

## ATI NUTRIATION RETAKE EXAM 300 QUESTIONS AND ANSWERS LATEST UPDATE /COMPLETE SOLUTIONS 2023

- Nurse is reviewing the medication administration record for a client who is 2 day postoperative following abdominal surgery. The nurse should recognize that which of the following medications places the client at risk for wound dehiscence?

**Prednisone**

- nurse is assessing client who is recovering from a stroke. Which of the following findings is a manifestation of dysphagia?

**Hoarse voice**

- nurse is providing nutritional education to a client who is obese. The nurse should include in the information that which of the following gastrointestinal disorder is commonly associated with obesity?

**Gastroesophageal reflux disease**

- nurse is providing teaching to a client who has prescription for a low-saturated fat diet. Which of the following statement by the client indicates an understanding of the teaching?

**I can choose an avocado dip instead of salsa"**

- nurse is teaching the family of a school age child who is obese about complications of childhood obesity. Which of the following complications should the nurse include in the teaching?

**Hypertension**

- Client is prescribed a 1,500-calorid diet. Thirty percent of the calories are to be derived from fat. How many grams of fat should the nurse tell the client to consume per day? (round the answer to the nearest whole number. Use a leading zero if it applied. Do not use a trailing zero

**1,500 divided by .3 (30%) = 450**

**450 divided by 7.7 (1gram = 7.7 calories) = 58.44 or 58 grams**

- nurse at a health clinic is preparing to administer the inactivated influenza vaccine to a client. The nurse should ask the client about allergies to which of the following foods? **Eggs**

- nurse is caring for a client who follows a vegan diet. The nurse should identify that the client is at risk for which of the following deficiencies?

**Vitamin D**

- nurse is initiating continuous enteral feeding for a client who has a new gastrostomy tube. Which of the following actions should the nurse take?

**Measure the client's gastric residual every 12 hr**

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

**Omega-3 fatty acids**

- nurse is teaching a client who has Parkinson's disease and is prescribed a monoamine oxidase inhibitor. Which of the following instructions should the nurse include?

**"Avoid aged cheeses while taking this medication"**

- nurse is caring for a client who has dysphagia. Which of the following action should the nurse take?

**1 cup broccoli**

- nurse is teaching a class about dietary guidelines to promote cardiovascular health. Which of the following recommendation should the nurse include in the teaching?

**Increase intake of refined carbohydrates**

- nurse is developing a plan of care for a client who is receiving radiation therapy and is experiencing nausea, which of the following intervention should the nurse include in the plan?

**Administer antiemetics on a schedule**

- nurse is caring for a client who has stomatitis following radiation therapy. Which of the following is an appropriate intervention for the nurse to take?

**Offer mouth rinses with normal saline and water**

- 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?

**Discard remaining TPN solution that still infusing after 24 hr.**

- nurse is providing teaching to a client who has type 1 diabetes mellitus. Which of the following statements by the client indicates an understanding of the teaching?

**"I will keep my HbA1C at five percent."**

- nurse is reviewing the laboratory results of a client who has bulimia. the nurse should notify the provider of which of the following

**Potassium 3.2 mEq/L**

- nurse is reviewing the laboratory values for a client who is receiving a phosphate binder with meals for end-stage renal disease. Which of the following values should indicate to the nurse that the treatment is effective?

**Total calcium 9.7 mg/Dl**

- 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.**

- nurse is selecting food items for a client who follows a lacto-vegetarian diet. Which of the following foods should the nurse include in the meals?

**Cheese**

- nurse is assisting in the selection of food for a client who has hypokalemia. Which of the following foods should the nurse select that contains the greatest amount of potassium?

**One small baked potato**

- nurse is providing teaching to a client who has cholecystitis about required dietary modification. The nurse should include which of the following foods as appropriate for the client's diet?

**Brown rice**

- The nurse is providing discharge teaching to the mother of a newborn about breastfeeding. Which of the following statements by the client indicates an understanding of the teaching?

