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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q24-Q29):

NEW QUESTION # 24

Patients who experience optic neuropathy may improve with which of the following treatments?

- A. Resveratrol
- **B. B-group vitamins and folic acid**
- C. Vitamins C and E
- D. Vitamins A and D

Answer: B

Explanation:

Optic neuropathy refers to damage or dysfunction of the optic nerve, which can lead to vision loss. This condition can result from a variety of causes including genetic factors, inflammation, trauma, and nutritional deficiencies. In cases where optic neuropathy is

linked to nutritional deficiencies, treatment with specific supplements may help in managing the condition and potentially improving symptoms.

Among the treatments for optic neuropathy caused by nutritional deficiencies, the administration of B-group vitamins and folic acid has shown promising results. B-group vitamins, particularly vitamin B12, play a crucial role in the functioning of the nervous system and in the maintenance of healthy nerve cells. Vitamin B12 deficiency can specifically lead to optic neuropathy; thus, supplementing this vitamin can help in reversing the damage or halting the progression of the disease.

Folic acid, another B vitamin, works in conjunction with vitamin B12 in many bodily processes, including DNA synthesis and red blood cell formation. It is also essential for the health of the nervous system. Adequate levels of folic acid, therefore, support nerve function and can contribute to the overall management of optic neuropathy.

The method of administering these vitamins can also affect their efficacy. Parenteral administration, which means administering the vitamins via injections directly into the bloodstream, ensures that the nutrients are absorbed more efficiently and quickly than if they were taken orally. This can be particularly important in cases where patients have conditions that impair nutrient absorption from the digestive tract.

In summary, for patients suffering from optic neuropathy related to nutritional deficiencies, treatment with parenteral B-group vitamins and folic acid may lead to improvements in vision. This approach not only helps in managing the symptoms of optic neuropathy but also addresses the underlying issues of vitamin deficiency, thereby supporting overall nerve health and function. This treatment should be monitored by healthcare professionals to ensure safety and effectiveness, and to adjust dosages as necessary based on individual patient needs.

NEW QUESTION # 25

Up to 20 mcg/100 ml of plasma Carotene in all ages is considered:

- A. deficient
- B. marginal
- C. acceptable
- D. none of the above

Answer: A

Explanation:

The question pertains to the categorization of plasma carotene levels and their interpretation in terms of nutritional status. Plasma carotene levels are used as a biomarker for vitamin A status as well as overall intake of carotenoid-rich fruits and vegetables. Carotenes are converted by the body into vitamin A, which is essential for vision, growth, and immune function.

According to the information provided, plasma carotene levels up to 20 mcg/100 ml for all ages are considered deficient. This implies that such low levels indicate an inadequate intake of carotenoid-containing foods, potentially leading to vitamin A deficiency if not addressed. This is critical as vitamin A deficiency can result in severe health problems, including impaired vision (night blindness), an increased risk of infection, and in severe cases, blindness.

The question then mentions a "marginal" status for plasma carotene levels between 20-39 mcg/100 ml for all ages, and specifically for pregnant women, a marginal status is considered for levels between 40-79 mcg/100 ml. Marginal status suggests that while the levels are not low enough to be classified as deficient, they are not optimal and could benefit from nutritional improvement to prevent potential health issues.

Furthermore, acceptable levels of plasma carotene are defined as 40+ mcg/100 ml for all ages, and 60+ mcg/100 ml specifically for pregnant women. These levels are considered sufficient and imply a healthy intake of carotenoids, suggesting a lower risk of vitamin A deficiency and associated health problems.

In context, if plasma carotene levels are up to 20 mcg/100 ml, it indicates a deficiency in carotene intake, which is critical for maintaining adequate vitamin A levels and overall health. Thus, the correct response to the question about the status of plasma carotene levels up to 20 mcg/100 ml being considered for all ages is "deficient." This highlights the need for increased consumption of carotenoid-rich foods or supplementation to achieve optimal health outcomes.

NEW QUESTION # 26

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

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

Answer: A

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 # 27

Which of the following herbal remedies might you suggest to a client for migraine headaches?

- A. celery seed
- B. ginkgo biloba
- C. feverfew
- D. bilberry

Answer: C

Explanation:

Among the herbal remedies listed, feverfew is suggested as the most suitable for managing migraine headaches. This recommendation is supported by substantial scientific research, which indicates that feverfew not only helps in treating but also in preventing migraine attacks.

Feverfew, a medicinal plant with a long history of use in European folk medicine, has been traditionally employed not just for migraines but also for conditions such as arthritis and fevers. The primary active ingredients in feverfew, such as parthenolide and other sesquiterpene lactones, are believed to contribute to its therapeutic effects. These compounds can help in reducing inflammation, which is a significant factor in migraine headaches, and inhibit the release of serotonin and prostaglandins, which are involved in the migraine process.

The efficacy of feverfew in migraine prevention has been evidenced in several clinical trials, where it has been shown to decrease the frequency of migraines in some individuals. Regular consumption of feverfew as a prophylactic treatment has helped many patients reduce the number of migraine attacks, as well as their severity.

It is important to note that while feverfew is generally considered safe, it should be used cautiously. As with any herbal supplement, potential interactions with other medications and side effects are possible. Common side effects include gastrointestinal disturbances, and there is also a risk of allergic reactions. Therefore, it is advisable to consult with a healthcare provider before starting any new treatment regimen, including herbal remedies like feverfew.

In contrast, other herbs mentioned such as ginkgo biloba, celery seed, and bilberry, while beneficial for other health issues, do not have substantial evidence supporting their use in migraine treatment specifically. Ginkgo biloba is more commonly associated with cognitive enhancement and circulation improvement, celery seed with anti-inflammatory properties and blood pressure reduction,

and bilberry with eye health and blood circulation improvements. Hence, when specifically addressing migraine headaches, feverfew stands out as the most supported herbal remedy among those listed.

NEW QUESTION # 28

Which of the following types of evaluations occurs during the design or implementation of a program in effort to identify the program's weaknesses and correct them?

- A. Summative evaluation.
- B. Correctional evaluation.
- C. Developmental evaluation.
- **D. Formative evaluation.**

Answer: D

Explanation:

The correct answer to the question regarding which type of evaluation occurs during the design or implementation of a program to identify and correct the program's weaknesses is "Formative evaluation." Formative evaluation is a key component in the process of program development and implementation. Unlike summative evaluation, which assesses the effectiveness of a program at the end of its execution, formative evaluation is conducted during the early stages of program execution. This type of evaluation is particularly crucial as it focuses on the ongoing improvement of the program's design and delivery mechanisms.

During formative evaluation, evaluators collect data related to the program's processes and outcomes to identify any issues or areas needing improvement. This could include gathering feedback from participants, observing program activities, or assessing the resources and materials used. The primary goal here is to make real-time adjustments that enhance the program's effectiveness and efficiency, ensuring that it meets its intended objectives and serves the target population appropriately.

Moreover, formative evaluations help stakeholders understand and refine the program's theory of action or logic model. This understanding is vital for aligning the program's activities with its goals and for making necessary modifications to achieve the desired impact.

In summary, formative evaluation is integral during the initial phases of a program, focusing on identifying and addressing weaknesses through continual feedback and adjustments. This proactive approach ensures that the program develops in a way that maximizes its potential for success and effectiveness.

NEW QUESTION # 29

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