessment of ingestion, deglutition and energy intake will help to determine the need for consistency adaptations and/or supplementary foods/enteral products. True False
- The most recent recommendations for gastric residual volumes are 200 – 250ml. True False
- The serum proteins, retinol binding protein and pre-albumin, are not affected by the acute phase response or zinc deficiency and therefore they are good indicators of protein status in critically ill patients. True False
- The NICE-sugar study showed an increased 90-day mortality with strict blood glucose control in critically ill patients. True False
- Upper mid-arm circumference (UMAC) below the 15th percentile has been reported to predict mortality and major complications. True False

ACTIVITY 69

You can obtain 3 CEU's for reading the article: "PRIMARY HEALTH CARE FACILITY INFRASTRUCTURE AND SERVICES AND THE NUTRITIONAL STATUS OF CHILDREN 0 TO 71 MONTHS OLD AND THEIR CAREGIVERS ATTENDING THESE FACILITIES IN FOUR RURAL DISTRICTS IN THE EASTERN CAPE AND KWAZULU-NATAL PROVINCES, SOUTH AFRICA" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2010/00002

PLEASE ANSWER ALL THE QUESTIONS (True or False)

- In this study, the researchers used different questionnaires for the Primary Health Care (PHC) facility nurses and the caregivers. True False
- The researchers did not obtain permission to enter the health facilities as no invasive procedures were performed in the study. True False
- In this study, 80% of the PHC facilities in the Eastern Cape (EC) and 75% in KwaZulu-natal (KZN) had access to safe drinking water. True False
- All the PHC facilities that were included in the study had malnutrition registers. True False
- This study showed that caregivers in rural districts of the EC and KZN do not visit facilities other than the local PHC facility for health care. True False
- The caregivers reported diarrhoea as the leading cause of under-five child deaths. True False
- This study showed that the prevalence of stunting in 6 to 59-month-old children in rural districts of the EC and KZN was high according to WHO classification. True False
- The study also showed that the prevalence of wasting in 6 to 59-month-old children in rural districts of the EC was medium according to WHO classification. True False
- This study showed that infrastructural problems, insufficient resources and the existence of cultural practices were among the key factors influencing the quality of health service delivery. True False
- According to the literature, nurses interpret nutritional status differently than dietitians because of differences in training. True False
- Homebirths in rural districts of the EC and KZN are an ideal option to promote safe maternal and child health practices. True False
- The authors argued that the shortcomings in infrastructure, services, human resources and nurses' training must be addressed before a difference in the health and nutritional status of vulnerable groups in South Africa can be expected. True False

HOW TO EARN YOUR CEUs

1. Please check your name and HPCSA number. 2. Read the article and answer all the questions. 3. Only **ONE** answer sheet may be submitted per article. 4. Indicate your answers to the questions by coloring the appropriate block on this answer sheet. 5. This CPD questionnaire can now be completed online at www.sajcn.co.za. Click on "CPD" on the main page. You are now linked to the ecpsda website. Register with the ecpsda website, log in and choose the SAJCN CPD activity for this issue. Please provide your fax number and e-mail address for your processed certificate. 6. Only torn-out copies will be accepted by post. Please sign the document and post it to Postnet Suite 55, Private Bagx22, Tygervalley, Cape Town, 7536. 7. Answer sheets must be submitted **not later than March 2010**. Answer sheets received after this date will not be processed. 8. You will earn 3 CEUs per article if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs. 9. Make a photocopy for your own records in case your form is lost in the mail.

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