**I should feed my baby on demand at least eight times each day"**

- nurse is teaching a group of clients about foods containing protein. Which of the following foods should the nurse include in the teaching as a complete protein? **Soy milk**

- nurse is assessing an older adult client who has dysphagia and is experiencing dehydration. Which of the following finding the nurse expect?

**Tachycardia**

- 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 will need to take mild laxatives to help me have a bowel movement."**

- 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?

**Hyperventilation**

- nurse is caring for a client who received radiation therapy to the pelvic area. The client is experiencing chronic diarrhea. Which of the following actions should the nurse take?

**Encourage the client to drink 4oz of milk after each loose stool**

- nurse is making a discharge teaching plan for a client who is taking digoxin and furosemide. Which of the following foods should the nurse instruct the client to consume?

**Bananas**

- nurse is providing teaching to a clients who has dumping syndrome. Which of the following instructions should the nurse include in the teaching?

**Sit up in bed after meal"**

- nurse is providing teaching to a client who has heart failure about limiting intake to 1,000mg/day. The nurse should inform the client that which of the following dairy products has the highest sodium content?

**2 oz processed cheese**

- nurse is teaching about implementing a heart-healthy diet to a client who has coronary artery disease. Which of the following foods should the nurse recommend to the client?

**Broiled salmon**

- 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?

**Steak cut into small pieces**

- nurse is providing a teaching about food allergies to the parents of a toddler. Which of the following foods should the nurse identify as the highest risk for allergies in toddlers?

**Eggs**

- nurse is planning eating strategies with a client who has nausea from equilibrium imbalance. Which of the following strategies should the nurse recommend? **Limit fluid intake between meals**
- nurse is providing teaching to the parents of a newborn who has gastroesophageal reflux. Which of the following instructions should nurse include?

**Place the newborn in a side-lying position if vomiting**

- 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 gloved fingers with gauze to remove dentures**

- nurse is teaching about nutrition to a client who has a new diagnosis of chronic kidney disease. Which of the following recommendations should the nurse include in the teaching?

**Increase potassium intake**

- nurse is providing discharge teaching for a client who has iron deficiency anemia. Which of the following information should the nurse include?

**Fish and poultry are primary source of heme iron**

- nurse is providing anticipatory guidance to a client who has phenylketonuria (PKU) and is planning a pregnancy. Which of the following information should the nurse include in the discussion?

**Serum bilirubin should be monitored one to two times per month during pregnancy**

- 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 interventions should the nurse recommend?

**Select foods high in protein**

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

**Pulse rate 118/min**

1. A nurse is caring for a client who expresses a desire to lose weight. Which of the following actions should the nurse take first?

**A. Obtain a 24-hr dietary recall.**

Nurse is teaching about nutritional requirements for a client who is starting a vegetarian diet. Which of the following information should the nurse include in the teaching?

**A. Include two servings per day of nuts when on a vegetarian diet.**

3. A nurse is caring for a client who has acute inflammatory bowel disease. Which of the following nutritional supplements should the nurse anticipate providing to this client?

**A. Hydrolyzed formula**

- A nurse is teaching a client who is newly diagnosed with type 1 diabetes mellitus how to count carbohydrates. Which of the following statements made by the client indicates an understanding of the teaching?

• **"I know the serving size can affect the number of carbohydrates I eat."**

- A nurse is providing dietary teaching for a client who has osteoporosis. The nurse should instruct the client that which of the following foods has the highest amount of calcium?

