

These are all from Exam 1 and exam 2

These are all 100% correct. The ones highlighted in black. Still waiting for someone to answer them. I'll update the rest of the black highlighted portion as soon as I get the answers.

Thank you for helping

1. A nurse is teaching to a client who has dumping syndrome. Which of the following instructions

should the nurse include in the teaching?

- a. consumes three large meals a day
- b. eat protein at each meal
- c. sit up in bed after meals
- d. drink beverages with meals

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

- a. I will include 7 ounces of fish in my diet weekly
- b. I will use margarine on my waffles
- c. I can eat the skin on poultry if it is broiled
- d. I can choose an avocado dip instead of salsa

3. Teaching about the dietary approaches to stop hypertension (DASH) diet to a client who has hypertension. Which of the instructions should the nurse include?

- a. increase intake of refined carbohydrates
- b. consumes ten percent of total calories from saturated fat
- c. consume food that are high in calcium
- d. limit sodium intake to 3,200 milligrams per day

4. A client who is receiving parenteral nutrition and has a new prescription for probiotic therapy.

Which of the following findings therapy is effective?

- a. client's blood glucose level is within the expected reference range
- b. client reports ability to complete ADLs
- c. client has soft, formed bowel movements
- d. client's mucous membranes are pink

5. 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?

- a. metallic taste
- b. cool skin
- c. anxiety
- d. hyperventilation

6. A client is prescribed a 1500 calorie diet. Thirty percent of calories are to be derived from fat. How many grams of fat should the client consume per day? = 50???

10/12
07

7. a medical record of a client who has aids and is malnourished. The client has been receiving total parenteral nutrition which of the following findings should the nurse identify as a therapeutic response of the TPN?

- a. temperature 38.4 (101.1f)
- b. hgB 10 g/dl *12-14*
- c. BMI 18.5
- d. BUN 25 mg/dl

10-25

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

- a. blueberries
- b. green beans
- c. cucumbers
- d. bananas

avoid tyramine

9. a client who has Parkinson; s disease and prescribed a monoamine oxidase inhibitor. Which of the following instructions should the nurse include?

- a. do not eat grapefruit while taking this medication
- b. maintains a low- protein diet
- c. reduces intake of high calorie foods
- d. avoids aged cheeses while taking this medication

10. a nurse is teaching to the parent of a toddle about nutritional needs and habits. Which of the following instructions should the nurse include in the teaching?

- a. avoids snacks between meals
- b. allows the toddler to feed himself
- c. set mealtimes immediately after physical activity
- d. provides different food for the toddle than the parents.

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

- a. instructs the client to increase consumption of beans?
- b. provides sugar-free candy for the client between meals
- c. recommend that the client eliminate the intake of carbonated beverages.
- d. encourages the client to drink 4 oz of milk after each loose stool

12. a client who reports manifestations of gastroesophageal reflux disease (GERD) which of the following client statements should identify as a contributing factor of GERD?

- a. I stopped drinking caffeinated beverages several weeks ago
- b. I like to drink a glass of warm milk before bed to help me sleep
- c. I try to follow low- fat high protein diet to help me maintain my weight

d. I have recently stopped drinking alcohol

13. Teaching for a client who has iron deficiency anemia. Which of the following information should the nurse include?

- a. drinking iced tea with meals can increase the amount of iron absorbed
- b. fish and poultry are primary sources of heme iron
- c. drinking orange juice with iron supplements can decrease absorption
- d. cooking in a stainless-steel skillet increase the amount of iron in the food

14. what is the priority guidance to t a client who has phenylketonuria (PKU) and is planning a pregnancy. Which of the following should the nurse include in the discussion?

- a. a low protein diet should be followed for 3 months prior to conception
- b. breastfeeding will prevent your baby from developing PKU
- c. diet sodas should not be consumed more than two or three time per week.
- d. serum bilirubin should be monitored one to two times per month during pregnancy

15. a nurse is talking to a client who has cholecystitis about required dietary modifications. The nurse should include which of the following as appropriate for the client's diet?

- a. brown rice
- b. banana muffin
- c. boiled egg
- d. Ground beef

16. parent of a school age child about the importance of maintaining water intake to prevent dehydration. Which of the following choices should the nurse recommend as containing

the greatest percentage of water?

- A. whole wheat bread
- b. almonds
- c. cheddar cheese
- d. broccoli

17. a client who has dysphagia and required a level 1 dysphagia diet. Which of the following foods should the nurse choose for this client?

- a. milk
- b. apple juice
- c. pudding
- d. chicken noodle soup

18. a client who follows a vegan diet. The nurse should identify that the client is at risk for which

of the following deficiencies?

- a. magnesium
- b. vitamin D