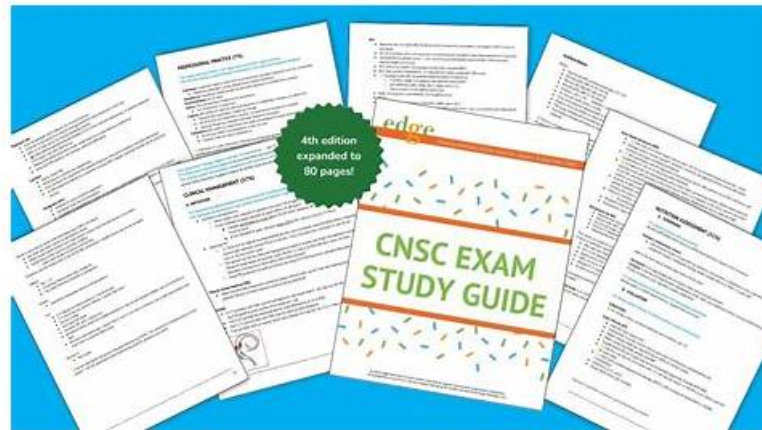


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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q95-Q100):

NEW QUESTION # 95

Which of the following statements is false regarding weighed food record?

- A. food and leftovers are weighed using scales or computerized techniques
- B. it requires a greater degree of subject cooperation than the estimated food record
- C. it is considered more accurate than the estimated food record
- D. it is not preferred by some researchers for gathering data on individuals

Answer: D

Explanation:

To address the question about which statement is false regarding the weighed food record, we need to analyze each statement provided in the context of what is known about this dietary assessment method.

The first statement says, "food and leftovers are weighed using scales or computerized techniques." This statement is true. In a

weighed food record, individuals weigh all the food and drink they consume, as well as any leftovers, using scales or computerized techniques to provide an accurate measure of intake.

The second statement is that "it is not preferred by some researchers for gathering data on individuals." This statement is also true, but it requires clarification. While the weighed food record is considered highly accurate, it is not always preferred because it is labor-intensive and requires significant cooperation from participants. This can make it impractical for large-scale studies or for populations where such high levels of compliance may be difficult to achieve.

The third statement notes that "it is considered more accurate than the estimated food record." This statement is true. The weighed food record is generally considered more accurate than the estimated food record, where participants report their intake from memory, as it minimizes issues of recall bias and estimation errors.

The fourth statement says, "it requires a greater degree of subject cooperation than the estimated food record." This is also true. The weighed food record demands that participants meticulously weigh all their consumed foods and beverages, which can be burdensome and influence their normal eating behaviors due to the self-monitoring involved.

Each statement provided in the query accurately describes aspects of the weighed food record method, and none of the statements is inherently false. However, the repeated assertion that "it is not preferred by some researchers for gathering data on individuals" could be misleading if misinterpreted. While it's true that some researchers might prefer other methods for practical reasons, this doesn't inherently negate the benefits or the preference other researchers have for its accuracy. Thus, in a broad sense, all statements listed are correct, but the context or understanding of preference among researchers might vary, making the repeated statement potentially confusing but not outright false.

NEW QUESTION # 96

The type of literature review that is conducted by individuals who do not necessarily have professional expertise in the area, but are connected to the review process by other factors is which of the following?

- A. peer review
- **B. non-peer review**
- C. validity analysis
- D. meta-analysis

Answer: B

Explanation:

Non-peer review refers to the process where the literature review is conducted by individuals who may not necessarily possess professional expertise in the specific field of the literature being reviewed. These reviewers are often involved due to other roles or relationships to the content or its publication, rather than their subject matter expertise.

For example, when an editor of a journal or a publication reviews an article, their primary focus might be on checking the coherence, grammar, style, and adherence to publication guidelines rather than deeply analyzing or critiquing the academic rigor or technical details of the content. This type of review is essential for maintaining the quality and readability of published material but does not usually involve the same level of critical academic evaluation found in peer reviews.

In contrast, a peer review is conducted by experts who are usually peers to the original authors in terms of their expertise and specialization in the subject matter. This process is critical in academic publishing as it ensures that the material is rigorously evaluated for its scientific accuracy, relevance, and contribution to the field before it is published.

Other types of reviews mentioned, like meta-analysis and validity analysis, involve specific methodologies for analyzing and synthesizing existing research or assessing the validity of research results, respectively. These are different from non-peer reviews in that they require specific expertise and analytical approaches pertinent to the subject matter being reviewed.

NEW QUESTION # 97

Cranberries acidifies the urine and prevents bacteria from adhering to the bladder. It is also:

- **A. A and B**
- B. helpful for infections of the urinary tract
- C. a good source of vitamin C
- D. good for nosebleeds

Answer: A

Explanation:

Cranberries are widely known for their beneficial effects on urinary tract health. This is primarily because they contain substances that can prevent bacteria, such as E. coli, from adhering to the lining of the urinary tract. This anti-adhesion property is crucial as it helps reduce the incidence of urinary tract infections (UTIs), which are common infections affecting the bladder, kidney, and urethra.

In addition to their role in preventing UTIs, cranberries are also a good source of vitamin C. Vitamin C is an essential nutrient that plays a critical role in immune function, skin health, and as an antioxidant. The antioxidants in cranberries help protect the body against damage from free radicals, which can contribute to conditions like aging and cancer. Thus, consuming cranberries can support overall health beyond just the urinary system.