• **1/2 cup roasted almonds**

- A nurse is discussing dietary factors to assist in blood pressure management for a client who has hypertension. Which of the following client statements indicates an understanding of the teaching?
  - "I should choose whole grain pastas when selecting my food."
- A nurse is caring for a client who has a new prescription for parenteral nutrition (PN) containing a mixture of dextrose, amino acids, and lipids. Prior to administration of the PN, the nurse should report which of the following food allergies to the provider?
  - Eggs
- A nurse is teaching a client who has chronic kidney disease about limiting dietary calcium intake. Which of the following food choices should the nurse include in the teaching as having the highest amount of calcium?
  - 1 cup low-fat yogurt
- A home health nurse is providing dietary teaching to the guardians of a 3-year-old child. Which of the following statements by the guardians should the nurse identify as understanding of the teaching?
  - "I will put low-fat milk in her cup for her to drink."
- A nurse is caring for an adolescent who has type 1 diabetes mellitus. Which of the following actions should the nurse take to assess for Somogyi phenomenon?
  - Monitor blood glucose levels during the night.
- A nurse is reviewing the introduction of solid foods with the guardian of a 4-month-old infant. Which of the following statements by the guardian indicates an understanding of the teaching?
  - "I will introduce a new solid food every 5 days."
- A nurse in a long-term care facility is monitoring a client during mealtime who has Parkinson's disease. Which of the following findings should the nurse identify as the priority?
  - The client drools while eating
- A home health nurse is reviewing the medical record of a client who had an open reduction internal fixation of the tibia. Which of the following findings should the nurse identify as a risk factor for impaired wound healing?
  - The client consumes 1,000 kcal daily.
- A nurse is providing teaching to a client who has diabetes mellitus and an HbA1c of 8.7%. Which of the following statements by the client indicates an understanding of this laboratory value?
  - "This shows that I have not been following my diet."

• A nurse is teaching a client about stress management. Which of the following statements by the client indicates an understanding of the teaching?

- "I will take a long walk every evening."

• A nurse is caring for a client who is receiving total parenteral nutrition (TPN) and is prescribed an oral diet. The client asks the nurse why the TPN is being continued since he is now eating. Which of the following responses should the nurse make?

- You should consume at least 60 percent of your calories orally before the parenteral nutrition can be discontinued.

• A nurse is caring for a client who is receiving total parenteral nutrition (TPN) through a peripherally inserted central catheter. The pharmacist informs the nurse that there will be a delay in delivering the next bag of TPN solution. Which of the following actions should the nurse take?

- Infuse dextrose 10% in water when the current infusion ends.

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

- Diaphoresis

• A nurse is planning dietary teaching for a client who has dumping syndrome following a gastrectomy. Which of the following interventions should the nurse include in the client's plan of care?

- Select grains with less than 2 g fiber per serving.

• A nurse is providing dietary teaching to a client who is postoperative following a gastric bypass procedure. Which of the following instructions should the nurse include?

- Begin each meal with a protein.

• A nurse is evaluating a client who is receiving a continuous enteral feeding and has diarrhea. Which of the following actions should the nurse take to reduce the client's diarrhea?

- Decrease the rate of the feeding.

• A nurse is assessing a client who has an elevated blood pressure, headache, and is sweating.

The client recently started taking a MAOI. The nurse should question the client regarding the consumption of which of the following foods?

- Cheddar cheese

- A nurse is teaching a client who has hypertension about decreasing sodium intake. Which of the following information should the nurse include in the teaching?  
  - Season foods with herbs and spices.
- A nurse is providing discharge teaching to a postpartum client about breast milk use and storage. Which of the following statements should the nurse make?  
  - "You cannot place thawed breast milk back in the freezer."
- A nurse is teaching an adolescent who has a new diagnosis of celiac disease. Which of the following statements by the client indicates an understanding of the teaching?  
  - "I need to eliminate rye from my diet."
- A nurse is reviewing the laboratory values of a group of clients. Which of the following clients should the nurse identify as experiencing dehydration?  
  - A client who has a sodium level of 150 mEq/L
- A nurse is providing education to an adolescent about making nutrient-dense food choices. Which of the following statements by the client indicates an understanding of teaching?  
  - "Canned pinto beans are a better choice than refried beans."
- A nurse is teaching a prenatal education class about breastfeeding. Which of the following instructions should the nurse include in the teaching?  
  - Plan 5-min feedings on each breast on the first day after birth.
- A nurse is assessing a client for dysphagia following a stroke. The nurse should identify which of the following findings as a manifestation of dysphagia?  
  - The client's voice changes after eating.
- A community health nurse is planning to teach a class about weight management for cardiovascular health. Which of the following statements should the nurse plan to include?  
  - "Plan to lose weight gradually at 1/2 to 1 pound per week."
- A nurse in an acute care facility is planning care for a client who has chosen to follow Islamic dietary laws during Ramadan. Which of the following actions should the nurse plan to take?  
  - Provide a snack for the client after sunset.
- A nurse is creating a plan of care for a client who has mucositis following head and neck radiation therapy to treat cancer. Which of the following interventions should the nurse include in the plan?  
  - Increase fluid intake to 2 L per day.



