

## ATI Nutrition CMS Practice Exam Questions & Answers Online Practice A & B 2019

### ATI Nutrition Practice 2019 A for CMS Prep

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 risk of aspiration?

Squeeze the infant's cheeks together while feeding - Helps obtain adequate seal

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 fruit and vegetables each day - Maintains body weight; reduces risk for lung and GI cancers.

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 - Benefits of exercise; assistance in stress management

A nurse is providing dietary instructions for a client who has a prescription for warfarin. Which of the following foods should the nurse recommend the client eat in moderation while taking this medication?

Leafy green vegetables - Vitamin K containing foods as they can work against anticoagulation effects of warfarin

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 - Dysphagia; risk for aspiration

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

Hypernatremia; water deficit causing increased sodium concentration; s/s of hypernatremia: h/a, nausea, confusion, fatigue.

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 I have not been following my diet - HbA1c goal level for DM is between 6.5% and 7%

A nurse is caring for a client who has undergone 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?

Changes in the production of saliva

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

Client needs 60-120 g protein each day

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 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 - Somogyi phenomenon is fasting hyperglycemia that occurs in the morning in response to hypoglycemia during the nighttime.

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 - Lipid component composed of soybean or safflower soybean oil with egg phospholipid used as an emulsifier; risk for allergic reaction.

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

Crackles in the lungs - Respiratory s/s of fluid volume excess: crackles, dyspnea, shortness of breath

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 food with herbs and spices - To replace salt

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?

Baked potato

Index of 85-90 - glycemic index is a tool used to rank foods according to the degree in which the food raises serum glucose levels.

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)

Based on this BMI she should gain 4.9 to 9.1 kg (11-20lb) during her pregnancy.

A nurse is providing teaching to a client who is a vegetarian and requires an increase in zinc intake. Which of the following foods should the nurse include in the teaching as the best source of zinc?

Pinto beans

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 in between meals - To slow movement of food from the stomach.

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?

Add extra calories and protein to every meal

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 - For pt w/ dehydration, continuous infusion prevents receiving high carbohydrate load with each feeding.

A nurse is assessing a client's risk for pressure injuries using the Braden scale. The client eats more than half of most meals but occasionally refuses a meal. Which of the following information should the nurse document on the nutrition category of the Braden scale?

3 (Adequate)

A client who eats more than half of most meals, occasionally refuses a meal, and has four servings of protein a day scores a 3-adequate on Braden

A nurse is assessing a client who has an elevated blood pressure, headache, and is sweating. The client recently started taking an MAOI. The nurse should question the client regarding consumption of which of the following foods?

Cheddar cheese

(tyramine containing foods (cheeses) can cause hypertensive crisis for those on MAOIs)

A nurse is providing teaching about lowering solid fat intake to an adolescent who usually consumes 2,000 calories per day. Which of the following instructions should the nurse include?

Restrict your daily meat intake to 5 ounces

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 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?

Vitamin A

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 nurse is providing teaching to a client who has dumping syndrome. Which of the following information should the nurse include?

Apply pectin to foods (dietary fiber to delay gastric emptying)

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 HSV infection

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 milk back in the freezer. (Possibility for bacterial growth)

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?

Monitoring gastric residuals every 4 hr