

Supplementary Material

Model of nutritional care in older adults: improving the identification and management of malnutrition using the Mini Nutritional Assessment–Short Form (MNA[®]-SF) in general practice

*Karen Charlton^{A,B}, Karen Walton^{A,B}, Kate Brumerskyj^C,
Elizabeth Halcomb^{B,D}, Alycia Hull^C, Teagan Comerford^A and
Vinicius Andre do Rosario^{A,E}*

^ASchool of Medicine, Faculty of Science, Medicine and Health, University of Wollongong, Wollongong, NSW 2522, Australia.

^BIllawarra Health and Medical Research Institute, Wollongong, NSW 2522, Australia.

^CGrand Pacific Health, Wollongong, NSW 2500, Australia.

^DSchool of Nursing, Faculty of Science, Medicine and Health, University of Wollongong, Wollongong, NSW 2522, Australia.

^ECorresponding author. Email: vadr998@uowmail.edu.au



Code: _____ Date: _____

Post-Quiz for General Practitioners and Practice Nurses

Please Tick ONE answer for each question

1. What information is needed to calculate older people's Body Mass Index (BMI)?
 - Age in year, weight in kg and height in cm
 - Weight in kg and height in cm
 - Age in year, weight in kg and height in m
 - Weight in kg and height in m
 - Not sure

2. What type of diet is the most suitable to older people if they are at risk of malnutrition?
 - Diet high in energy
 - Diet high in protein
 - Diet high in unsaturated fat
 - Diet high in energy and protein
 - Not sure

3. Which is the most well validated nutrition screening tool for older people?
 - Malnutrition Screening Tool (MST)
 - Malnutrition Universal Screening Tool (MUST)
 - Mini Nutrition Assessment- Short Form (MNA-SF)
 - Subjective Global Assessment (SGA)
 - Not sure

4. Unplanned weight loss of _____% in the last 3 to 6 months is a clinically significant loss of body weight in older people.
- 5
 - >10
 - >3
 - 3- 5
 - Not sure
5. What is an optimal Body Mass Index (BMI) range for older people?
- 20– 25 kg/m²
 - 18.5– 24.9 kg/m²
 - > 23 kg/m²
 - 25- 30 kg/m²
 - Not sure
6. Which one of the following **is not** a protein rich food?
- Milk
 - Beans/ legumes
 - Fish
 - Honey
 - Not sure
7. Which of the following is a risk factor for malnutrition in older people?
- Living alone
 - Financial restraints
 - Recent bereavement
 - Acute illness
 - All the above

8. Which of the following snacks would provide 500 kJ/120 calories and 5 grams of protein?
- Half egg sandwich (70 g)
 - Biscuits and cheese (30g)
 - Fruit yoghurt (175g)
 - Flavoured milk (150mL)
 - All the above
9. Which of the following is **not** a recommendation for a patient with an MNA-SF score of 6?
- Referral to MoW (where relevant)
 - Referral to a dietitian for a full assessment
 - Rescreen with the MNA-SF in 3 months
 - Recommend a High energy, high protein diet
10. A patient has had a Mini Nutrition Assessment-Short Form performed. The score places them in the “at risk of malnutrition” category but they report no weight loss. What is the correct management?
- Referral to dietitian
 - Rescreen in 3 months
 - Rescreen in 6 months
 - Prescribe nutrition supplement
 - All the above
11. What is the recommended frequency of conducting a 75+HA for somebody aged ≥ 75 years?
- Only when indicated from clinical history
 - At every visit
 - Once per year
 - Every three years
 - Do not know

12. Rate to what degree your learning needs have been met:

- a. Not met
- b. Partially met
- c. Entirely met

13. Rate to what degree this activity is relevant to your practice:

- a. Not relevant
- b. Partially relevant
- c. Entirely relevant

14. Please rate what degree the learning objectives of the program have been met:

- Define underweight malnutrition and identify the prevalence of malnutrition and risk of malnutrition in the Illawarra and Shoalhaven community
 - Not met
 - Partially met
 - Entirely met
- Demonstrate the procedure for completing a validated malnutrition screening tool
 - Not met
 - Partially met
 - Entirely met
- Identify general dietary recommendations for people with, or at risk of malnutrition
 - Not met
 - Partially met
 - Entirely met