However, when purchasing cranberry products, it's important to consider their sugar content. Commercial cranberry juice cocktails often contain high amounts of sugar, which can counteract some of the health benefits by contributing to increased calorie intake, weight gain, and even tooth decay. Therefore, it's best to opt for pure, unsweetened cranberry juice concentrate. Preparing it with minimal or no added sugar can help maximize the health benefits while minimizing undesirable effects.

There is no substantial evidence to suggest that cranberries or cranberry juice can prevent or stop nosebleeds. Nosebleeds can be caused by a variety of factors including dry air, nasal injury, or underlying medical conditions. While maintaining a healthy diet is important for overall well-being, cranberries are not specifically beneficial for treating or preventing nosebleeds. Thus, any claims connecting cranberries with the treatment of nosebleeds should be viewed with skepticism unless supported by scientific evidence.

NEW QUESTION # 98

An individual has difficulty swallowing. What will make eating easier?

- A. Small slices of food.
- **B. Pureed food.**
- C. Taking small bites.
- D. A liquid diet.

Answer: B

Explanation:

An individual experiencing difficulty with swallowing, a condition known as dysphagia, can find eating a challenging and sometimes risky task. To accommodate this issue and ensure safe and sufficient nutrition, certain modifications to the texture and size of food can be immensely helpful. Here are some options that can make eating easier for such individuals:

****Small Slices of Food****: Cutting food into small, manageable pieces can significantly ease the swallowing process. This method reduces the effort required to chew food and minimizes the risk of choking. Small slices are particularly effective for those who can still chew but struggle with larger, bulkier bites. It's a simple modification that involves minimal preparation yet can make a substantial difference in the dining experience.

****Pureed Food****: Pureeing food is a common and effective solution for those with severe swallowing difficulties. Pureed food has a smooth, cohesive consistency that can easily pass through the throat without requiring significant chewing. However, it's crucial to ensure that the pureed food is neither too thick nor too runny. If it's too thick, it might be hard to swallow, and if too runny, it could lead to involuntary inhalation or aspiration, which can cause choking or lung complications. The ideal consistency should be similar to that of apple sauce, which holds its shape on a spoon but is soft enough to swallow with minimal effort.

****Taking Small Bites****: Regardless of the food's initial size or texture, taking small bites can also aid individuals with dysphagia. By controlling the amount of food placed in the mouth at one time, the swallowing process becomes less daunting, and the risk of choking is reduced. Combining small bites with thorough, careful chewing can further modify the food texture, making it easier to swallow.

****A Liquid Diet****: In some cases, especially when swallowing is severely impaired, a liquid diet might be recommended. This diet can include broths, soups, and specially formulated nutritional drinks that provide essential nutrients in a form that requires minimal swallowing effort. However, like pureed food, the viscosity of liquids should be carefully considered. Very thin liquids can be as challenging as overly thick ones. Sometimes, thickening agents are used to achieve an optimal consistency that provides ease of swallowing and reduces the risk of aspiration. By choosing appropriate food textures and sizes, individuals with dysphagia can enjoy a broader range of foods while maintaining safety and nutrition. Consulting with healthcare professionals such as speech therapists or dietitians who specialize in swallowing disorders can provide personalized advice and recommendations tailored to specific needs.

NEW QUESTION # 99

All of the following gives listeners a sense of participation in and control over the problem-solving process except:

- A. examine other ideas rather than take sides
- B. solve problems rather than debate issues
- **C. know all the answers as teachers rather than be a team player**
- D. a willingness to hold one's own attitudes as provisional

Answer: C

Explanation:

To address this question, we must identify which option does not contribute to giving listeners a sense of participation in and control over the problem-solving process. The correct answer is: "know all the answers as teachers rather than be a team player." Here's an expanded explanation of why the other options are supportive of participation and control, and why the correct answer is not: 1.

****A willingness to hold one's own attitudes as provisional****: This approach implies openness to change and adaptability. By not rigidly clinging to one's own beliefs and being open to revising them, a speaker encourages a collaborative environment. This gives listeners the feeling that their views and contributions can influence the outcome, enhancing their sense of participation and control in the problem-solving process. 2. ****Examine other ideas rather than take sides****: This strategy promotes an inclusive and exploratory dialogue rather than a confrontational or divisive one. When ideas are examined on their merits without premature commitment to one side, all participants can feel that their contributions are valued and considered. This inclusive approach fosters a cooperative atmosphere where listeners feel more engaged and in control of the collaborative search for solutions. 3. ****Solve problems rather than debate issues****: Focusing on problem-solving instead of debating issues helps to direct the group's energy towards constructive outcomes. It shifts the focus from winning an argument to finding practical solutions that work for everyone involved. This not only enhances productivity but also empowers listeners by focusing on outcomes that directly affect them, thereby increasing their sense of control and participation in the process.

Conversely, ****knowing all the answers as teachers rather than being a team player**** is counterproductive in terms of fostering participation and control among listeners. This approach can make others feel as though their input is unnecessary or undervalued, as the speaker assumes a superior position of knowledge and authority. This can lead to a reduction in open communication and a stifling of collaborative spirit. Participants may feel sidelined or that the problem-solving process is being dominated by one person, thus diminishing their sense of control and active participation.

In summary, while openness, inclusivity, and a focus on solutions enhance the sense of participation and control among listeners, assuming a unilateral stance where one appears to have all the answers discourages such engagement. This not only puts others on guard but also stifles the supportive and collaborative communication essential for effective problem-solving.

NEW QUESTION # 100

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
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