

Sharpen Your Skills in Skin Health Assessment

Test Questions

1. In the context of sarcopenia and its implications for wound healing, which of the following mechanisms best explains the relationship between low muscle mass and impaired healing in adults? Circle all that apply.
 - a. Decreased cytokine production leading to chronic inflammation
 - b. Increased cytokine production leading to chronic inflammation
 - c. Enhanced anabolic resistance due to age-related hormonal changes
 - d. Decreased availability of amino acids for protein synthesis
2. The 2025 International Clinical Practice Guideline emphasizes the importance of nutrition in **preventing** pressure injuries. Which of the following statements accurately reflects the guideline's recommendations regarding nutritional supplementation?
 - a. Recommended for individuals identified as malnourished
 - b. Recommended for individuals identified as malnourished or at risk of malnutrition
 - c. Recommend protein supplementation for all individuals at risk of pressure injuries
 - d. Recommend tube feeding for the specific purpose of preventing pressure injuries
3. Which of the following factors is identified as a significant contributor to “Sedentary Death Syndrome” particularly in relation to muscle mass?
 - a. The overall protein content of the diet
 - b. The role of sedentary behavior in decreasing chronic inflammatory conditions
 - c. The overall protein and micronutrient content of the diet
 - d. The physiological impact of prolonged inactivity on muscle protein synthesis
4. Identify criteria used for diagnosing sarcopenia. Circle all that apply.
 - a. Bioelectric Impedance Analysis
 - b. Grip Strength
 - c. Calf circumference
 - d. Gait speed

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