

最新のNBNSC-CNSC受験料過去問 &合格スムーズ NBNSC-CNSC試験番号 |素晴らしいNBNSC-CNSC学習 範囲



Pass4TestのNUTRITIONのNBNSC-CNSC試験問題集を購入したら、あなたは人生の最も重要な試験準備のことを実現できます。あなたは最高のトレーニング資料を手に入れました。Pass4Testの製品を買ったら、あなた自身のために成功への扉を開きました。あなたは最も小さな努力で最大の成功を取ることができます。

NUTRITION NBNSC-CNSC Exam Syllabus Topics:

Section	Weight	Objectives
Topic 1: Basic Science	12%	- Physiology • 1. Gastrointestinal physiology • 2. Immunology • 3. Endocrine regulation - Biochemistry and Metabolism • 1. Micronutrient metabolism • 2. Acid-base balance • 3. Macronutrient metabolism • 4. Fluid and electrolyte balance - Anatomy • 1. Vascular access anatomy • 2. GI tract anatomy - Biochemical assessment • 1. Nutrient deficiency/toxicity

Topic 2: Team and Program Management	12%	- Quality Management • 1. Policies and procedures • 2. Performance improvement • 3. Outcome measures - Education and Training • 1. Staff training • 2. Patient education - Interdisciplinary Team • 1. Roles and responsibilities • 2. Communication - Ethical and Legal Considerations • 1. End-of-life nutrition • 2. Informed consent • 3. Standards of practice
Topic 3: Clinical Intervention	28%	- Parenteral Nutrition • 1. Indications • 2. Preparation and compounding • 3. Components (dextrose, amino acids, lipids) • 4. Vascular access devices • 5. Monitoring - Oral Nutrition Support • 1. Supplements • 2. Nutrition counseling • 3. Texture modifications - Nutrition Focused Physical Exam (NFPE) • 1. Identification of deficiency signs - Enteral Nutrition • 1. Formula selection • 2. Administration methods • 3. Access devices • 4. Pediatric considerations • 5. Indications and contraindications

Topic 4: Clinical Practice	12%	- Disease-Specific Nutrition • 1. Hepatic disease • 2. Renal disease • 3. Oncology • 4. Pulmonary disease • 5. Critical illness • 6. Surgical patients • 7. Pancreatitis - Special Populations • 1. Pediatrics • 2. Transplant patients • 3. Obesity • 4. Geriatrics - Burns and Trauma • 1. Metabolic changes • 2. Nutritional requirements
Topic 5: Clinical Monitoring and Management	18%	- Complications • 1. Mechanical complications • 2. Infectious complications • 3. GI complications • 4. Metabolic complications - Monitoring of Nutrition Support • 1. Adjustment of care plans • 2. Clinical monitoring • 3. Laboratory monitoring - Drug-Nutrient Interactions • 1. Effects of nutrients on drugs • 2. Effects of drugs on nutrients

Topic 6: Nutrition Assessment	18%	- Estimation of Nutrient Requirements • 1. Protein requirements • 2. Energy expenditure • 3. Fluid requirements - Medical History and Physical Exam • 1. Identification of risk factors • 2. Assessment of nutritional status - Intake Assessment • 1. Oral intake evaluation • 2. Dietary history - Biochemical and Clinical Data • 1. Micronutrient levels • 2. Visceral protein markers • 3. Organ function tests - Anthropometric Measurements • 1. Weight changes • 2. Growth parameters (pediatrics) • 3. Body composition
-------------------------------	-----	---

>> NBNSC-CNSC受験料過去問 <<

NUTRITION NBNSC-CNSC試験番号 & NBNSC-CNSC学習範囲

NBNSC-CNSC学習ガイドは、ユーザーの要求に十分に答えるため、メモリを分離するための少しの知識になりますが、それらを一緒に追加すると、時間を活用できる日が非常に多くあります。NBNSC-CNSC試験準備により、ユーザーはいつでもどこでもがれきの時間を使って勉強し、勉強と生活をより合理的に調整することができます。私たちのNBNSC-CNSCシミュレーションマテリアルを選択するのは良い選択です。私たちのステップに従ってください。自分を信じて、あなたは完璧にそれを行うことができます！

NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) 認定 NBNSC-CNSC 試験問題 (Q79-Q84):

質問 # 79

Nutrition is how the food you eat affects your body. For health, energy, and growth, you need to do all of the following except:

- A. getting the right balance of nutrients helps you look your best and perform well at school and work
- B. consume about 8 cups of water per day
- C. the food choices you make today will not affect your health and quality of life for years to come.
- D. eat a variety of foods in moderate yet adequate amounts

正解: C

解説:

Nutrition plays a crucial role in maintaining overall health, providing energy, and supporting growth. When considering how to optimize your diet for these purposes, it is essential to incorporate a variety of foods in moderate yet adequate amounts, ensure you're getting the right balance of nutrients, and stay hydrated by consuming about 8 cups of water per day. These dietary choices provide the necessary nutrients-chemicals that nourish the body, enhance appearance, and boost performance in activities like school and work.

However, the statement "the food choices you make today will not affect your health and quality of life for years to come" is incorrect and is the option to exclude when considering what is necessary for health, energy, and growth. In reality, the choices we make in our diet have long-term impacts on our health and quality of life. Consistently making poor food choices can lead to various

health issues, including obesity, diabetes, heart disease, and other chronic conditions. Conversely, making healthy food choices can help prevent these conditions, improve mental health, and enhance physical performance.

Therefore, understanding that every meal can contribute either positively or negatively to your long-term health is crucial. This knowledge emphasizes the importance of making informed and beneficial dietary choices consistently over time. Hence, the correct approach to nutrition involves recognizing the significant, lasting impact of daily food choices on both current and future health and wellbeing.

質問 # 80

What do all eating disorders have in common?

- A. Obsessive dieting.
- **B. Irrational fear.**
- C. Binging.
- D. Laxative abuse.

正解: B

解説:

Eating disorders, a group of conditions marked by severe disturbances in eating behaviors and related thoughts and emotions, have one common thread irrespective of their type: the presence of an irrational fear. This fear is typically centered around body image, weight, and food, and drives the disordered eating behaviors seen across various eating disorders. The fear can manifest as a dread of gaining weight, an extreme desire to lose weight, or a distorted perception of body weight and shape, leading to harmful behaviors in an attempt to manage these fears.

The irrational fear experienced by individuals with eating disorders often leads to attempts to control or "manage" this fear through various means, which manifest differently depending on the specific disorder. For example, in anorexia nervosa, this might involve extreme restriction of calorie intake and obsessive exercise; in bulimia nervosa, it could involve episodes of binge eating followed by purging through vomiting or laxative abuse; in binge eating disorder, it might manifest as episodes of excessive eating without compensatory behaviors. The commonality across all these behaviors is the underlying fear and the attempt to exert control over it. It is crucial to understand that while other symptoms such as bingeing, laxative abuse, or obsessive dieting are indicative of specific eating disorders, the element of irrational fear is a universal aspect that underlies all these disorders. This fear is not just about food or weight but often involves deeper psychological issues such as low self-esteem, perfectionism, or coping with emotional stress, which need to be addressed to effectively treat the disorder.

In contrast to the other symptoms listed, which are specific to certain types of eating disorders, irrational fear is the fundamental psychological component that pervades all forms of these conditions. Recognizing and treating this fear is essential in helping individuals recover, as it is often the driving force behind the disordered eating behaviors. Treatment approaches typically involve a combination of psychotherapy, nutritional education, and medical support, aimed at addressing both the physical and psychological aspects of the disorder.

質問 # 81

When counseling a client on nutrition and smart eating behaviors, they should include all of the following except:

- **A. do not solicit help from family and friends**
- B. have family and friends provide help in the form of praise and material reward
- C. do nothing else while eating (do not read or watch television)
- D. pause in the middle of the meal

正解: A

解説:

When counseling a client on nutrition and smart eating behaviors, several effective strategies should be included. However, not all suggestions may be beneficial or appropriate depending on the context. Let's explore these strategies and identify which one should not be included.

