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CNSC Practice Questions with correct answer 2024

In an intensive care setting, which of the following complications associated with malnutrition is most likely to occur as a result of the failure to begin nutrition support early in the treatment regimen? - ANSWER-increased serum levels of protein-bound drugs

Which of the following is the inpatient glycemic target for critically ill patients?

- 1: 80-110 mg/dL
- 2: 140-180 mg/dL
- 3: 181-210 mg/dL
- 4: 211-240 mg/dL - ANSWER-2: 140-180 mg/dL

Targets <110mg/dL are not recommended

Under conditions of sepsis and stress, which of the following metabolic alterations are most likely to occur?

- 1: Increased glucose production and increased glucose uptake
- 2: Increased glucose production and decreased glucose uptake
- 3: Decreased glucose production and decreased glucose uptake
- 4: Decreased glucose production and increased glucose uptake - ANSWER-2: Increased glucose production and decreased glucose uptake

Stress hormones induce insulin resistance and hyperglycemia is commonly observed with nutrition support. It is recommended that glucose levels be adequately controlled to avoid polyuria and electrolyte disturbances.

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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q18-Q23):

NEW QUESTION # 18

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

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

Answer: B

Explanation:

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.

NEW QUESTION # 19

Which of the following foods is a source of polyunsaturated fatty acids?

- A. coconut
- **B. safflower oil**
- C. canola oil
- D. avocados

Answer: B

Explanation:

Polyunsaturated fatty acids (PUFAs) are essential fats that the human body cannot produce on its own and must obtain through diet. These fats are crucial for cell function and the regulation of various bodily processes, including inflammation and blood clotting. Foods rich in polyunsaturated fatty acids are considered beneficial for heart health as they can help reduce cholesterol levels and lower the risk of heart disease.

Safflower oil is a notable source of polyunsaturated fatty acids. It is derived from the seeds of the safflower plant and is highly valued for its nutritional benefits. Safflower oil primarily contains linoleic acid, which is a type of omega-6 polyunsaturated fat. Regular consumption of safflower oil can contribute to maintaining healthy cholesterol levels, which in turn supports cardiovascular health. In contrast to safflower oil, other food items like coconut, canola oil, and avocados contain different types of fats. Coconut is predominantly a source of saturated fats, which are typically solid at room temperature and can raise levels of bad cholesterol in the blood when consumed in excess. Canola oil and avocados, on the other hand, are rich in monounsaturated fats, which are considered heart-healthy fats. Monounsaturated fats can help reduce bad cholesterol levels and are beneficial for heart health. Thus, among the options given - safflower oil, coconut, avocados, and canola oil - safflower oil is the clear source of polyunsaturated fatty acids. This makes it an excellent choice for those looking to enhance their intake of essential, heart-healthy fats.

NEW QUESTION # 20

A person with a BMI of 26.0 falls into which of the following categories?

- A. overweight
- B. obese class I
- C. underweight
- D. normal weight

Answer: A

Explanation:

Body Mass Index (BMI) is a simple calculation used to assess whether a person has a healthy body weight for a person of their height. It is obtained by dividing a person's weight in kilograms by the square of their height in meters (kg/m^2).