CME for 12.4

1. Which of following statement about nutrition and critical ill patient in medical intensive unit is true?
   (A) High percentage of medical intensive care elderly patients were in high nutritional risk
   (B) Critical elderly patients who could achieve 80% enteral nutrition calorie prescription could lower ICU and hospital mortality
   (C) Critical elderly patients who achieved 80% protein prescription could lower hospital mortality.
   (D) For patients at high nutritional risk, early enteral feeding and aggressive nutritional intervention may lower the probability of 28-day mortality
   (E) All of the above

2. Which of the following is most related to severe frail and decrease BMI?
   (A) Low protein intake
   (B) Low carbohydrate intake
   (C) Low Lipid intake
   (D) Low plasma essential amino acid
   (E) Low plasma non-essential amino acid

3. Which of the following statement in the muscle strength and drinking is NOT true?
   (A) Handgrip strength decrease by increasing age in both men and women
   (B) Alcohol consumption is an important factor for health problem, such as liver disease and hypertension.
   (C) Muscle weakness is an independent risk factor for high mortality in older adults
   (D) Appropriate alcohol consumption may decrease handgrip strength
   (E) Mild alcohol consumption may decrease insulin resistance and cardiovascular disease

4. Which of the following is NOT the character of sleep in vascular depression?
   (A) Sleep related breathing disorder
   (B) REM sleep disinhibition
   (C) Daytime sleepiness.
   (D) Disorders of 24 hours sleep structure
   (E) None of the above

5. Which of the following statement about post-stroke spasticity is true?
   (A) Spasticity is a common condition in stroke survivors, and may be associated with pain and joint contracture,
   (B) Wissel et al observed that spasticity developed most often in elbow, following are wrist, ankle, and shoulder
   (C) It may by caused by disruption of the balance of supraspinal inhibitory and excitatory sensory inputs directed to the spinal cord
   (D) The treatment options include physical therapy, modality and pharmacological treatments, neurolysis with phenol and botulinum toxin, and surgical treatment.
   (E) All of the above

Volume 12 Issue 3 Answers:
1. (E)
2. (E)
3. (A)
4. (D)
5. (A)