

Nr 228 final

Nutrition, Health & Wellness (Chamberlain University)

## Nutrition Final Study Guide

1-The nurse is conducting screening at a local clinic to identify clients needing instruction regarding weight management. Which clients body mass index BMI never written normal limits I require no further interventions (SATA)

**A client who has high blood pressure and has a BMI of 32,**

**A client who was diagnosed anorexia nervosa and has a BMI of 16,**

**A client diagnosed with diabetes and has a BMI of 31,**

2-the nurse is instructing a client about protein metabolism in the body and its effect on nitrogen balance. Which of the following condition may result in a negative nitrogen balance?

**Starvation**

3-the nurse in a diabetic clinic is educating a client diagnosed with type I diabetes melittis who has increased his exercise level. Which of the following dietary recommendation is most appropriate for this client?

**Consume additional carbohydrates**

4-the nurse is instructing a group of clients about right amins and minerals. The nurse should include that intestinal absorption of calcium and phosphorus depends on which vitamin?

**Vitamin D**

5-the nurse is conducting a nutrient teaching nutrition teaching session with a group of clients which functions of water in the body should the nurse include in the teaching fashion? Select all that apply

**helps regulate body temperature**

**shape and rigidity to cells**

**provide a source of trace minerals**

**participates in chemical reactions**

6-The nurse is educating a hospitalized client who has diagnosed with acute pancreatitis which nutritional alterations will be observed in the client?

**There may be alterations in insulin and Glucagon as these hormones are secreted by the pancreas**

7-The nurse is assessing a client who has diagnosed by a health care provider with chronic malnutrition which of the following diagnosis will nurse expect to find a client with chronic malnutrition?

**A patient with cancer diagnosed two years ago**

8-The nurse is preparing a plan of care for a client who was recently diagnosed with gold battered disease and has symptoms that occur after eating that include mild abdominals pain which is the priority nutritional consideration for this client?

**Set short term goals to deal with the paint improve nutritional status**

9-A client who is healing more slowly from surgery benefits from which interventions?

**Supplemental zinc and vitamins A and C**

10-The nurse is caring for a client that requires a low glucose diet. Which of the following substances should the nurse instruct the client to use as a sweetener?

**non nutritive sugar substitute**

11-The nurse is discussing gastrointestinal disorder with a client who complaints of diarrhea flatulence and abdominal cramping after ingesting dairy. which condition is decline most likely experiencing?

**Lactose intolerance**

12- A middle aged client has begun a very low carbohydrate diet to lose weight. which possible consequences should the nurse be aware of that may occur with prolonged carbohydrate deficiency?

**Ketosis**

13-the nurse is conducting a nutrition class of a local high school. It is important to include which information about the MyPlate food guidance system?

**Half of my plate visual plate should be fruits and vegetables**

14-which organ is responsible for managing bile production and metabolism of carbohydrates lipids protein and vitamins?

**Liver**

15-the nurse is assessing the results of a client total blood cholesterol panel which component of the cholesterol panel aids in reducing the risk of carbo vascular disease?

**High density lipoprotein HDL**

16-The nurse educator is discussing the healthy people 2020 2030 initiated with a group of nursing students. Which of the following represents the overall goal of this initiative?