**In order to receive CEUs please complete both sections**

**Recommendations for optimizing nutrition, hydration and body composition in ALS to slow progression and prolong survival**

**Recorded Webinar #12**

**CEU Evaluation Form**

**Underline** the answer that you wish to indicate.

1. Content of the materials presented was: Not Useful Neutral Useful
2. Duration of the presentations was: Too Long About right Too Short

3. Research evidence and outcomes data

were used to support the presentations:

Disagree Neutral Agree

4. I think the impact of this work on my

clients who use assistive technology will be:

Adverse Neutral Beneficial

1. I was provided with feedback on my ability to master the learning objectives:
2. The information I learned will support my ability to collect data and measure outcomes as part of my evidence-based practices:

Disagree Neutral Agree

Disagree Neutral Agree

1. I think the following could be improved:
2. I think the following was particularly good / useful:
3. In my assessment, my continuing education needs that relate to achieving the most effective communication for my clients who use assistive technology include the following:
4. **Underline** items if you are 1) a member of ASHA; 2) a teacher; 3) an OT; 4) a PT; 5) a member of RESNA; 6) an ATP; 7) an ATS; 8) other: .

Recommendations for optimizing nutrition, hydration and body composition in ALS to slow progression and prolong survival

Recorded Webinar #12

Learning Assessment Form

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Completion of this quiz is a requirement to receive CEUs for attending this seminar. Underline/Highlight/Circle the correct answer to each question. You must pass with 80% correct to be eligible for CEUs.**

1. What are the metabolic consequences of inadequate energy intake? (chose all that apply)
   1. Fat breakdown for energy deficit
   2. Deplete glycogen stores for immediate energy
   3. Muscle breakdown for energy deficit
   4. Fatigue
2. Progressive limb weakness leads to reduced caloric intake.

\_\_\_\_\_\_\_\_\_True \_\_\_\_\_\_\_\_\_False

1. Which of the following influences nutritional (caloric) needs?
   1. Muscle atrophy
   2. Progressive limb weakness
   3. Progressive bulbar weakness
   4. Non-functional movements
   5. All of the above
2. Muscle breaks down before fat for energy during semi-starvation.

\_\_\_\_\_\_\_\_\_True \_\_\_\_\_\_\_\_\_False

1. TDEE stands for:
   1. Total Daily Energy Expenditure
   2. Total Daily Exercise Effort
   3. Total Dietary Eating Energy
   4. Total Dietary Energy Expenditure
2. Recommendations for PEG are based on the adequacy of oral intake.

\_\_\_\_\_\_\_\_True \_\_\_\_\_\_\_\_\_\_False

Continued….

1. Which of the following is an adverse health effect in ALS related to dehydration?
   1. Constipation
   2. UTI
   3. Bed Sores
   4. DVT
   5. All of the above
2. Malnutrition has adverse effects on disease progression and survival.

\_\_\_\_\_\_\_\_True \_\_\_\_\_\_\_\_\_False

1. Low body mass index shortens survival in ALS patients.

\_\_\_\_\_\_\_\_\_True \_\_\_\_\_\_\_\_\_False

1. Dedicated attention to food intake and hydration need to be emphasized to patients in their treatment goals.

\_\_\_\_\_\_\_\_\_True \_\_\_\_\_\_\_\_\_False

Please note any suggestions for improving this activity in terms of learning value.

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