• A nurse is assessing a client who has type 2 diabetes mellitus. The nurse should recognize which of the following as a manifestation of hypoglycemia?

a. Confusion

• A nurse is reviewing the laboratory findings of a client who has acute pancreatitis. Which of the following is an expected finding?

• Increased glucose

• A nurse is preparing to bottle feed an infant who has a cleft lip. Which of the following actions should the nurse take to reduce the risk of aspiration?

• Squeeze the infant's cheeks together while feeding

• A nurse is teaching about increasing dietary intake of micronutrients to a client who has difficulty seeing at night. Which of the following micronutrients should the nurse include in the teaching?

a. Vitamin A

• A nurse is providing teaching to a client who has dumping syndrome and is experiencing weight loss. Which of the following instructions should the nurse include in the teaching?

• Consume liquids between meals.

• A nurse is caring for a client who has undergone a radical head and neck resection to treat cancer and is receiving radiation therapy. The nurse should monitor for which of the following potential adverse effects?

d. Changes in the production of saliva

• A client is experiencing anorexia related to cancer treatment. Which of the following interventions should the nurse implement to increase the client's nutritional intake?

d. Add extra calories and protein to every meal.

• A nurse is developing an educational program about the glycemic index of foods for clients who have diabetes mellitus. Which of the following foods should the nurse identify as having the highest glycemic index?

c. Baked potato

• A nurse is assessing a client who has fluid volume excess. Which of the following manifestations should the nurse expect?

c. Crackles in the lungs

• A nurse is providing information to a client who has a new prescription for atorvastatin. Which of the following beverages should the nurse include in the information as contraindicated while taking this medication?

• Grapefruit juice

- A nurse in a provider's office is assessing a client who has HIV. The nurse should identify which of the following findings as an indication to increase the client's nutritional intake?
  - **Presence of herpes simplex virus infection**
- A nurse is caring for a client who is dehydrated and is receiving intermittent enteral feeding. Which of the following actions should the nurse plan to take?
  - **Provide the formula as a continuous infusion.**
- A nurse is caring for a client who is receiving continuous enteral tube feedings. Which of the following actions should the nurse take to prevent aspiration?
  - **Monitor gastric residuals every 4 hr.**
- A nurse is providing teaching about lowering solid fat intake to an adolescent client who usually consumes about 2,000 calories per day. Which of the following instructions should the nurse include?
  - **"Choose ground beef that is at least 70% lean."**
- A nurse is assessing a client who is suspected of having lactose intolerance. Which of the following is an expected finding?
  - **Flatulence**
- A nurse is preparing a health promotion seminar for a group of clients about cancer prevention. Which of the following information should the nurse include?
  - **Eat at least 2.5 cups of fruits and vegetables each day.**
- A nurse in a clinic is reviewing the laboratory findings of a client who recently began a Dietary Approaches to Stop Hypertension (DASH) diet. Which of the following laboratory findings indicates the client has reached one of the goals of the DASH diet?
  - **Total cholesterol 190 mg/dl**
- A nurse is caring for a client who is at 8 weeks of gestation and has a BMI of 34. The client asks about weight goals during her pregnancy. The nurse should advise the client to do which of the following?
  - **Gain approximately 6.8 kg (15 lb).**
- A nurse is teaching a client who reports constipation about ways to increase dietary intake of fiber. Which of the following information should the nurse include?
  - **Leave the skin on when eating fruit.**
- A nurse is caring for a client who adheres to a kosher diet. Which of the following food choices would be appropriate for this client?
  - a. **Vegetable salad with cheese**