CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS

SAJCN CPD activity No. 49 - 2007

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You can obtain 3 CEUs for reading the article: "Assessment of nutritional status of older people in homes for the aged in the Somerset West area" and answering the accompanying questions. This article has been accredited for CEUs for dietitians. (Ref. number: DT/A01/ P00008/2007/00008)

	HOW TO EADN YOUR OF				
	HOW TO EARN YOUR CEUs 1. Check your name and HP				
	 Check your name and HP Read the article and answ 				
	 Only ONE answer sheet may be submitted per article. Indicate your answers to the questions by colouring the appropriate block in the cut-out section at the end of this questionnaire. You will earn 3 CEUs if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs. Make a photocopy for your own records in case your form is lost in the mail. Send the cut-out answer form by mail, NOT BY FAX to: SAJCN CPD activity No. 49, c/o Department of Human Nutrition, PO Box 19063, 				
		orm by mail, NOT BY FAX to: SAJCN CPL the office not later than 12 February 200			
		PLEASE ANSWER	ALL 7	THE QUESTIONS	
1.		essment (MNA) includes a		potatoes, and cooked ve	getables.
	global assessment, dietary questionnaire and subjective assessment only.			[a] True	[b] False
			8.	The provision of energy	from the average of the menus at
	[a] True [b] False			these homes for the aged, was found to be $<67\%$ of the EAR	
2.	Undernutrition can be dia between 17 and 23.5.	agnosed if the MNA score falls		RDA for "older men". [a] True	[b] False
	[a] True	[b] False	9.	The fact that 35% of the	subjects were either bed-ridden or
3.	. ,	e present study found that the MNA identified 20% more der people" at risk for malnutrition than the BMI, when		seldom went outside, augments the importance of the poor vitamin D dietary intake reported in this study.	
	the latter was used indep			[a] True	[b] False
	[a] True	[b] False	10		er neonle" reported consuming ma
4.			10.	Although 83% of the "older people" reported consuming mon than two fruits and vegetables per day, wastage of cooked	
4.	The areas of concern that were identified in this study included taking more that 3 drugs daily, being more stressed and eating one vegetable dish only per day.			vegetables in the MNA questions was very high and should	
				be addressed.	
	[a] True	[b] False		[a] True	[b] False
5.			11.	The MNA has, in the inte	erim, been revised and now consis
0.	This study reported a positive relationship between a decrease in energy content of the menu at the homes for the aged and the percentage of malnourished "older people".			of a screening and assessment section.	
				[a] True	[b] False
	[a] True	[b] False	12	The necessary nutrition	interventions that were identified
6.	In this study suboptimal dietary intake for all "older people" was observed for vitamin D, folic acid, calcium, energy and		10.	in this study for the malnourished "older people" or thos risk of malnutrition, were more protein dishes, more regr	
	carbohydrates.			meals, improving appetit	e and being able to eat without
		[b] False		assistance.	
	[a] True			assistance.	
7.	This study documented t	hat the foods rated least acceptable e starches, e.g. rice, pasta,		[a] True	[b] False
×	This study documented the and most wasted were the Cut along the dotted lines a	e starches, e.g. rice, pasta, and send to: SAJCN CPD activity No. 49 <i>reach the office not la</i>		[a] True Department of Human Nutriti	
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