

NLN nutrition practice exam part A study guide (items in parenthesis are the correct answers)

- 1 – how to calculate fluid intake for renal failure patients (urine output plus insensible water loss)
- 2 – differences between pureed & mechanical soft diets (texture)
- 3 – best diets for niddm patients (a balanced, kcal-controlled diet)
- 4 – pts on hemodialysis – best way to check for dietary compliance (compare the clients present wt to the wt after the last treatment)
- 5 – pts on warfarin should avoid which foods (green, leafy veggies)
- 6 – why are milk products considered the preferred source of calcium? (the calcium in milk products is well-absorbed and utilized)
- 7 – etoh c/ cirrhosis of liver – why should they refrain from etoh – and what are the physiological effects of alcohol on the pt? (increased stress is placed on the liver in detoxifying alcohol)
- 8 – how does alcohol damage the liver?
- 9 – why would a dm1 pt need to have an evening snack c/ protein or milk exchange? (to avoid early morning hypoglycemia)
- 10 – when is tpn the preferred mode of nutritional support? (when a pt requires complete bowel rest)
- 11 – know the gout diet (avoid red meats)
- 12 – know sodium-restricted diets (examples are one tbsp. Of corn oil, one raw apple, one half cup of boiled rice and one cup of milk – milk is the one to be avoided on a low-na diet)
- 13 – know dm diets (meals & snacks must be eaten on a regular schedule)
- 14 – htn, hyperlipid/cholesterol diets – (with elevated cholesterol levels, they should be on a lower cholesterol diet)
- 15 – why/how does radiation therapy impact nutritional status? What conditions may it cause? (anorexia)
- 16 – cholecystitis diet? (low-fat)
- 17 – dysphagia diets (thickened liquids)
- 18 – chf – what are causes of wt gain in one month? (fluid retention)
- 19 – diet modifications to control serum cholesterol levels? (avoid saturated fats)

Nln Nutrition Exam Study Guide

Marcia Stanhope, Jeanette Lancaster

Nln Nutrition Exam Study Guide:

Adopting the Tune of Appearance: An Emotional Symphony within **Nln Nutrition Exam Study Guide**

In some sort of consumed by screens and the ceaseless chatter of quick communication, the melodic splendor and psychological symphony produced by the written term often fade into the back ground, eclipsed by the persistent sound and distractions that permeate our lives. Nevertheless, nestled within the pages of **Nln Nutrition Exam Study Guide** a marvelous literary value overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that charming masterpiece conducts readers on a psychological trip, well unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths with this poignant review, we shall discover the book is main harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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