Chapter 40   Refeeding Syndrome: Review Questions

1. The metabolic alterations that occur after nutritional support is started in a severely malnourished, underweight, and/or starved patient is known as:
   a. **Refeeding syndrome**
   b. Starvation
   c. Simple starvation
   d. None of the above

2. To minimize risks before beginning nutritional support:
   a. The patient’s cardiovascular system must be stable
   b. Feeding should be delayed until preexisting fluid and electrolyte abnormalities are corrected
   c. The patient must be hungry
   d. b and c

3. RS occurs in disease conditions such as:
   a. Starvation from feline hepatic lipidosis
   b. Overall malnutrition,
   c. Prolonged diuresis
   d. All of the above

4. In cats, RS affects are mainly seen in the following systems
   a. Hematologic
   b. Neurologic
   c. a and b
   d. None of the above

5. In critically ill patients, endogenous protein catabolism is accelerated beyond the requirement of gluconeogenesis.
   a. True
   b. False

6. Nutrients given in excess of the patient’s needs __________ be utilized in a critically ill patient, as they would in a healthy patient.
   a. Will
   b. Will not
   c. Occasionally will
   d. None of the above

7. Which of the following is considered to most likely be the most commonly detected electrolyte disturbance when providing nutritional support to a patient?
   a. Hyponatremia
   b. Hypochloremia
   c. **Hypokalemia**
   d. Hypomagnesemia

8. Thiamine supplementation is never recommended in malnourished patients.
   a. True
   b. False

9. RS involves significant abnormalities in which of the following:
   a. Electrolytes
b. Fluid  
c. Vitamins  
d. All of the above  
e. a and b only

10. Current recommendations for feeding critically ill patients are to begin feeding equal to the patient’s estimated:
   a. Resting energy requirement (RER)  
b. Daily energy requirement (DER)  
c. RER x 4  
d. DER x 4