

ATI PN NGN FUNDAMENTALS PROCTORED EXAM 2023 QUESTIONS AND VERIFIED ANSWERS|ALREADY GRADED A

1. A nurse is teaching about the energy needed at rest to maintain life-sustaining activities for a specific period of time. What is the nurse discussing?

- a. Resting energy expenditure (REE)
- b. Basal metabolic rate (BMR)
- c. Nutrient density
- d. Nutrients

ANS: B

The basal metabolic rate (BMR) is the energy needed at rest to maintain life-sustaining activities for a specific period of time. The resting energy expenditure (REE), or resting metabolic rate, is the amount of energy an individual needs to consume over a 24-hour period for the body to maintain all of its internal working activities while at rest. Nutrients are the elements necessary for body processes and function. Nutrient density is the proportion of essential nutrients to the number of kilocalories. High-nutrient density foods provide a large number of nutrients in relation to kilocalories.

2. In general, when a patient's energy requirements are completely met by kilocalorie (kcal) intake in food, which assessment finding will the nurse observe?

- a. Weight increases.
- b. Weight decreases.
- c. Weight does not change.
- d. Weight fluctuates daily.

ANS: C

In general, when energy requirements are completely met by kilocalorie (kcal) intake in food, weight does not change. When kilocalories ingested exceed a person's energy demands, the individual gains weight. If kilocalories ingested fail to meet a person's energy requirement, the individual loses weight. Fluid, not kilocalories, causes daily weight fluctuations.

3. A nurse is asked how many kcal per gram fats provided. How should the nurse

answer?

a.3

b.4

c.6

d.9

ANS: D

Fats (lipids) are the most calorie-dense nutrient, providing 9 kcal/g. Carbohydrates and protein provide 4 kcal/ g.

4.A nurse is teaching a patient about proteins that must be obtained through the diet and cannot be synthesized in the body. Which term used by the patient

indicates teaching is successful?

a. Amino acids

b. Triglycerides

c. Dispensable amino acids

d. Indispensable amino acids

ANS: D

The body does not synthesize indispensable amino acids, so these need to be provided in the diet. The simplest form of protein is the amino acid. The body synthesizes dispensable amino acids. Triglycerides are made up of three fatty acids attached to a glycerol.

5. A nurse is caring for a patient with a postsurgical wound. When planning care, which goal will be the **priority**?

- a. Reduce dependent nitrogen balance.
- b. Maintain negative nitrogen balance.
- c. Promote positive nitrogen balance.
- d. Facilitate neutral nitrogen balance.

ANS: C

When intake of nitrogen is greater than output, the body is in positive nitrogen balance. Positive nitrogen balance is required for growth, normal pregnancy, maintenance of lean muscle mass and vital organs, and wound healing. Negative nitrogen balance occurs when the body loses more nitrogen than the body gains. Neutral nitrogen balance occurs when gain equals loss and is not optimal for tissue healing. There is no such term as dependent nitrogen balance.

6. In providing diet education for a patient on a low-fat diet, which information is important for the nurse to share?

- a. Polyunsaturated fats should be less than 7% of the total calories.
- b. *Trans* fat should be less than 7% of the total calories.
- c. Unsaturated fats are found mostly in animal sources.
- d. Saturated fats are found mostly in animal sources.

ANS: D

Most animal fats have high proportions of saturated fatty acids, whereas vegetable fats have higher amounts of unsaturated and polyunsaturated fatty acids. Linoleic acid, an unsaturated fatty acid, is the only essential fatty acid in humans. Diet recommendations include limiting saturated fat to less than 7% and *trans* fat to less than 1%.