

Hot Topics 2026: Contemporary Nutrition Issues

Test Questions

1. Which clinical outcome is most strongly associated with a **centralized home parenteral nutrition (HPN) model** compared with fragmented care?
 - a. Increased use of peripheral IV catheters
 - b. Higher rates of catheter-related bloodstream infections (CRBSI)
 - c. Reduced hospital readmissions and catheter complications
 - d. Longer duration of TPN dependence
2. In centralized international HPN models (e.g., Denmark), which factor most directly contributes to improved survival and weaning outcomes?
 - a. Higher lipid dosing thresholds
 - b. Protocolized line care and longitudinal outcome tracking
 - c. Increased reliance on commercial infusion agencies
 - d. Reduced patient follow-up frequency
3. Which assessment approach is most appropriate for detecting sarcopenia in patients with chronic GI motility disorders?
 - a. BMI calculation alone
 - b. Daily calorie counts
 - c. Handgrip strength with nutrition screening tools
 - d. Serum albumin measurement
4. When managing nutrition in chronic intestinal pseudo-obstruction, which dietary strategy requires particular caution?
 - a. Texture modification
 - b. High-fiber intake
 - c. Small frequent meals
 - d. Micronutrient supplementation
5. Which statement best reflects the role of anti-motility agents in short bowel syndrome (SBS) management?
 - a. They should be avoided due to risk of obstruction
 - b. They replace the need for dietary modification
 - c. They are most effective when used consistently and in combination
 - d. They eliminate the need for oral rehydration solutions

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Test Questions Continued

6. Which statement regarding GLP-2 analogue therapy in SBS patients with IBD is most accurate?
 - a. It is contraindicated due to high risk of disease flare
 - b. It should only be used after complete bowel continuity restoration
 - c. It can be used safely with monitoring for obstructive symptoms
 - d. It eliminates the need for anti-motility agents

7. Which feature is required for the diagnosis of eosinophilic esophagitis?
 - a. Elevated serum IgE levels
 - b. Presence of eosinophils in the esophageal epithelium
 - c. Positive food-specific allergy testing
 - d. Symptom resolution with proton pump inhibitor therapy alone

8. IL-33 is important in EoE pathophysiology because it:
 - a. Directly causes esophageal fibrosis
 - b. Activates eosinophils via the ST2 receptor
 - c. Suppresses type 2 inflammation
 - d. Eliminates microbial diversity

9. Which treatment modality has historically produced the greatest average total body weight loss (TBWL)?
 - a. Lifestyle intervention alone
 - b. Oral pharmacotherapy
 - c. Bariatric surgery
 - d. Endoscopic therapies

10. Which factor represents a major barrier to effective multidisciplinary obesity care?
 - a. Lack of effective treatments
 - b. Provider and patient stigma
 - c. Excessive referral to specialists
 - d. Over-standardization of care pathways

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