

MARK KLIMEK BLUE BOOK (ALL) NCLEX STUDY GUIDE 2023 (OVER 2000 SOLUTIONS)

1. Name the five/six essential nutrients

CORRECT ANSWER carbs, fats, proteins, vitamins, minerals, water

2. The major source of energy for the body is

CORRECT ANSWER carbs

3. carbs provide _____ Kcalories per 1 gram

CORRECT ANSWER 4

4. Sucrose is a sugar found in _____ and _____.

CORRECT ANSWER fruits, veggies

5. Lactose is a sugar found in ?

CORRECT ANSWER milk

6. What is glycogen?

CORRECT ANSWER It is a stored form of glucose/energy manufactured by the liver

7. Is glycogen eaten in foods?

CORRECT ANSWER NO! It is a stored form of glucose MANUFACTURED by the liver.

8. When the body does not receive enough carbs it burns _____ and _____.

CORRECT ANSWER protein, fat

9. The most concentrated source of energy for the body is _____.

CORRECT ANSWER fats

10. Fats provide _____ Kcalories per 1 gram.

CORRECT ANSWER 9

11. Fats carry vitamins

CORRECT ANSWER A,D,E,K (Remember FADE K!)

12. The nutrient needed most for growth and repair of tissues is _____.

CORRECT ANSWER protein (second best is Vit C)

13. Proteins provide _____ Kcalories per 1 gram.

CORRECT ANSWER 4

14. Vitamins and minerals provide energy for the body. (T/F)

CORRECT ANSWER False- they are necessary for a body's chemical reactions.

15. Water is present in ALL body tissues. (T/F)

CORRECT ANSWER True (even bone)

16. Water accounts for _____ to _____% of an adult's total weight?

CORRECT ANSWER 50 to 60%

17. Name the four basic food groups

CORRECT ANSWER Milk & Cheese, Meat & Legumes, Veggies & Fruits, Bread & Cereal

18. Water accounts for _____ to _____% of an infant's total weight?

CORRECT ANSWER 70 to 75%

19. An individual is overweight if they are _____% above the ideal weight.

CORRECT ANSWER 10

20. An individual is obese if they weigh _____% above the ideal weight.

CORRECT ANSWER 20

21. What solution and material are used to cleanse the eyes of an infant?

CORRECT ANSWER Plain water, cotton balls, washcloths

22. Can you use cotton swabs to clean the eyes, nares or ears of an infant?

CORRECT ANSWER No, this is dangerous

23. Can you use the same cotton ball/washcloth edge for both eyes?

CORRECT ANSWER No, it would cross contaminate

24. Should you cover an unhealed umbilical site with the diaper?

CORRECT ANSWER No, fold the diaper down.

25. What temperature is appropriate for the water used to bathe an infant?

CORRECT ANSWER 100 to 105

26. What is the #1 purpose of a tepid sponge bath?

CORRECT ANSWER Lower body temperature during fever.

27. How should the temperature of the water be tested if no thermometer is available?

CORRECT ANSWER Dropping water on inside surface of your forearm.

28. With which body part do you begin when bathing an infant?

CORRECT ANSWER Eyes always

29. When cleansing an infant's eye, cleanse from outer to inner canthus?

CORRECT ANSWER No, inner to outer

30. Should you retract the foreskin of a 5 week old male, uncircumcised infant to cleanse the area?

CORRECT ANSWER No, not until foreskin retracts naturally and without resistance- then it should be retracted, cleansed and replaced.

31. When sponge-bathing with tepid water the correct temp is _____.

CORRECT ANSWER 98.6 F

32. How long does it take for the umbilical stump to fall off?

CORRECT ANSWER 7 to 14 days

33. The primary reason why an infant is draped during the bath is to provide privacy. (T/F)

CORRECT ANSWER False, the primary purpose of draping is to prevent chilling.

34. You may use friction to remove vernix caseosa from an infant's skin. (T/F)

CORRECT ANSWER False, it causes damage/bruising

35. What solution is commonly used for care of umbilical cord?

CORRECT ANSWER 70% alcohol to promote drying (trend is toward soap and water)

36. What cranial nerve is affected in Bell's Palsy?

CORRECT ANSWER #7, facial nerve

37. What is the #1 symptom of Bell's Palsy?

CORRECT ANSWER One sided (unilateral) facial paralysis

38. Complete recovery from the paralysis of Bell's Palsy should occur in _____ to _____ months.

CORRECT ANSWER 4 to 6

39. In addition to the facial paralysis, the sense of _____ is also affected.

CORRECT ANSWER taste

40. Will the patient be able to close their eye on the affected side?

CORRECT ANSWER no

41. Give three eye interventions for the client with Bell's Palsy.

CORRECT ANSWER Dark glasses, artificial tears, cover eye at night

42. As the prostate enlarges it compresses the _____ and causes urinary _____.

CORRECT ANSWER Urethra, retention

43. At what age does BPH occur?

CORRECT ANSWER men over 50 years of age

44. What does BPH stand for?

CORRECT ANSWER Benign Prostatic Hypertrophy

45. IN BPH the man has (increased/decreased) frequency of urination

CORRECT ANSWER increased

46. In BPH the force of the urinary stream is (increased/decreased).

CORRECT ANSWER decreased

47. The man with BPH has a _____-stream of urine

CORRECT ANSWER forked

48. The man with BPH has hesitancy. What does this mean?

CORRECT ANSWER Difficulty starting to void

49. Will the man with BPH have enuresis, nocturia or hematuria?

CORRECT ANSWER Enuresis-No, Nocturia-Yes, and Hematuria-Maybe