

Oral Complications at the End of Life

1. Involuntary, posterior movement of the tongue is characteristic of which stage of swallowing?

- a. oral preparation
- b. oral transit
- c. pharyngeal
- d. esophageal

2. During swallowing, the passage of the food bolus stimulates sensory nerves that transmit the appropriate signals to the swallowing center in the

- a. hypothalamus.
- b. medulla oblongata.
- c. pituitary gland.
- d. cerebellum.

3. At the end stage of any chronic or terminal illness, dysphagia can develop primarily as a result of

- a. deconditioning.
- b. pain.
- c. fatigue.
- d. anxiety.

4. Dysphagia occurs in about 40% to 60% of patients who have

- a. cardiovascular disease.
- b. cancer.
- c. neurodegenerative disease.
- d. stroke.

5. Signs and symptoms of dysphagia include all of the following except

- a. drooling.
- b. shortness of breath.
- c. slurred speech.
- d. polyphagia.

6. Which food is recommended to determine the effectiveness of a patient's swallow?

- a. puréed meat
- b. yogurt
- c. crackers
- d. cooked vegetables

7. A sign of a physiologic abnormality such as a tumor is

- a. difficulty in swallowing solids.
- b. poor muscular control.
- c. a sudden onset of dysphagia.
- d. tongue fasciculation.

8. Primary treatment for deconditioning focuses on

- a. drug therapy.
- b. muscle strengthening.
- c. assistance with eating.
- d. intravenous nutrition.

9. Once considered a solution for feeding patients who have dementia, gastrostomy tubes have been implicated as causing

- a. gastric pain.
- b. worsening dementia.
- c. aspiration pneumonia.
- d. renal failure.

10. Foods permitted in the "dysphagia mechanically altered" diet include

- a. canned fruit.
- b. tofu.
- c. baked fish.
- d. pasta.

11. Postural changes to assist in bolus formation involve which action immediately after the patient takes food into the mouth?

- a. tilting the head backward
- b. tucking the chin
- c. turning the head toward the stronger side
- d. sitting back in a semireclined position

12. Ulceration is characteristic of which stage of stomatitis?

- a. stage 2
- b. stage 3
- c. stage 4
- d. stage 5

13. The safest and gentlest oral rinse for patients who have stomatitis is

- a. normal saline.
- b. sodium bicarbonate solution.
- c. antiseptic mouthwash.
- d. purified water.

14. Dysgeusia refers to

- a. pain with swallowing.
- b. the sensation that food gets stuck in the throat.
- c. oral regurgitation.
- d. distortion of taste.

15. Nasal regurgitation is an indication of

- a. impaired closure of the posterior palate.
- b. gastroesophageal reflux.
- c. weak chew.
- d. reduced oral and esophageal sensation. ▼

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