

ATI NUTRITION PROCTORED EXAM 2019 RETAKE. QUESTIONS WITH VERIFIED ANSWERS(UPDATED)

Nutrition 2019

- a nurse is assessing a client who is newly prescribed atorvastatin for this lipidemia. Which of the following question should the nurse ask first?
 - Do you exercise regularly
 - Do you regularly have your eyes examined?
 - Do you check your blood pressure daily?
 - **Do you consume alcohol daily?**

- Nurse is preparing to initiate enteral feedings for a client who has inflammatory bowel disease. The nurse should recognize that which of the following formulas is appropriate for this client?
 - **High fiber**
 - low calorie
 - low protein
 - hydrolyzed

- **A nurse is caring for a client who is receiving parenteral nutrition and has a new prescription for probiotic therapy. Which of the following findings indicates the therapy is effective?**
 - **Client has soft, formed bowel movements.**
 - Client's mucous membranes are pink
 - Client reports ability to perform ADLs
 - Client blood glucose levels is within the expected reference range

- A nurse is caring for a client who has throat cancer and is receiving radiation therapy. The client reports nausea, stomatitis And weight loss. Which of the following dietary intervention should the nurse recommend?
 - **Select foods high in protein**
 - increase intake of liquids at mealtime
 - serve Foods hot
 - consume foods high in fat content

- A nurse is caring for a client who has dysphagia. Which of the following actions should the nurse take?
 - Initiate calorie count of daily food intake

- place the client in a semi Fowler's position when eating
 - instruct the client to keep their chin up when swallowing
 - provide food in a thin liquid consistency
- A nurse is providing discharge teaching to a client who has a new diagnosis of Crohn's Disease. Which of the following statements by the client indicates an understanding of the teaching?
 - I am likely to gain weight due to this disease
 - Avoiding glutamine will help me recover from this disease
 - I will need to take mild laxatives to help me have a bowel movement
 - I should limit the amount of fiber in my diet
- A nurse is assessing a client who is recovering from a stroke. Which of the following findings is a manifestation of dysphasia?
 - Continuous smiling
 - expressive aphasia
 - hoarse voice
 - weight gain
- A nurse is caring for an older client who requires a high calorie liquid nutritional supplement. Which of the following actions should the nurse take to ensure the client consumes the supplement?
 - Offer the supplement as a substitute for one of the clients daily meal
 - enhance the flavor of supplements by serving them warm
 - leave an open supplement at the bedside throughout the day
 - how the client swallow his medications with a supplement
- A nurse is developing a plan of care for a client who is receiving radiation therapy and is experiencing nausea. Which of the following interventions should the nurse include in the plan?
 - Serve low carbohydrate meals
 - ensure foods are served hot
 - write a snack 30 minutes before treatments
 - administer antiemetics on a schedule
- A nurse is evaluating a client's laboratory results. The nurse should recognize that which of the following results places the client at risk for coronary artery disease?
 - LDL 64 mg / dL
 - HbA1c 5%
 - total cholesterol 173 mg / dL
 - fasting glucose 140 mg / dL

• A nurse in a critical care unit is assessing an adult client. Which of the following findings by the nurse indicates fluid volume deficit?

- Pulse rate 118 / minutes
- central venous pressure 25 mmhg
- temperature 37.2 Celsius (99 Fahrenheit)
- blood pressure 152 / 90 mmhg

• A nurse is planning dietary teaching for a client who adheres to a vegan diet. The nurse should identify that the client is at greatest for which of the following nutrient deficiencies?

- Potassium
- vitamin A
- Magnesium
- omega-3 fatty acids

• A nurse is providing teaching about the dietary approaches to stop hypertension (Dash) diet to a client who has hypertension. Which of the following instruction should the nurse include?

- Consume foods that are high in calcium
- increase intake of refined carbohydrates
- limit sodium intake to 3200 mg per day
- consume 10% of total calories from saturated fat

• A nurse is teaching about denture care to the partner of a client who is unable to perform oral hygiene. Which of the following should the nurse include in the teaching?

- Wrap glove fingers with gauze to remove dentures
- Floss Dentures as part of daily cleaning
- wipe the dentures before storing them in a dry container at night time
- use a washcloth to clean the Dentures surfaces

• A nurse is educating the parent of a school-age child about the importance of maintaining water intake to prevent dehydration. Which of the following food choices should the nurse recommend as containing the greatest percentage of water?

- Cheddar cheese
- Broccoli
- whole wheat bread
- almonds

• Nurse is collecting for items for a client who has a lacto vegetarian diet. Which of the following foods should the nurse include in the meals?

- Cheese

- Shrimp
 - Hamburger
 - eggs
- A nurse is teaching a client who has a new diagnosis of diabetes mellitus about recognizing hyperglycemia. Which of the following manifestations should the nurse include in the teaching?
 - Anxiety
 - Hyperventilation
 - Cool skin
 - Metallic taste
- A nurse is assessing a client who is post-operative and has an indwelling urinary catheter. Which of the following findings indicates that the client is experiencing dehydration?
 - urine specific gravity 1.10
 - urine output of 20 ml / hour
 - BUN 15 mg / dL
 - blood pressure 150 / 82 mm hg
- A nurse is planning care for a client who has a new prescription for Total parenteral Nutrition (TPN) which of the following actions should the nurse plan to take?
 - Change the IV tubing for tpn solution every 72 hours
 - change the dressing around the IV site weekly
 - remove the TPN from the refrigerator 5 minutes before infusing it
 - discard remaining TPN solution that is still infusing after 24 hours
- A nurse is teaching a group of parents about appropriate food choices for toddlers. Which of the following choices by the parents demonstrates an understanding of the teaching?
 - Cooked spaghetti with sauce
 - caramel popcorn
 - steak cut into small pieces
 - hot dog cut in fourths
- A nurse is providing teaching to a client who has dumping syndrome. Which of the following instruction should the nurse include in the teaching?
 - Sit up in bed after meals
 - drink beverages with meals
 - consume three large meals daily
 - eat protein with each meal

- A nurse is providing teaching to the parent of a newborn who has gastro esophageal reflux. Which of the following instruction should the nurse include?
 - Place a newborn in a sideline position if vomiting
 - provide a small feeding just before bedtime
 - dilute formula with 1 tbsp of water
 - position in newborn at a 20 degree angle after feeding

- A nurse is teaching a group of clients at risk for heart disease about decreasing saturated fat in their diet. Which of the following fats should the nurse recommend for the client to use when cooking?
 - palm oil
 - peanut oil
 - canola oil
 - stick margarine

- A nurse is planning a class for parents of school-aged children about iron intake. Which of the following should the nurse include as a manifestation of iron deficiency?
 - Decreased sleeping time
 - increased risk of infection
 - lowered intellectual performance
 - elevated temperature

- A nurse is initiating continuous enteral feeding for a client who has a new gastrostomy tube. Which of the following actions should the nurse take?
 - Obtain the client's electrolyte levels every 4 hours
 - flush the client's tube with 30 mL of water every 4 hours
 - measure the client's gastric residual every 12 hours
 - keep the client's head elevated at 15 degrees during feedings

- A nurse is providing teaching to a client who has heart failure about limiting sodium intake 1,000 mg/day. The nurse should inform the client that which of the following dietary products has high sodium content?
 - 1/2 cup yogurt
 - 4 oz vanilla pudding
 - 2 oz processed cheese
 - 1 cup milk

- A nurse is providing teaching to the parent of a toddler about nutritional needs and habits. Which of the following instructions should the nurse include in the teaching?
 - Avoid snacks between meals
 - provide different food for the toddler than the parents