

Mark Klimek Blue Book Test bank / Mark Klimek Blue book (ALL) NCLEX Study Guide

1. Name the five/six essential nutrients

ANS- carbs, fats, proteins, vitamins, minerals, water

2. The major source of energy for the body is

ANS- carbs

3. carbs provide _____ Kcalories per 1 gram

ANS- 4

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

ANS- fruits, veggies

5. Lactose is a sugar found in ?

ANS- milk

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6. What is glycogen?

ANS- It is a stored formed of glucose/energy manufactured by the liver

7. Is glycogen eaten in foods?

ANS- NO! It is a stored form of glucose MANUFACTURED by the liver.

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

ANS- protein, fat

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

ANS- fats

10. Fats provide _____ Kcalories per 1 gram.

ANS- 9

11. Fats carry vitamins

ANS- A,D,E,K (Remember FADE K!)

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

ANS- protein (second best is Vit C)

13. Proteins provide _____ Kcalories per 1 gram.

ANS- 4

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

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

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

ANS- True (even bone)

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

ANS- 50 to 60%

17. Name the four basic food groups

ANS- Milk & Cheese, Meat & Legumes, Veggies & Fruits, Bread & Cereal

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

ANS- 70 to 75%

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

ANS- 10

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

ANS- 20

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

ANS- Plain water, cotton balls, washcloths

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

ANS- No, this is dangerous

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

ANS- No, it would cross contaminate

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

ANS- No, fold the diaper down.

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

ANS- 100 to 105

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

ANS- Lower body temperature during fever.

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

ANS- Dropping water on inside surface of your forearm.

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

ANS- Eyes always

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

ANS- No, inner to outer

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

ANS- 98.6 F

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

ANS- 7 to 14 days

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

ANS- 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)

ANS- False, it causes damage/bruising

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

ANS- 70% alcohol to promote drying (trend is toward soap and water)

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

ANS- #7, facial nerve

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

ANS- One sided (unilateral) facial paralysis

38. Complete recovery from the paralysis of Bell's Palsy should occur in _____ to _____ months. ANS- 4 to 6

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

ANS- taste

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

ANS- no

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

ANS- Dark glasses, artificial tears, cover eye at night

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

ANS- Urethra, retention