

You can obtain 3 CEU's for reading the article "PATIENTS IN PUBLIC HOSPITALS RECEIVED INSUFFICIENT FOOD TO MEET DAILY PROTEIN AND ENERGY REQUIREMENTS: CAPE TOWN METROPOLE, SOUTH AFRICA" 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/P00008/2022/00008)

HOW TO EARN YOUR CEUS

- 1) Register at <https://www.mpconsulting.co.za>.
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- 7) Answer ALL the accompanying questions in the CPD questionnaire.
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Only online questionnaires will be accepted.

Activity 167

1. Hospital acquired malnutrition is defined as malnutrition that has been identified:
 - a. Five days after admission to a hospital
 - b. Fourteen days after admission to a hospital
 - c. Ten days after admission to a hospital
2. The Acute Care Hospital Foodservice Patient Satisfaction Questionnaire consists of the following constructs:
 - a. Food quality, meal service quality, staff/service issues, physical environment, and meal size/sufficiency
 - b. Management style, food quality, meal service quality, physical environment, and meal sufficiency
 - c. Food quality, meal service quality, pest control services, physical environment, and meal size/sufficiency
3. All three public hospitals provided a food intake that was below the patient's energy and protein needs of:
 - a. 2 050–3 040 kJ and 30–50 g protein
 - b. 1 305–2 888 kJ and 25–36 g protein
 - c. 200–300 kJ and 35–45 g protein
4. The average plate wastage for the hospitals over a three-day period was between:
 - a. 6–17%
 - b. 20–45%
 - c. 60–70%
5. Hospital B had a significantly higher score for the following patient satisfaction construct:
 - a. Staff/service issues
 - b. Meal size sufficiency
 - c. Food quality
6. The hospital that served the most energy and protein containing meals was still below the Department of Health ration scale amounts by:
 - a. 34% for energy and 54% for protein
 - b. 20% for energy and 30% for protein
 - c. 15% for energy and 20% for protein
7. Serving six smaller protein containing meals throughout the day increased energy intake and met the energy needs of:
 - a. 37% of hospitalised patients
 - b. 50% of hospitalised patients
 - c. 80% of hospitalised patients
8. The percentage of patients who met their energy needs in three South African public hospitals were:
 - a. 20% in Hospital A, 40% in Hospital B and 80% in Hospital C
 - b. 60% in Hospital A, 80% in Hospital B and 30% in Hospital C
 - c. 11% in Hospital A, 26% in Hospital B and 4% in Hospital C
9. By improving the patient's nutritional status, it is estimated that the following amount of money can be saved per patient per day:
 - a. R 1 600
 - b. R 3 582
 - c. R 300
10. The following steps can reduce hospital length of stay by an estimated 12% as well as reduce mortality rates:
 - a. Timely identification of undernourished patients and adequate nutritional interventions
 - b. Increasing the food budget and serving meals six times a day
 - c. Feeding patients that cannot feed themselves and ensuring the food temperature is correct
11. The constructs that were found to be significantly associated with energy or protein intake in this study were:
 - a. Food quality, food quantity and staff/service issues
 - b. Staff/service issues, physical environment, and meal size/sufficiency
 - c. Food quality, meal size/sufficiency and physical environment
12. The researchers suggested that the following steps should be taken to improve public hospital foodservice quality:
 - a. Daily patient food satisfaction evaluations, broader range of recipes, enhance the menu, provide meals at correct temperature and at appropriate times
 - b. Measuring the temperature of food delivery trucks, ensuring pests like birds do not enter the foodservice unit, locking all the storerooms when not in use
 - c. Purchasing colourful plates, using stainless steel cutlery, preventing over or under production of food by following the ration scale
13. How many additional portions of protein containing snacks between meals would provide sufficient energy and protein in public hospitals?
 - a. Three to four portions per day
 - b. Four to six portions per day
 - c. Two to five portions per day
14. What percentage of patients in all three public hospitals, on average, stated that their appetite was as usual, and that they did not receive additional food from family or friends:
 - a. 30%
 - b. 40%
 - c. 10%
15. The types of public hospitals that were included in this study were:
 - a. Central hospital, large district hospital and medium district hospital
 - b. National hospital, provincial hospital, and municipal hospital
 - c. Central hospital, district hospital and municipal hospital