

## ATI Nutrition Proctored Exam Q & A

Which type of tube feeding is often used in noncritical clients, home tube feedings, and clients in rehabilitation?

**CORRECT ANSWER:**

intermittent tube feeding

What should the head of the bed be elevated at for tube feedings and for how long?

**CORRECT ANSWER:**

HOB at least 30 degrees and for during and after for 30-60 min to prevent aspiration risk

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How often should you obtain gastric residuals for a client receiving tube feedings?

**CORRECT ANSWER:**

every 4-6 hrs

When beginning a new prescription for enteral nutrition by intermittent tube feeding how should you first initiate this feeding?

**CORRECT ANSWER:**

Increase the formula over the first 4 to 6 feedings until the prescribed volume is achieved

A nurse is preparing to administer intermittent enteral feeding to a client who has neuromuscular disorder. Which of the following are appropriate nursing interventions? Select all that apply.

- A. Fill the feeding bag w/24 hr worth of formula
- B. Discard irrigation equipment after 24 hr
- C. Leave unused portions of formula at the bedside
- D. Label the unused portion of the formula
- E. Replace administration tubing & feeding bag every 48 hr

**CORRECT ANSWER:**

B, D, E

Teach parents that they may switch their child to skim or 1% low fat milk after...

**CORRECT ANSWER:**

2 years of age

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A nurse is teaching a client who has pre-stage chronic kidney disease about dietary management. Which of the following information should the nurse include in the instructions?

- A. Restrict protein intake
- B. Maintain a high-phosphorus diet
- C. Increase intake of foods high in potassium
- D. Limit dairy products to 1 cup per day

**CORRECT ANSWER:**

A

Major sources of dietary potassium (K):

**CORRECT ANSWER:**

oranges  
dried fruits  
tomatoes  
avocados  
dried peas  
meats  
broccoli  
bananas

Major sources of dietary chloride (Cl):

**CORRECT ANSWER:**

table salt

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Major sources of dietary calcium (Ca):

**CORRECT ANSWER:**

dairy  
broccoli  
kale  
grains  
egg yolks

Major sources of dietary magnesium (Mg):

**CORRECT ANSWER:**

green leafy vegetables

nuts

grains

meat

milk

Major sources of dietary phosphorus (P):

**CORRECT ANSWER:**

dairy

peas

soft drinks

meat

eggs

some grains

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Major sources of dietary sulfur (S):

**CORRECT ANSWER:**

dried fruits

meats

red and white wines