

Eat, Drink and Be Merry: Enhancing Meals & Snacks

Please help us evaluate the distance learning project on enhancing meals and snacks by completing this quiz. Please return the completed quiz to Principal Investigator Anna Rahman at Miami University, Scripps Gerontology Center, Upham Hall, Room 396, Oxford, OH 45056-1879, or fax it to her (513) 561-0919. If you have any questions, please contact Ms. Rahman at rahmanan@muohio.edu or (513) 258-4421. Thank you.

Name: _____

Please choose the best answer.

1. According to recent studies, nursing home staff tend to overestimate the amount of food and fluid that residents consume at mealtimes. By how much do they consistently overestimate consumption?
 - a. ____ 10% or more
 - b. ____ 15% or more
 - c. ____ 20% or more
 - d. ____ 25% or more

2. According to federal guidelines, nursing home residents are considered at risk for weight loss if they consistently eat less than how much of each meal:
 - a. ____ 45% or less
 - b. ____ 55% or less
 - c. ____ 65% or less
 - d. ____ 75% or less

3. Residents who undereat are also often at high risk for:
 - a. ____ dehydration
 - b. ____ constipation
 - c. ____ delayed wound healing
 - d. ____ all of the above

4. For best results when estimating a resident's mealtime food and fluid consumption, staff members should:
 - a. ____ Use percentage categories, such as 0%, 25%, 50%, etc.
 - b. ____ Count each food and fluid item on the meal tray equally as opposed to assigning differential values to different items, such as meat vs. salad.
 - c. ____ Use a continuous percentage scale from 0% to 100%
 - d. ____ a and b
 - e. ____ b and c

5. Residents tend to eat more:
- _____ when they eat alone
 - _____ when they eat in the dining room
 - _____ when they eat in their own rooms
 - _____ none of the above
6. If a resident who can eat independently eats slowly, staff should:
- _____ help feed the resident to make sure he or she eats enough
 - _____ refrain from distracting the resident with conversation
 - _____ socialize with the resident during the meal
 - _____ a and b
7. Oral nutritional supplements work best when offered:
- _____ between meals
 - _____ during meals
 - _____ as a substitute for meals
 - _____ both during and between meals
8. Studies show that offering more and better feeding assistance at mealtimes:
- _____ increases food and fluid consumption among the majority of residents at risk for weight loss
 - _____ increases food and fluid consumption among about half of residents at risk for weight loss
 - _____ has little effect on food and fluid consumption among residents with dementia who are at risk for weight loss
 - _____ has little effect on food and fluid consumption among residents at risk for weight loss
9. To encourage residents at risk of weight loss to eat more during meals, staff should:
- _____ make sure residents are correctly positioned to eat
 - _____ offer substitutes if a resident does not like a particular food item
 - _____ ensure that residents have access to their food trays for up to an hour, if needed
 - _____ all of the above
10. Studies show that, on average, nutritionally at-risk residents get about how many calories a day from between-meal snacks and fluids?
- _____ about 100 calories
 - _____ about 150 calories
 - _____ about 200 calories
 - _____ about 300 calories

11. If a resident does not consume sufficient food and fluids during meals with improved feeding assistance, what should be tried next to prevent weight loss?

- a. ___ Offer food and fluid snack items (e.g., juice, pudding) multiple times per day between meals.
- b. ___ Provide oral liquid nutritional supplements (e.g., Resource) with or immediately after the meal.
- c. ___ Order an appetite stimulant medication (e.g., Megace).
- d. ___ Some combination of a, b, and c,

12. What is the major problem with supervisors watching staff care provision during meals?

- a. ___ Nurse aide staff will provide residents with better assistance to eat when they are being watched.
- b. ___ Residents will be bothered by the observations.
- c. ___ It requires too much time to observe enough staff/residents to inform quality conclusions.
- d. ___ There are no major problems with supervisors conducting observations of mealtime care.

13. Improved feeding assistance practices may take several weeks to become routine for staff. Thereafter, however, how frequently should a supervisor observe mealtime feeding assistance to maintain quality care?

- a. ___ Daily
- b. ___ Once per week
- c. ___ Twice per week
- d. ___ Once per month