

IM8_B Nutrition Assessment

1. A nurse is caring for a client following the surgical placement of a colostomy. Which of the following statements indicates the client understands the dietary teaching?

- A. "Eating yogurt can help decrease the amount of gas that I have."
 - B. "I should eliminate pasta from my diet so that I don't have as many loose stools."
 - C. "My largest meal of the day should be in the evening."
 - D. "Carbonated beverages can help control odor."
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2. A nurse is teaching a client about following a low-cholesterol diet after coronary artery bypass grafting. Which of the following client food choices reflects the client's understanding of these dietary instructions?

- A. Liver
 - B. Milk
 - C. Beans
 - D. Eggs
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3. A nurse is assessing a client who has malnutrition. Which of the following findings should the nurse expect?

- A. Increased vital capacity
 - B. Moist skin
 - C. Heat intolerance
 - D. Decreased mental status
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4. A nurse is providing dietary teaching for a client who has a burn injury and adheres to a vegan diet. The nurse should recommend which of the following foods as the best source of protein to promote wound healing?

- A. One cup of brown rice
 - B. One cup of orange juice
 - C. One cup of pureed avocado
 - D. One cup of lentils
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5. A nurse is assessing four female clients for obesity. Which of the following clients have manifestations of obesity?
- A. A client who has a body fat of 22%
 - B. A client who has a BMI of 28
 - C. A client who has a waist circumference of 81.3 cm (32 in)
 - D. A client who weighs 28% above ideal body weight
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6. A nurse is teaching a client who has gastroesophageal reflux disease about managing his illness. Which of the following recommendations should the nurse include in the teaching?
- A. Limit fluid intake not related to meals.
 - B. Chew on mint leaves to relieve indigestion.
 - C. Avoid eating within 3 hr of bedtime.
 - D. Season foods with black pepper.
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7. A nurse is caring for a client who has cancer and is receiving total parenteral nutrition (TPN). Which of the following lab values indicates the treatment is effective?
- A. Hct 43%
 - B. WBC 8,000/uL
 - C. Albumin 4.2 g/dL
 - D. Calcium 9.4 mg/dL
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8. A nurse is planning care for a client who has cirrhosis and ascites. Which of the following interventions should the nurse include in the plan of care?
- A. Decrease the client's fluid intake.
 - B. Increase the client's saturated fat intake.
 - C. Increase the client's sodium intake.
 - D. Decrease the client's carbohydrate intake.
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9. A nurse is providing discharge teaching for a client who has acute pancreatitis and has a prescription for fat-soluble vitamin supplements. The nurse should instruct the client to take a supplement for which of the following?

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- A. Vitamin A
 - B. Vitamin B1
 - C. Vitamin C
 - D. Vitamin B12
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10. A nurse is caring for a client who has bilateral eye patches in place following an injury. When the client's food tray arrives, which of the following interventions should the nurse take to promote independence in eating?
- A. Assign an assistive personnel to feed the client.
 - B. Explain to the client that her tray is here and place her hands on it.
 - C. Describe to the client the location of the food on the tray.
 - D. Ask the client if she would prefer a liquid diet.
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11. A nurse is providing teaching to a client who has cancer about foods that prevent protein-energy malnutrition. Which of the following foods should the nurse include in the teaching? (Select all that apply.)
- A. Cottage cheese
 - B. Milkshakes
 - C. Tuna fish
 - D. Strawberries and bananas
 - E. Egg and ham omelet
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12. A nurse is caring for a client who is well-hydrated and who demonstrates no evidence of anemia. Which of the following laboratory values gives the nurse an assessment of the adequacy of the client's protein uptake and synthesis?
- A. Albumin
 - B. Calcium
 - C. Sodium
 - D. Potassium
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13. A nurse is teaching a client about nutritional requirements necessary to promote wound healing. Which of the
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following nutrients should the nurse include in the teaching?

- A. Protein
 - B. Calcium
 - C. Vitamin B1
 - D. Vitamin D
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14. A nurse is instructing a group of clients regarding nutrition. Which of the following is a good source of omega-3 fatty acids that the nurse should include in the teaching?

- A. Fish
 - B. Corn oil
 - C. Dietary supplements
 - D. Leafy green vegetables
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15. A nurse is instructing a group of clients about nutrition. The nurse's teaching plan should state that in order to limit saturated fat intake, the client should limit total fat intake to what percentage of total calories per day?

- A. 20%
 - B. 25%
 - C. 30%
 - D. 33%
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16. How many calories are contained in a food item that has 15 g of carbohydrates, 4 g of protein, and 10 g of fat?

