

You can obtain 3 CEU's for reading the article "PAVING THE WAY TO DETECT ADULT MALNOURISHED PATIENTS IN RESOURCE-LIMITED SETTINGS: THE FIRST STEP TO THE RIGHT TO NUTRITIONAL CARE" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00004/2025/00002)

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ACTIVITY 185

1. According to the International Position Paper on Clinical Nutrition and Human Rights and the International Declaration on the Human Right to Nutritional Care, who should have access to malnutrition screening and diagnosis?
 - a) All hospitalised patients
 - b) All patients with pre-existing nutritional deficiencies
 - c) All patients with high-risk medical conditions
2. According to the Global Leadership Initiative on Malnutrition (GLIM), what is the first step in identifying malnutrition?
 - a) Assessing the level of food security
 - b) Conducting malnutrition screening using a validated tool
 - c) Measuring muscle mass
3. In which of the following setting(s) is the GLIM framework intended for use?
 - a) Acute care
 - b) Outpatient clinics, residential care, and community settings
 - c) Both a and b
4. What are common consequences of disease-related malnutrition (DRM)?
 - a) Increased post-operative complications and reduced hospital-acquired infections
 - b) Functional decline and an increased risk of falls
 - c) Both a and b
5. Which challenges have been reported in identifying malnutrition in resource-limited settings?
 - a) Limited availability of anthropometric equipment and human resources to obtain and record measurements
 - b) Lack of competency in basic anthropometrical skills, such as calculating BMI and percentage weight loss
 - c) Both a and b
6. What percentage of South African hospital patients met the criteria for a malnutrition diagnosis using GLIM criteria in a Gauteng study?
 - a) 33%
 - b) 57%
 - c) 75%
7. Which of the following is a phenotypic criterion in the GLIM diagnostic framework for malnutrition?
 - a) Inflammation
 - b) Reduced muscle mass
 - c) Reduced dietary intake
8. How often should nutritional screening be performed in hospitalised patients, according to international guidelines?
 - a) On admission
 - b) Within 24–48 hours of admission and regularly thereafter
 - c) As soon as signs of malnutrition appear
9. Which of the following methods may be used as an alternative measure to identify a low BMI when weight and height cannot be obtained?
 - a) Skinfold thickness measurement
 - b) Mid-upper arm circumference (MUAC)
 - c) Bioelectrical impedance analysis (BIA)
10. Which anthropometric measurement has been suggested as a surrogate for a low skeletal muscle mass, when access to body composition techniques, such as bioelectrical impedance analysis (BIA) is not available?
 - a) Calf circumference
 - b) Triceps skinfold
 - c) BMI
11. The economic impact of malnutrition on the gross domestic product (GDP) for African countries, has been estimated to be:
 - a) A 5% reduction
 - b) An 11% reduction
 - c) No measurable impact
12. Duty-bearers have the responsibility to fulfil the right to nutritional care for all patients who need it. These role-players include:
 - a) National government and policy makers
 - b) Institutional managers
 - c) National government, policy makers, institutional managers and healthcare professionals
13. A proposed, initial strategy at the institutional management level to improve nutrition-related activities in the clinical setting includes:
 - a) Establishing nutrition steering committees to implement policies on malnutrition screening and treatment, with regular audits
 - b) Leading knowledge-improvement initiatives, by providing education and training on malnutrition to non-nutrition staff
 - c) Creating national datasets based on adult malnutrition indicators

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14. An example of how distributive justice can be achieved by governments, healthcare institutions and medical aids to fulfil the right to nutritional care, includes:
 - a) Restricting access to nutritional care based on a patient's socioeconomic status
 - b) Allocating sufficient financial resources to ensure nutritional care is provided based on clinical need
 - c) Offering specialised nutrition support for all hospitalised patients
15. Undergraduate and in-service training of healthcare professionals to identify and manage malnutrition, should include the following:
 - a) Competency in basic anthropometrical skills, nutrition screening and malnutrition diagnosis and ethics in medical nutritional treatment
 - b) Knowledge of appropriate intervention approaches and when to refer to a dietitian
 - c) Both a and b