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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q62-Q67):

NEW QUESTION # 62

Water-soluble vitamins include which of the following?

- A. A, B6, and C
- B. thiamine, niacin and retinol
- C. A, D, E, and K
- **D. thiamine, riboflavin, niacin, B6 and B12**

Answer: D

Explanation:

Water-soluble vitamins are a category of nutrients that dissolve in water and are readily absorbed into tissues for immediate use. Unlike fat-soluble vitamins, which are stored in the body's fatty tissue, water-soluble vitamins are not stored in the body in significant amounts. As a result, they need to be replenished regularly through the diet to avoid deficiencies.

The primary water-soluble vitamins include the B-complex vitamins and vitamin C. The B-complex group consists of several vitamins such as thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine (B6), and cobalamin (B12). Each of these vitamins plays a crucial role in energy production, maintaining proper nerve function, and the production of red blood cells. Thiamine, for example, is essential for aerobic metabolism, riboflavin aids in energy production, niacin is vital for DNA repair, and vitamin B6 is important for protein metabolism.

Vitamin C, also known as ascorbic acid, is another important water-soluble vitamin. It is necessary for the synthesis of collagen, which helps maintain skin, blood vessels, bones, and cartilage. Vitamin C also serves as a powerful antioxidant, helping to protect cells against damage by free radicals and supporting the immune system.

Since water-soluble vitamins are not stored in the body, they are generally considered safe at recommended dosages as any excess is flushed out in the urine. However, it is important to maintain a regular intake because the body does not have a large reserve to draw upon when dietary intake is inadequate. This rapid turnover rate explains why deficiencies can quickly develop if dietary intake is insufficient. Common symptoms of such deficiencies might include skin disorders, cracks in the lips, dry hair, or more serious conditions such as anemia or neurological impairments.

Taking a daily supplement, such as a B-complex, can be beneficial in ensuring adequate intake of these essential nutrients, particularly for individuals who may not get enough from their diet alone. This is especially relevant for those who follow vegetarian or vegan diets, as some B vitamins, particularly B12, are primarily obtained from animal sources. Regular intake of these vitamins is crucial to avoid the rapid onset of deficiencies and to support overall health.

NEW QUESTION # 63

Although the brain represents only 2% of body mass, it consumes what percentage of energy provided by the diet?

- A. 30%
- B. 5%
- C. 10%
- **D. 20%**

Answer: D

Explanation:

The human brain, while comprising only about 2% of the body's total mass, disproportionately consumes approximately 20% of the energy derived from our daily food intake. This substantial energy demand is crucial for maintaining the brain's complex functions, including cognition, motor control, and sensory processing. Despite its relatively small physical size, the brain's high metabolic rate underscores its importance and the intensity of its operational processes.

The reason behind this high energy consumption lies in the brain's need to maintain the electrical potentials of neurons and to fuel the transmission of signals throughout the nervous system. Neurons, the primary cells of the brain, communicate through electrochemical signals known as action potentials. These signals are crucial for everything from basic reflexes to complex decision-making. To generate these signals consistently, neurons use a significant amount of energy to pump ions across their membranes, a process vital for restoring the ion gradient after each action potential.

Additionally, the brain's energy consumption is not just limited to powering neuronal activities. It also extends to the maintenance and restructuring of synapses - the junctions where neurons communicate. Synapses are continuously formed and reformed throughout life in a process that underpins learning and memory. This synaptic activity is another energy-intensive process, further contributing to the brain's overall energy demands.

Moreover, the brain also uses energy to produce and regulate neurotransmitters, the chemicals that transmit signals across synapses. The synthesis, release, and recycling of neurotransmitters are metabolically costly processes, essential for effective neural communication and overall brain function.

It is also noteworthy that the brain's energy requirement remains relatively constant, even during sleep, reflecting the continuous and demanding nature of its functions. This continuous energy consumption is supported by glucose, the primary energy source for the brain, which underscores the importance of a steady supply of glucose which is facilitated by the blood-brain barrier.

In summary, although the brain is small in terms of physical size, its energy demands are immense due to the high costs of maintaining resting membrane potential, generating action potentials, synaptic transmission, and other metabolic activities. This explains why the brain uses up to 20% of the energy we obtain from our diet, despite constituting only 2% of our body mass. This disproportionate energy usage highlights the brain's role as a highly active and essential organ in the human body.

NEW QUESTION # 64

Sauerkraut and other pickled vegetables should be avoided when taking which of the following type of drugs?

- A. antibiotics
- B. anti-malarial
- C. monoamine oxidase inhibitors
- D. tetracycline

Answer: C

Explanation:

Monoamine oxidase inhibitors (MAOIs) are a class of drugs used primarily to treat depression and other psychological disorders. They work by inhibiting the activity of the enzyme monoamine oxidase, which breaks down neurotransmitters such as dopamine, norepinephrine, and serotonin in the brain. By inhibiting this enzyme, MAOIs increase the levels of these neurotransmitters, which can help improve mood and reduce symptoms of depression.

However, MAOIs can interact with certain foods containing high levels of tyramine, a naturally occurring compound that is usually broken down by monoamine oxidase. When MAOIs inhibit this enzyme, tyramine levels can build up in the body, leading to dangerous increases in blood pressure, a condition known as hypertensive crisis. Symptoms of a hypertensive crisis can include severe headache, confusion, blurred vision, nausea, vomiting, chest pain, rapid heartbeat, and extreme elevation in blood pressure. If not treated promptly, it can lead to stroke or other serious health issues.