_____ calories

17. A nurse is providing teaching about nutrition to a group of clients. The nurse should include that which of the following foods contains the highest level of thiamine per serving?

- A. 1 hard-boiled egg
 - B. 1 cup dried pears
 - C. 1 cup whole grain wheat flour
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D. 1 cup brussel sprouts

18. A nurse is providing nutritional teaching to a client who has dumping syndrome following a hemi-colectomy. Which of the following foods should the nurse instruct the client to avoid?

- A. Rice
 - B. Poached eggs
 - C. Fresh apples
 - D. White bread
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19. A nurse is preparing an education program for a group of parents of adolescents. Which of the following should be included as indicators of nutritional risk among adolescents? (Select all that apply.)

- A. Skipping more than three meals per week
 - B. Eating fast food once weekly
 - C. Hearty appetite
 - D. Eating without family supervision frequently
 - E. Frequently skipping breakfast
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20. A nurse is providing teaching to a group of parents of newborns who are planning to formula feed. Which of the following statements by a parent indicates a need for further teaching?

- A. "I will give formula to my baby at room temperature."
 - B. "I will ensure my baby's feedings last 10 to 15 minutes."
 - C. "I will burp my baby half way through each feeding."
 - D. "I will watch for signs my baby is full and stop the feeding."
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21. A nurse is providing teaching to the parent of an infant about introducing solid foods. The nurse should recommend that which of the following foods be introduced first?

- A. Strained fruits
 - B. pureed meats
 - C. Cooked egg whites
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D. Iron-fortified cereal

22. A nurse is conducting nutritional counseling with a client who is in her second trimester of pregnancy. The nurse should recommend the client increase her caloric intake by how many calories during this trimester?

- A. 110 cal/day
 - B. 225 cal/day
 - C. 340 cal/day
 - D. 450 cal/day
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23. A nurse is developing a program about strategies to prevent foodborne illnesses for a community group. The nurse should plan to include which of the following recommendations? (Select all that apply).

- A. Avoid unpasteurized dairy products.
 - B. Keep cold food temperatures below 4.4° C (40° F).
 - C. Reheat leftovers before eating.
 - D. Wash raw vegetables thoroughly in clean water.
 - E. Keep cooked foods at 48.9° C (120° F).
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24. A nurse is providing teaching to a group of older adults about sources of complete and incomplete protein. Which of the following foods should the nurse include as a complete protein?

- A. Yogurt
 - B. Fresh vegetables
 - C. Nuts
 - D. Dried beans
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25. A client who has chronic lymphocytic leukemia is starting chemotherapy treatments and asks if she needs to make any dietary changes. Which of the following statements should the nurse make?

- A. "You should avoid drinking liquids an hour before the treatments."
 - B. "Eating low-calorie foods helps prevent nausea."
 - C. "Foods that are higher in fat are usually more appealing."
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D. "Raw fruits and vegetables will be easier for your body to digest."

26. A nurse is caring for a client who has Crohn's disease and is receiving parenteral nutrition. Which of the following interventions should the nurse include in the care of this client?

- A. Remove the parenteral nutrition solution from the refrigerator 2 hr before infusion.
 - B. Remove unused parenteral nutrition after 12 hr of use.
 - C. Monitor daily laboratory values and report as needed.
 - D. Monitor the flow rate of the parenteral nutrition carefully and increase the rate as needed if it falls behind.
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27. A nurse is caring for a client who is to receive a mechanically altered diet. Which of the following client food choices necessitates intervention by the nurse?

- A. Scrambled eggs
 - B. Cottage cheese
 - C. Piece of wheat toast
 - D. Sliced banana
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28. A nurse is planning to teach a client about a low-potassium diet. Which of the following foods should the nurse instruct the client to avoid? (Select all that apply.)

- A. Butter
 - B. Poultry
 - C. Yogurt
 - D. Frozen vegetables
 - E. Orange juice
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29. A nurse is providing care for a client who is 2 days postoperative following abdominal surgery and is about to progress from a clear liquid diet to full liquids. Which of the following items should the nurse tell the client he may now request to have on his meal tray?

- A. Cranberry juice
 - B. Flavored gelatin
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- C. Skim milk
 - D. Chicken broth
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30. A nurse is caring for a client following a CVA and observes the client experiencing severe dysphagia. The nurse notifies the provider. Which of the following nutritional therapies will likely be prescribed?

- A. NPO until dysphagia subsides
 - B. Supplements via nasogastric tube
 - C. Initiation of total parenteral nutrition
 - D. Soft residue diet
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