

JOURNAL CLUB

Episode 3: Nutrition risk and dysphagia Multiple Choice Quiz

Paper

Popman A et al. High nutrition risk is associated with higher risk of dysphagia in advanced age adults newly admitted to hospital. *Nutrition & Dietetics* 2017;75:52-58.

MCQs

1. Which of the following would be a likely explanation for a cause of dysphagia with ageing?
 - a) Decline in muscle mass involved in swallowing
 - b) Use of diabetes medications
 - c) Change in living situation
 - d) Decreased inflammation in the body
2. A cross-sectional study design falls under what type category of research?
 - a) Experimental research
 - b) Observational research
 - c) Cohort study
 - d) Longitudinal study
3. In the study, what was a healthy BMI defined as?
 - a) $> 20 \text{ kg/m}^2$
 - b) $20\text{-}24.9 \text{ kg/m}^2$
 - c) $22\text{-}28 \text{ kg/m}^2$
 - d) $23\text{-}29.9 \text{ kg/m}^2$
4. What does an EAT-10 questionnaire assess?
 - a) Dysphagia risk
 - b) Nutrition risk
 - c) Cognitive ability
 - d) Chewing ability
5. The type of correlation seen between nutritional risk and dysphagia risk in the study was:
 - a) A significant positive correlation
 - b) A non-significant positive correlation

- c) A significant negative correlation
- d) A non-significant negative correlation

6. Which of the following is a key limitation of the study?

- a) Use of untrained interviewers
- b) Use of non-validated tools
- c) Lack of patient blinding
- d) Only applicable to a patient group from a particular health area catchment

Answers:

1.a

2.b

3.d

4.a

5.c

6.d