

# RN ATI Nutrition complete exam Rated A+ latest Exam

## RN ATI Nutrition Exam

1. A nurse is caring for a patient who is prescribed Captopril. The nurse should recognize that which of the following foods could cause a potential medication interaction?

Cantaloupe

-ACE Inhibitors retain potassium lead to hyperkalemia

-Carrots high as well

• A nurse is planning care for a patient who is receiving radiation to the neck and has developed stomatitis. Which of the following interventions should the nurse include in the plan?

Relieve mouth pain by consuming frozen foods.

-Use straw to minimize contact with sores in mouth

-Consume high calorie and high protein diet to promote healing

-Frozen food helps alleviate the pain

-Use soft bristled tooth brush and rinse mouth out by using .9% sodium chloride

and water or baking soda and water

- a nurse in an antepartum clinic is teaching a patient about nutritional recommendations during pregnancy. which of the following patient statements indicates an understanding of the teaching?

I should take a daily iron supplement during my pregnancy

-Take 30 mg of iron daily to reduce risk of anemia

-Increase protein intake during pregnancy

-Weight gain at most 40 lb. Weight gain based on BMI

-Reduce fat intake during pregnancy

- a nurse is caring for a patient who has advanced Parkinson's disease and dysphagia. which of the following actions should the nurse take?

offer the patient a high- calorie diet

-Muscular rigidity increases metabolic rate

-Eliminate distractions to concentrate on meals

-Don't offer liquids to clear mouth of food can increase risk of aspiration

-Parkinson's should be in high fowlers to avoid aspirations

- A nurse is reviewing the laboratory results of a patient who has a pressure injury. which of the following findings should indicate to the nurse that the patient is at risk for impaired wound healing.

Albumin 3.0 g/dL

-Hgb 14- 18 Below indicates poor wound healing due to reduced oxygen delivery

Albumin- 3.5-5. Decreased albumin malnutrition impaired wound healing

- Prothrombin 11-12.5 sec.

WBC 5,000 to 10,000 Below indicated impaired healing and risk on infection

- A nurse is assessing a patient who has end-stage kidney disease (ESKD). which of the following dietary habits increases the patient's risk for dysrhythmias?

Eating a diet rich in potassium

-Impaired kidney function- unable to eliminate potassium. Urine output declines, hyperkalemia develops causes dysrhythmias

-Diet high in fat leads to CAD- increased risk of dysrhythmias

-patient who is ESKD shouldn't consume diet rich in protein to avoid uremia

- A nurse is calculating the daily protein allowance of a patient who weighs 176 lb. the patient's daily protein allowance is 0.8 g/kg. how many grams of protein should the patient consume per day?

64 g/day

- a nurse is providing teaching to a patient who is currently experiencing an exacerbation of crohn's disease. which of the following statements by the patient indicates an understanding of dietary practices during acute episodes?

i will follow a high-protein diet

- Crohns Disease patient should follow high protein diet to prevent malnutrition and obtain required calories to promote healing

- Avoid fiber to minimize bowel stimulation. During periods of remission high fiber

can improve elimination

-Reduce fat intake because fatty foods increase diarrhea and steatorrhea (fat in stool)

-Consume small frequent meals

- a nurse is developing a teaching plan for a patient who has dysphagia and is being discharged home with a prescription for a mechanical soft diet. which of the following foods should the nurse include in the plan?

Mashed potatoes

-Cooked fruits and vegetables

-Altered texture

-Softened with liquids

-Thickened for consistency

- a nurse is providing nutritional teaching to the guardians of 2 - year - old toddler. which of the following snack food should the nurse recommend including in the toddler's diet?

1 cup of yogurt

-Food with no choking hazards

-Require 13 to 16 g of protein each day

-HIGH risk of choking until 4

-Avoid complex sugars

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

breast milk is nutritionally complete for an infant up to 6 months of age

-Iron-fortified is an acceptable substitute for or supplement to breast feeding

-Breast milk and formula provide adequate water to calorie ratio

-Cows milk should not be introduced until after 1 year

- a nurse is providing information about cardiovascular risk to a patient who has received a lipid panel report. the nurse should include that which of the following findings is within an expected reference range?

