



PAKISTAN NUTRITION & DIETETIC SOCIETY (PNDS)
Continuing Nutrition Education (Quiz)

CNE Topic: Inflammatory Bowel Diseases

Name of the participant: _____ Date 30TH June 2012

1. Resection of the _____ is the most problematic in terms of nutrient absorption
 - a. stomach
 - b. duodenum
 - c. ileum**
 - d. colon
2. A patient with a terminal ileum resection would be at risk for a deficiency of which of the following nutrients?
 - a. Zinc
 - b. B12**
 - c. Iron
 - d. Folic acid
 - e. Calcium
3. Pathology of IBS can include which of the following?
 - a. Altered GI motility
 - b. GI hypersensitivity
 - c. Stress
 - d. All of the above**
4. Which of the following factors play a role in the development of inflammatory bowel disease?
 - a. Genetics
 - b. Enteric flora
 - c. Mucosal immunity
 - d. All the above**
5. Defects in the barrier function of the gut epithelium are involved in the development of inflammatory bowel disease by which of the following mechanisms?
 - a. Allows the contents of the GI cells to leak into the GI tract
 - b. Allows antigens, toxins and bacteria to cross the barrier and cause inflammation**
 - c. Prevents the various immune cells, such as B cells, from fighting antigens
 - d. Increases the production of the pro-inflammatory cytokines, causing inflammation
6. Components of IBD include
 - a. Ulcerative colitis
 - b. Crohns disease alone
 - c. Crohns disease and IBS
 - d. Crohns disease and ulcerative colitis**
7. Segmental lesion / skip lesions in the small intestine are characteristic of
 - a. Crohns disease**
 - b. Ulcerative colitis
 - c. IBS
 - d. Both ulcerative colitis and crohns disease
8. Extra intestinal manifestation (eg arthritis, oral ulcers etc) characteristically occur in
 - a. IBS
 - b. Gastroenteritis
 - c. meningitis
 - d. IBD**
9. In IBS the structure of the bowel is
 - A .Abnormal
 - b. Normal**
 - c. Both of the above
 - d. None of the above
10. In severe Ulcerative colitis there is
 - a. Watery diarrhea
 - b. No diarrhea
 - c . Mucus and blood appear in the stool**
 - d. Rice water stool