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 ten 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 thisp. 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 – cholecystrb's 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 Study Guide**

Patricia A. Potter, Anne G.
Perry, Patricia A. Stockert, Amy Hall

Nln Nutrition Study Guide:

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