One smart eating behavior is to pause in the middle of the meal. This pause helps the individual assess their current level of fullness and can prevent overeating by allowing the brain time to register the amount of food that has been eaten. This moment of reflection is a mindful eating practice that can significantly contribute to better eating habits.

Another recommended practice is to focus solely on eating during mealtime, meaning avoiding distractions like reading or watching television. This practice helps the individual to be fully present during the meal, which can enhance the awareness of the body's cues on hunger and satiety and prevent mindless eating, which often leads to consuming more calories than needed.

Soliciting help from family and friends can also be very beneficial. When someone is trying to change their eating habits or improve

their nutrition, having a support system can be crucial. Family and friends can provide emotional support, encouragement, and even practical help, such as sharing healthy recipes or joining in healthier meal preparations. They can also be part of a reward system to reinforce good eating behaviors, offering praise or agreed-upon rewards for reaching certain goals.

Therefore, the advice to "do not solicit help from family and friends" would be the incorrect choice and should not be included in counseling for smart eating behaviors. Having a support network can make the journey toward better health more enjoyable and sustainable. This support can be instrumental in maintaining motivation and ensuring compliance with new eating practices.

In summary, while pausing during meals and avoiding distractions like TV or reading during meals are beneficial practices, the recommendation to avoid seeking help from family and friends is not advisable. On the contrary, encouraging clients to engage their support networks can greatly enhance their success in adopting healthier eating behaviors.

質問 # 82

Humans carry _____ TAS1R taste receptor genes in a single cluster on chromosome 1.

- A. 0
- B. 1
- C. 2
- D. 3

正解: C

解説:

P1 Humans carry 3 TAS1R taste receptor genes in a single cluster on chromosome 1. *P2* These genes are responsible for encoding the taste receptors that detect sweetness and umami (a savory taste). Specifically, the three genes are TAS1R1, TAS1R2, and TAS1R3. TAS1R1 and TAS1R3 combine to form the receptor for umami taste, whereas TAS1R2 and TAS1R3 combine to form the receptor that detects sweet tastes. This gene arrangement allows humans to perceive a range of tastes derived from different combinations of these receptors. *P3* The proteins encoded by these genes belong to the class C group of G-protein coupled receptors (GPCRs), which are characterized by their large N-terminal extracellular domains. These domains have a structure similar to a Venus flytrap, which is crucial for the function of these receptors. The "Venus flytrap" module enables the receptor to bind to tastants (taste-provoking chemical substances), such as sugars, peptides, and amino acids, leading to taste perception. *P4* The presence of these genes in a single cluster on chromosome 1 suggests a streamlined evolutionary path for taste detection mechanisms in humans, emphasizing the importance of taste in survival and food selection. This clustering also facilitates coordinated regulation of taste receptor expression, ensuring that these crucial proteins are synthesized in appropriate amounts and locations, depending on the body's dietary needs and the environment.

質問 # 83

Which of the following is the SECOND stage of change?

- A. Contemplation.
- B. Action.
- C. Precontemplation.
- D. Maintenance.

正解: A

解説:

Prochaska and DiClemente's model, also known as the Transtheoretical Model of Behavior Change, outlines six stages through which individuals typically pass when they are trying to modify a behavior. The stages are: Precontemplation, Contemplation, Preparation, Action, Maintenance, and Termination. Each stage represents a different mindset and readiness to change.

The second stage, Contemplation, is marked by the individual's awareness of the need for change. During this stage, the person acknowledges that there is a problem and begins to think seriously about solving it. However, they have not yet made a commitment to take action. This stage is characterized by ambivalence - the individual may desire change but also resist it because of the perceived costs or effort involved.

In Contemplation, individuals spend time considering the pros and cons of changing their behavior and the potential impact it might have on their lives. They are weighing their options and recognizing the benefits of change but are often held back by fear, uncertainty, or the comfort of familiar habits.

This stage can last for a long time as the individual wrestles with these conflicting emotions. The progression to the next stage, Preparation, typically occurs when the balance tips in favor of the benefits of change, leading the individual to start planning actionable steps.

• • • • •

NBNSC-CNSC試験番号: <https://www.pass4test.jp/NBNSC-CNSC.html>

- [illegible]