

Lesson 6, Preparation and Delivery of Between Meal Snacks Supplements, Chapter 6, Quiz

- 1) What type of malnutrition is commonly seen today?
 - a. Protein and calorie malnutrition
 - b. Vitamin deficiency malnutrition
 - c. Carbohydrate deficiency malnutrition
 - d. Fluid malnutrition
- 2) Enteral nutrition requires:
 - a. The client to be alert and oriented to the task of eating
 - b. The gastrointestinal tract is functioning
 - c. The client is able to feed themselves
 - d. The formula be administered through a vein
- 3) An important factor to consider when determining what special nourishments to supplement meals with is:
 - a. Tolerance of proteins
 - b. Tolerance of fruits and vegetables
 - c. Tolerance of the B complex vitamins
 - d. Tolerance of lactose
- 4) It is often advisable to use conventional foods to supplement because:
 - a. There is more nutritional value in conventional foods
 - b. Conventional foods are more calorie dense than commercial supplements
 - c. Conventional foods are more readily accepted
 - d. Conventional foods are easy to adapt for texture modification
- 5) To have the best acceptance of nutrition supplements, it is important that the supplement be:
 - a. Delivered at the best possible time and temperature
 - b. Held for long periods of time at room temperature
 - c. Always be a part of the regular meal plan
 - d. Stored in the nursing station to be ready whenever the client asks for it
- 6) A client expresses to the Certified Dietary Manager that they get an upset stomach after drinking milk. What would the Certified Dietary Manager suggest for a supplement?
 - a. Serve the client a cheese sandwich with each noon meal
 - b. Serve the client custard desserts between meals
 - c. Add broth-based sauces to entrees and side dishes
 - d. Add dried milk to all of the milk products to be served
- 7) A client needs to have a supplemental source of protein. What would be an inexpensive way to provide the extra protein?
 - a. Add nonfat dried milk to mashed potatoes, soups and desserts
 - b. Purchase commercial protein supplement to add to foods
 - c. Serve extra servings of fruits and vegetables

- d. Purchase a liquid dairy based meal supplement
- 8) When considering the purchase of a commercial supplement for clients, it is important to:
- a. Look for the least expensive supplement available
 - b. Allow a client panel to taste several products to determine the one that is most acceptable
 - c. Ask the consultant dietitian which supplement they would prefer to be purchased
 - d. Ask pharmacology which supplement to purchase as they order them
- 9) Using a rolling cart that staff takes from room to room allows clients to choose what snack they would like. It is important for the staff passing these snacks to:
- a. Complete the task in as little time as possible
 - b. Visit with each client
 - c. Provide the appropriate snack for the client's diet order
 - d. Observe if the client has consumed the snack
- 10) Providing a client their favorite foods with a meal as a supplement often works for those who are not consuming 25% of the meal mainly because:
- a. Clients will usually eat foods that are well liked
 - b. It will lower supplemental costs
 - c. It will lower staffing costs
 - d. Clients will no longer complain about food
- 11) The client has the right to refuse a tube feeding or additional supplements. When this happens the facility must:
- a. Honor the client's decision and stop the tube feeding or supplement
 - b. Continue the tube feeding or supplement because it is a physician order
 - c. Work with the client to determine pertinent alternatives
 - d. Refer the client to a psychiatrist to determine the cause of the client's refusal
- 12) The Certified Dietary Manager notices during the auditing of meals that the supplements were not consumed. The Certified Dietary Manager would first:
- a. Report this to the nursing supervisor
 - b. Meet with the clients who receive the supplements to ask why they did not consume the supplement
 - c. Advise the foodservice staff to encourage the client to consume the supplement
 - d. Purchase a different supplement for the client
- 13) Which of the following requirements must nourishments comply with?
- a. Can be delivered directly to the client's room
 - b. Can be delivered by nursing or foodservice staff
 - c. May be preassembled by an assigned staff member
 - d. Can meet the diet order
- 14) The Certified Dietary Manager determines the client is not accepting a nutritional supplement as care planned by the Interdisciplinary team. The client tells the Certified

Dietary Manager that they do not like the nutritional supplement. What would the Certified Dietary Manager do?

- a. Tell the client they must try harder to consume the nutritional supplement
- b. Change the nutritional supplement to something the client states they like
- c. Stop the nutritional supplement immediately
- d. Set up time for a care conference to discuss the care plan

15) When considering the use of supplements prepared by the foodservice department, is it most important to consider the time it will take to prepare and:

- a. If nursing staff will have time to dish these supplements to pass
- b. If foodservice staff will be able to dish the supplement
- c. If there is room to store these supplements in the nursing area
- d. If the cook has the ability and knowledge to prepare the supplements

16) When the Certified Dietary Manager inquires why the cost of nutrition supplements has increased dramatically, they are told there are more clients receiving the supplements.

What could the Certified Dietary Manager do next?

- a. Nothing because they have already been told the reason for the increase
- b. Audit the list of clients receiving the supplements to determine if the list is current and the need for supplements is care planned
- c. Ask the nursing supervisor if there are any clients that could be removed from the supplement list to save costs
- d. Review the price of supplements and change to one that is less expensive

17) Parenteral nutrition is given to clients:

- a. Who have a non-functioning gastrointestinal tract
- b. Who may be suffering from protein malnourishment
- c. Who may need high calorie supplementation
- d. Who are suffering from swallowing difficulties