



## International Journal of Gerontology

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### CME for 15.1

- All the following statements about circulating albumin is true except?
  - Albumin levels at admission may reflect a patient's general health status;
  - Albumin may serve as useful clinical nutritional marker;
  - Baseline albumin levels are found to be associated to physical function;
  - Baseline albumin levels are found to be associated to risk of infection, length of hospital stay and mortality;
  - High albumin levels is associated with a increased activities of daily living (ADLs).
- Regarding the association of albumin levels at admission of elderly patients is right except for:
  - Nutritional status is often evaluated using serum albumin levels, which are widely used as an index of long-term nutritional status;
  - Approximately 80% do not have normal albumin levels and are considered at high risk of under-nutrition;
  - Low albumin level may be associated with longer length of hospitalization;
  - Patients with normal albumin group may have significantly worse preadmission mobility, chronic fatigue syndrome, muscle strength, and ADL;
  - Approximately 20% of inpatients in acute hospitals were determined to have low albumin levels.
- Serum albumin levels may be associated with the following conditions except for
  - Diet;
  - Muscle mass or amount;
  - Hearing loss;
  - Chronic inflammation;
  - Acute or chronic co-morbidities.
- Regarding the association of serum albumin levels at admission on physical functions and walking capacity in elderly patients with acute illness, which of the following statement is right?
  - Lower admission albumin level may be associated with deteriorated walking ability and worse physical functions;
  - Higher admission albumin level was associated with more prolonged hospitalization days and worse outcomes;
  - The risk of having poorer walking ability at discharge was significantly lower in the low albumin group than in the normal albumin group;
  - Higher albumin level was associated with the change in the level of assistance from independent to assisted walking;
  - Serum albumin level was not associated with functional capacity in acute hospitalized elderly patients.
- Overall, the following statements about the common conditions for serum albumin loss were correct except for:
  - Aging process;
  - High energy diet;
  - Chronic inflammation;
  - Persistent increase in protein catabolism;
  - Increased energy consumption.

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- (D)
- (A)
- (D)
- (E)
- (D)