

A nurse is teaching a female client about a healthy diet to control hypertension. Which of the following client statements indicates an understanding of the teaching?

- A) "I will drink two glasses of whole milk daily"
- B) "I will decrease the potassium in my diet"
- C) "I will eat four servings of unsalted nuts per week"
- D) "I will limit alcohol consumption to two drinks per day"

Answer: "I will eat four servings of unsalted nuts per week"

A client should eat low-fat dairy, have diet enriched with potassium, and limitations should be set on alcoholic drinks.

A nurse is assessing a client who has diabetes mellitus. Which of the following findings should the nurse identify as manifestation of hypoglycemia.

- A) Diaphoresis
- B) Bradycardia
- C) Abdominal cramps
- D) Acetone breath

Answer: Diaphoresis

Sweating, tachycardia, fatigue, hunger, pale skin are all symptoms of hypoglycemia

A nurse is providing treatment for a client who has a new prescription for nifedipine. Which of the following foods should the nurse instruct the client to avoid?

- A) Milk
- B) Aged cheese
- C) Grapefruit juice
- D) Bananas

Answer: Grapefruit juice

Drinking grapefruit juice while on this medication can result in increased risk for adverse effects

A nurse is teaching a client about stress management. Which of the following statements by a client should indicate to the nurse that the client understands the teaching?

- A) "I will take a long walk every evening"
- B) "I will keep a daily diet and activity log"
- C) "I will avoid eating one hour before bedtime"
- D) "I will drink one full glass of water with each meal"

Answer: "I will take a long walk every evening"

Exercise can create relaxation and reduces stress. Keeping a daily activity log can cause awareness of how the person eats and weighs causing stress. A person should avoid eating 2-3 hours before bed. Drinking a full glass of water will promote fullness not reduce stress.

A nurse is providing dietary teaching for a client who has chronic skin ulcers of the lower extremities. Which of the following foods should the nurse recommend as containing the highest amount of zinc?

- A) 1 cup apple slices
- B) 4 oz low-fat cottage cheese
- C) 4 oz ground beef patty
- D) 1 cup raw spinach

Answer: 4 oz ground beef patty

Ground beef patty contains 5.49 mg of zinc, making it the best choice

A nurse is providing dietary teaching about reducing the risk of infection to a client who has cancer and is receiving chemotherapy. Which of the following statements made by the client indicates an understanding of the teaching?

- A) "I will thaw my food at room temperature"
- B) "I will discard my leftovers after three days"
- C) "I should use home canned goods within 2 years of canning"
- D) "I should heat my food to at least 120 degrees Fahrenheit"

Answer: "I will discard my leftovers after three days"

Foods should be thawed in the fridge, leftovers should be thrown out after 3-4 days, canned goods should be eaten within a year, and food should be heated to at least 140 degrees

A nurse is caring for a client who is receiving total parenteral nutrition. Which of the following laboratory findings indicates that TPN therapy is effective?

- A) Calcium 8 mg/ml
- B) Hemoglobin 9 g/dl
- C) Prealbumin 30 mg/dl
- D) Cholesterol 140 mg/dl

Answer: Prealbumin 30 mg/dl

A nurse in a clinic is reviewing the laboratory findings of a client who has type 2 diabetes mellitus. Which of the following findings indicates the client's plan of care is effective?

- A) Serum creatinine 1.5 mg/dl
- B) BUN 25 mg/dl
- C) hbA1c 6.5%
- D) Pre-meal blood glucose 145 mg/dl

Answer: hbA1c 6.5%

Any test less than 7% is effective

A nurse is providing dietary teaching for a client who has COPD. Which of the following instructions should the nurse include in the teaching?

- A) Eat at least three well-proportioned, large meals a day
- B) Drink low-protein, low-calorie nutrition formulas between meals
- C) Avoid adding gravies and sauces to foods
- D) Consume foods that are soft in texture and easy to chew

Answer: Consume foods that are soft in texture and easy to chew

Client's who have COPD do not have the energy to eat three large meals and should eat six small meals throughout the day, they should drink high protein and high calorie formulas, they should add gravy to help prevent dry mouth, and foods that are hard to chew will cause SOB

A nurse is providing information regarding breastfeeding to the parents of a newborn. Which of the following statements should the nurse make?

- A) "Breast milk is nutritionally complete for an infant up to six months of age
- B) "Iron-fortified infant formulas are nutritionally inferior to breast milk
- C) Supplement water is need to provide adequate fluid intake
- D) Use whole cow's milk if you discontinue breastfeeding in the first year

Answer: Breast milk is nutritionally complete for an infant up to six months of age

A home health nurse is providing dietary teaching to the parents of a 3-year-old child. Which of the following statements by the parents should the nurse identify as understanding of the teaching?

- A) "I will offer my child a cup of peanut butter to dip her celery in"
- B) "I can leave her grapes whole so she can practice getting them with her fork
- C) "I can give her popcorn as a snack to provide a serving of whole grains
- D) I will put low-fat milk in her cup to drink

Answer: I will put low-fat milk in her cup to drink

Peanut butter, popcorn and grapes can cause a choking hazard, whole milk can be switched to low-fat after age 2

A nurse is teaching a client about managing irritable bowel syndrome. Which of the following information should the nurse include in the teaching?

- A) Increase intake of fresh fruit high in fructose
- B) Limit foods that contain probiotics
- C) Take peppermint oil during exacerbation of manifestations
- D) Substitute white sugar with honey

Answer: Take peppermint oil during exacerbation of manifestations

Fresh fruit can cause increase of manifestations, probiotics can cause an increase in bacteria, honey is high in fructose and is difficult to absorb, peppermint helps soothe and relax the muscles of the GI tract

A nurse is leading a discussion at a prenatal education class with a group of expectant mothers who plan to breastfeed. Which of the following instructions should the nurse include in the teaching?

- A) Offer supplemental formula until the milk supply is established
- B) Offer the newborn 30 ml of glucose water after the first breastfeeding session
- C) Plan to breastfeed the newborn every four hours
- D) Plan five minute feedings on each breast during the first day after birth