Sauerkraut and other pickled vegetables are among the foods high in tyramine. The fermentation process that these vegetables undergo increases the tyramine content in them. Therefore, individuals taking MAOIs are advised to avoid or limit their intake of sauerkraut, pickled vegetables, and other high-tyramine foods such as aged cheeses, smoked or cured meats, and certain alcoholic beverages like tap beers and red wines.

It is important for patients on MAOIs to adhere to dietary restrictions to prevent hypertensive crises. Healthcare providers typically provide patients with a comprehensive list of foods to avoid and those that are considered safe. Managing diet while on MAOIs can be challenging, but it is crucial for avoiding potentially life-threatening complications.

In summary, sauerkraut and other pickled vegetables should generally be avoided by individuals taking monoamine oxidase inhibitors due to the high tyramine content of these foods, which can lead to severe hypertensive reactions. Patients should consult their healthcare providers for detailed guidance on dietary management while on these medications.

NEW QUESTION # 65

Which of the following drugs or types of drugs can cause an increase in appetite?

- A. Ritalin
- B. antidepressants
- C. Proleukin
- D. Plaquenil

Answer: B

Explanation:

Among the options provided, antidepressants are known to potentially cause an increase in appetite. This is a common side effect observed with several types of antidepressants. The effect on appetite can vary depending on the specific medication and the

individual taking it. Some people may experience an increased appetite, which can lead to weight gain, while others might not notice any change.

It is important to consider the mechanism of action of antidepressants in relation to appetite changes. Many antidepressants influence neurotransmitter systems in the brain, such as serotonin, norepinephrine, and dopamine, which play key roles in mood regulation as well as appetite and eating behavior. For example, medications that increase serotonin levels can affect appetite control centers in the brain, leading to increased hunger.

Other drugs listed in the question, such as Plaquenil (hydroxychloroquine), Proleukin (aldesleukin), and Ritalin (methylphenidate), typically do not cause an increase in appetite. In fact, these drugs are more commonly associated with a decreased appetite. Plaquenil, used mainly for malaria and certain autoimmune conditions, often has side effects that include stomach pain, nausea, and loss of appetite. Proleukin, an immunotherapy medication, can cause gastrointestinal side effects that might reduce appetite. Ritalin, a stimulant used in the treatment of ADHD, is well-known for its appetite-suppressing effects.

Therefore, when comparing the effects of these drugs on appetite, antidepressants stand out as the class of drugs most likely to lead to an increase in appetite. This is a significant consideration for patients and healthcare providers when choosing a treatment plan, especially for individuals concerned about potential weight changes while managing their health conditions.

NEW QUESTION # 66

The initial screening of a client should include which of the following?

- A. diet history
- B. alcohol use or abuse
- C. all of the above
- D. physical ability to obtain and consume foods

Answer: C

Explanation:

The initial screening of a client in a healthcare setting, particularly when it pertains to nutritional assessment, is a comprehensive process that aims to gather as much relevant information as possible to form a complete picture of the client's health status. In this context, the correct answer to the question regarding what should be included in the initial screening is "all of the above." This choice indicates that every option listed, not just one, is important for a thorough initial assessment. Here's an expanded explanation of each aspect considered in the initial screening:

****Physical Ability to Obtain and Consume Foods****: This involves evaluating whether the client has any physical limitations that might affect their ability to shop for, prepare, or consume meals. Challenges such as mobility issues, manual dexterity, or oral health problems that can impact chewing or swallowing are pertinent. This assessment helps in tailoring nutritional advice and interventions that are realistic and achievable for the client.

****Diet History****: This component of the screening process involves understanding the client's typical intake of foods and beverages. It includes details about dietary patterns, preferences, and any special diets they are following, such as vegetarian, vegan, or gluten-free diets. This information is crucial for identifying nutrient deficiencies or excesses, understanding cultural food practices, and providing a basis for dietary recommendations.

****Alcohol Use or Abuse****: Alcohol consumption can significantly affect nutritional status and health. Screening for alcohol use helps to identify if the client's drinking patterns are within safe limits or if they potentially interfere with nutrition and health. Excessive alcohol intake can lead to malnutrition, liver disease, and other serious health issues, making it an important factor to consider in a nutritional assessment.

****Additional Factors****: Beyond the specific options listed in the question, a comprehensive initial screening should also consider other important factors such as: - ****Food Tolerance or Intolerance****: Identifying any foods that the client cannot tolerate, either due to allergies or sensitivities, which is crucial for planning a safe and effective diet. - ****Current Height, Weight, and Weight History****: These measurements provide insight into the client's general health and nutritional status, indicating potential issues like undernutrition or obesity. - ****Current Diagnosis****: Knowing any existing medical conditions (e.g., diabetes, hypertension) is essential as these can significantly influence dietary requirements and restrictions. - ****Polypharmacy****: Checking for multiple medication use is vital since many drugs can interact with nutrients affecting their absorption, metabolism, or excretion. - ****Potential Food or Nutrient Interactions****: Understanding how the client's food intake could interact with their medications or conditions to either exacerbate issues or perhaps help in managing a condition.

In summary, the initial screening of a client is a multi-faceted process that encompasses a broad range of factors, each contributing valuable information that aids in forming a holistic nutritional care plan. The choice of "all of the above" reflects the necessity of a comprehensive approach to accurately assess and address the diverse needs of each client.

NEW QUESTION # 67

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