

ATI Nutrition Proctored Exam Q & A

continuous enteral feeding stopped infusing

CORRECT ANSWER:

flush tube with warm water

breast milk

CORRECT ANSWER:

you cannot place thawed breast milk back in the freezer

end stage kidney disease

increase the client's risk for dysrhythmias

CORRECT ANSWER:

eating a diet rich potassium

Protein energy malnutrition (lack of protein ingestion)

CORRECT ANSWER:

Kwashiorkor

Marasmus

three main function of protein

CORRECT ANSWER:

tissue growth needs

quality of dietary protein

added needs due to illness

severe Vitamin C deficiency

CORRECT ANSWER:

scurvy

hemorrhagic disease

painful limb/join

weak bones

swollen gums/ loose teeth

learnexams

vitamin c found in

CORRECT ANSWER:

citrus fruits (oranges, lemons), tomatoes, peppers, green leafy veggies, strawberries

water soluble vitamin

CORRECT ANSWER:

Vitamin C and B-complex

Fat soluble

CORRECT ANSWER:

Vitamin A,D,E,K

source of potassium

CORRECT ANSWER:

oranges, dried fruits, tomatoes, avocado, dried peas, meat, broccoli, bananas, dairy products, whole grains, spinach, asparagus

Source of calcium

CORRECT ANSWER:

dairy, broccoli, kale, grains, egg yolk

Sources of Magnesium

CORRECT ANSWER:

green leafy, nuts, whole grains, tuna, halibut, chocolate

vitamin A

CORRECT ANSWER:

fatty fish, egg yolk, butter, cream, dark yellow/orange fruits, vegetables (carrots, yams, apricots, squash, cantaloupe)

learnexams

Vitamin D

CORRECT ANSWER:

fish, dairy, egg yolk, sunlight

increased metabolism

CORRECT ANSWER:

fever

hyperthyroidism

cancer

cardiac failure

diabetes

burns

surgery

HIV

learnexams

decreased metabolism

CORRECT ANSWER:

hypothyroidism