HDL 79 mg/dL

-Total cholesterol less than 200

-Greater than 45 males 55 females

-Triglyceride 35-135 males 40-160 females

-LDL less than 130

- A nurse is providing teaching regarding diet modifications to a patient who is at a risk for cardiovascular disease. the patient is accustomed to traditional Mexican foods and wants to continue to include them in her diet. which of the following recommendations should the nurse give the patient?

use canola oil instead of lard for frying

-Use monounsaturated fats like canola rather than saturated like lard

-Soy milk not part of traditional mexican diet. Recommend fat free or low fat cows

milk

-Increase intake of raw and cooked vegetables

-Limit intake of lean meat, poultry, and fish to 2.5 to 3 oz per meal

- a nurse is assessing the meal pattern of a patient who has diverticular disease and prescription for a high-fiber diet. which of the following food choices by the patient contains the most fiber?

1/2 cup of bran cereal

- a nurse is initiating an enteral feeding for a patient who has chronic bronchitis. which of the following types of formula should the nurse anticipate administering to the patient?

high calorie

-High protein to prevent malnutrition

-Low to moderate amounts of carbohydrates

-High in fats to meet energy needs and caloric needs

- a nurse is providing dietary teaching for a patient who has COPD. which of the following instructions should the nurse include in the teaching?

consume foods that are soft in texture and easy to chew

-Eat 6 small meals

-High protein high caloric formulas

-Add gravy and sauces to prevent dry mouth

-Soft diet and avoiding foods that are difficult to chew will decrease shortness of breath while eating

- a nurse is caring for a patient who is receiving total parenteral nutrition (TPN). the current bag of TPN is empty and a new bag is not available on the unit. which of the following solutions should the nurse infuse until a new bag of TPN is available?

Dextrose 10% in water

-Prevent hypoglycemia

- A nurse is providing teaching about cancer prevention to a group of patients. which of the following patient statements indicates an understanding of the teaching?

I will eat five servings of fruits and vegetables each day

-Eating variety of fruits and vegetables assist in decreasing BP and weight

-Limit alcohol to 1 to 2 drinks per day causes excessive weight gain



-Consume whole grain foods over refined foods to prevent GI cancers.

-Limit consumption of processed meats. Choose lean cut meat without skin

- A nurse is preparing to administer an influenza vaccine to an adult patient who reports food allergies. which of the following food allergies could place the patient at risk for a reaction.

Eggs

- A nurse is performing a comprehensive nutritional assessment for a patient. after reviewing the patient's laboratory results, which of the following findings should the nurse report to the provider?

Prealbumin 8 mg/dL

-WBC 5,000-10,000

-Sodium 136-145

-Prealbumin 15-36

-Thyroxine(T4) 4-12

- A nurse is reviewing the laboratory results of a patient who is receiving continuous total parenteral nutrition. which of the following results should the nurse report to the provider?

Glucose 238 mg/dL

-Potassium 3.5- 5.0

-Calcium 9-10.5

-Sodium 136-145

A nurse is creating a plan of care for a patient who has anorexia nervosa. which of the following interventions should the nurse include in the plan?

Assign privileges based on direct weight gain.

-Weight at same time each day

-Remain with patient at least 1 hr

-Nurse schedules meal time

-Gives patient control in achieving desired privileges

A nurse is providing dietary teaching to a patient who has celiac disease. Which of the following statements by the patient indicates an understanding of the teaching?

I can have tapioca pudding for dessert

-Tapioca pudding does not contain gluten

-Lifetime diet

-Avoid processed food

-Avoid gluten like whole wheat bread

A nurse is caring for a patient who is receiving total parenteral nutrition (TPN).  
which of the following laboratory findings indicates that the TPN therapy is effective?

Prealbumin 30 mg/dL

- Calcium 9-10.5 Doesn't indicate TPN effective
- Hemoglobin- 14-18, 12-16 Doesn't indicate TPN effective
- Prealbumin 15-36
- Cholesterol less than 200 indicated malnutrition

a nurse is teaching a patient about managing irritable bowel syndrome (IBS).  
which of the following information should the nurse include in the teaching?

