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Medical

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NBNSC Certified Nutrition Support Clinician



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Question: 43

Nutrient needs of infants diagnosed with bronchopulmonary dysplasia:

- A. Are linked with linear growth
- B. May include a resting energy expenditure 50% higher than that of normal infants
- C. May include use of diuretics to regulate water balance
- D. All of the above

Answer: D

Nutrient needs of infants diagnosed with bronchopulmonary disease are linked with linear growth (a measure of lung development), may include a resting energy expenditure that is 50% higher than that of normal infants, and may include the use of diuretics to regulate water balance. Bronchopulmonary disease is a common lung disorder in premature infants which increases energy needs. Diuretics are often needed to regulate water balance as a result of respiratory compromise.

Question: 44

The following nutrition diagnosis is written in what type of format: “Poor glycemic control is related to skipping use of oral hypoglycemic agents as evidenced by random blood glucose levels greater than 200 mg/dl”.

- A. SOAP note
- B. POMR
- C. PES statement
- D. Continuity of care record

Answer: C

The nutrition diagnosis “Poor glycemic control is related to skipping use of oral hypoglycemic agents as evidenced by random blood glucose levels greater than 200 mg/dl” is written as a PES statement (P is problem, E is etiology, S is signs or symptoms). Problem = poor glycemic control, Etiology = skipping use of oral hypoglycemic agents, S = blood glucose levels greater than 200 mg/dl.

Question: 45

Which dietary measures are recommended for treating hypercalcuria that is not associated with renal stones?

- A. Limiting calcium to 1000 mg per day
- B. Increasing fluid intake to 2 liters per day
- C. 400 IU vitamin D per day
- D. Limiting animal protein to less than 1.7 g/kg per day

Answer: D

Limiting animal protein to less than 1.7 g/kg per day is recommended for the treatment of hypercalcuria because excessive intakes of animal protein cause calcium loss from the bones. A moderate calcium intake of 600-800 mg of calcium per day is recommended, since lowering calcium intake results in increased absorption. Increasing fluid intake does not prevent hypercalcuria.

Question: 46

Which of the following is a common side effect of immunosuppressive drug therapy used in organ transplantation?

- A. Sodium and fluid diuresis
- B. Hyperphosphatemia

- C. Hyperkalemia
- D. Decreased vitamin C requirements

Answer: C

Hyperkalemia (elevated potassium levels) is a common side effect of immunosuppressive drug therapy used in organ transplantation, as a result of disturbances in renal hormone activity. Sodium and fluid retention and hypophosphatemia are also side effects of immunosuppressive drugs.

Question: 47

Brown adipose tissue performs what function in the body:

- A. Protects internal organs from injury
- B. Storage site for triglycerides
- C. Is considered to be “essential fat” that supports metabolic processes
- D. Heat production and regulation of body temperature

Answer: D

Brown adipose tissue is believed to regulate heat production and body temperature, particularly in infants who are susceptible to hypothermia. White adipose tissue is the major type of fat in the body. It protects internal organs from injury, stores triglycerides, and makes up the essential fat that supports many metabolic processes.

Question: 48

Age-associated bone loss among the elderly:

- A. Is always reversed with calcium supplementation
- B. Can be prevented by cardiovascular exercise such as swimming
- C. Affects both trabecular and cortical bone
- D. May be slowed by the use of steroid drugs

Answer: C

Age-associated bone loss among the elderly affects both trabecular (spongy) and cortical (hard) bone. Age-associated bone loss may be slowed by calcium supplementation, though may not be reversed. Bone loss is slowed by weight-bearing exercise, such as walking, aerobics, and weight training, and accelerated by the use of steroid drugs.

Question: 49

Which of the following vitamins functions as a hormone?

- A. Folic acid
- B. Vitamin C
- C. Vitamin E
- D. Vitamin D

Answer: D

Vitamin D functions in the form calcitriol as a hormone in the regulation of body calcium and phosphorus. It is also responsible for the formation of bone.

Question: 50

50. Which of the following is true for athletic amenorrhea, the loss of menstrual periods caused by excessive exercise?

- A. It results in irreversible bone loss
- B. It may be successfully treated by increasing carbohydrate intake
- C. It is treated by decreasing the intensity and amount of exercise
- D. Both A and C
- E. Both A and B

Answer: D

Athletic amenorrhea, the loss of menstrual periods caused by excessive exercise, results in irreversible bone loss and is treated by decreasing the intensity and amount of exercise. It is not helped by increasing intake of carbohydrates.



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