

The Immunonutrition Advantage: Improving Surgical Outcomes

Test Questions

1. Which of the following best describes an immunonutrient?
 - a. A vitamin used only for wound healing
 - b. A specialized dietary component used to modulate, support, and regulate immune and inflammatory responses
 - c. A medication used to suppress the inflammation
 - d. A carbohydrate source used pre-operatively in ERAS protocols
2. Why is arginine considered conditionally essential during surgical stress?
 - a. It cannot be synthesized by the body
 - b. It is only obtained from food
 - c. Its absorption decreases after surgery
 - d. It is rapidly depleted after surgery and during stress despite being synthesized in healthy individuals
3. Supplemental dietary nucleotides, particularly when combined with arginine and omega 3 fatty acids, have been associated with:
 - a. Increased insulin resistance
 - b. Reduced infection rates and decreased post-operative length of stay
 - c. Increased collagen breakdown
 - d. Reduced protein requirements
4. When should enteral nutrition generally be initiated after surgery if clinically appropriate?
 - a. Within 7 days
 - b. After bowel function returns
 - c. Within 24hrs of surgery
 - d. After discharge
5. Which patient factor is a risk factor for postoperative wound breakdown?
 - a. High physical activity level
 - b. Significant preoperative weight loss (>10%)
 - c. Vegetarian diet
 - d. Age <30 years

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