Take peppermint oil during exacerbation of manifestations

- Peppermint relaxes the smooth muscle of the GI tract and can decrease the manifestations of IBS
- Fruit high in fructose such as pears can increase IBS
- Increase foods containing probiotics decrease bacteria and decrease the manifestations of IBS
- Honey causes manifestations of IBS

A nurse is teaching a patient who has a prescription for ferrous sulfate about food interactions. which of the following statements indicates that the patient understands the teaching?

I can take this medication with juice

-Take between meals with juice. With meals if gastric upset

A nurse is caring for a patient who has anemia and a new prescription for an iron supplement. The nurse should recommend the patient consume the supplement with which of the following beverages to increase absorption?

Tomato juice

-Calcium impairs iron absorption

-Contains vitamin C such as Tomato juice or orange juice. Enhances iron absorption

-Caffeine impairs iron absorption

A nurse is caring for a patient who has age-related macular degeneration (AMD) and asks the nurse if there are any nutritional changes to consider. which of the following responses should the nurse make?

Increase dietary intake of lutein

- Soy doesn't contain antioxidants, lutein or vitamin E

-Niacin aids in lowering LDL no affect on AMD

-Lutein slows progression of AMD. Found un kale, spinach, collards, and mustard greens

-Foods low in glycemic index

A nurse is providing teaching to a patient who is lactating about increasing protein intake. which of the following foods should the nurse recommend as the best source of protein?

Cottage cheese

Incomplete proteins- Legumes, Peanut Butter, and Whole grain cereal Complete- cottage cheese, meat, poultry, eggs

A nurse in an emergency department is reviewing the laboratory report for a patient who is confused and reports nausea and abdominal cramping. The nurse should expect the patient's should expect the patient's laboratory results to indicate a dietary deficiency of which of the following minerals?

Sodium

Sodium deficit- confusion, headache, nausea, dizziness, and abdominal cramping.

-Phosphorus- numbness and tingling around the mouth and extremities and tetany

-Potassium- Heart beat, muscle weakness, cardiac dysrhythmias  
Chloride- Emotion, anorexia, and muscle cramps

A nurse is teaching a patient who is preparing for bowel surgery about low-residue diet. which of the following food choices by the patient indicates an understanding of the teaching?

Two poached eggs and a banana

-Limits amount of stool traveling through intestine

-Avoid whole grains, fatty meats, and high fiber

A nurse is providing dietary teaching about reducing the risk of infection to a patient who has cancer and as receiving chemotherapy. which of the following patient statements indicates an understanding of the teaching?

I will use leftovers within 24 hours

-Thaw food in refrigerator to reduce risk of infection from foodborne pathogen

-Use canned foods within 1 year of canning and cook for 10 minutes

-Cook food kept at least 140 F

A nurse is caring for a patient who develops diarrhea while receiving a continuous enteral tube feeding. which of the following actions should the nurse take?

Warm the formula to room temperature

-Low fat formula if diarrhea

-Elevating head prevents aspirations

-Diarrhea patients should

receive continuous internal

feeding Diarrhea if served cold

A nurse is providing teaching for a patient who has a new prescription for Nifedipine. Which of the following foods should the nurse instruct the patient to avoid?

Grapefruit juice

A nurse is providing nutritional teaching to a patient who reports wanting to lose weight. the nurse should identify that which of the following patient statements indicates an understanding of the teaching?

I will make a list before i go grocery shopping

-Don't taste to avoid overeating

-Control portion size rather than restricting certain foods

-Eat three to 5 meals a day

a nurse is caring for a patient who has anemia and a new prescription for an iron supplement. the nurse should recommend the patient consume the supplement with which of the following beverages to increase absorption?

tomato juice

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

i will use leftovers within 24 hours.

A nurse is teaching a patient who has BMI of 22 about dietary recommendations during pregnancy. which of the following statements by the patient indicates an understanding of the teaching?

i should plan to gain a total of 25-35 pounds

-Well balanced vegetarian diet

- Increase protein intake