

**Exam 3: NUR170/ NUR 170 (Latest 2023/  
2024 Update) Concepts of Medical-Surgical  
Nursing Exam Review |Complete Guide with  
Questions and Verified Answers| 100%  
Correct - Galen**

**Q:** What is neuropathy?

**Answer:**

Pain, tingling, numbness in peripheries

**Q:** Patients with neuropathy are at an increased risk for \_\_\_\_\_?

**Answer:**

Injury to feet

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**Q:** How should patients with neuropathy prevent injury to the feet?

**Answer:**

- Wear shoes all the time
- Shoes should not be too tight
- Change shoes every other day
- Change socks daily
- Inspect feet daily
- Trim nails straight across
- Do not soak feet

**Q:** How should you prevent nephropathy?

**Answer:**

- Control BS
  - Control HTN
  - Stop smoking
  - Prevent UTI's
- Avoid contrast dies
- Avoid Nephrotoxic drugs

**Q:** If protein/albumin is present in a patient with nephropathy, what should be done?

**Answer:**

Decrease protein intake

**Q:** What percent of a diabetics diet should contain protein?

**Answer:**

15-20%

**Q:** What percent of a diabetics diet should contain carbohydrates?

**Answer:**

45%

**Q:** What percent of a diabetics diet should contain fats?

**Answer:**

20-35%

**Q:** What percent of a diabetics diet should contain sugar?

**Answer:**

0%

**Q:** How many non- nutritive sweeteners can a diabetic have?

**Answer:**

Unlimited

**Q:** How many grams of fiber can a diabetic have?

**Answer:**

25g for women

38g for men

**Q:** How much alcohol should a diabetic have?

**Answer:**

1 for women

2 for men

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**Q:** What are common "DO's" for diabetics exercising?

**Answer:**

-Eat carbs before exercising

-Carry simple carbs

-Wear medic alert bracelet

-Wear appropriate shoes

-Stay hydrated

-Test glucose before,during, and after

**Q:** How long should a diabetic work out per week?