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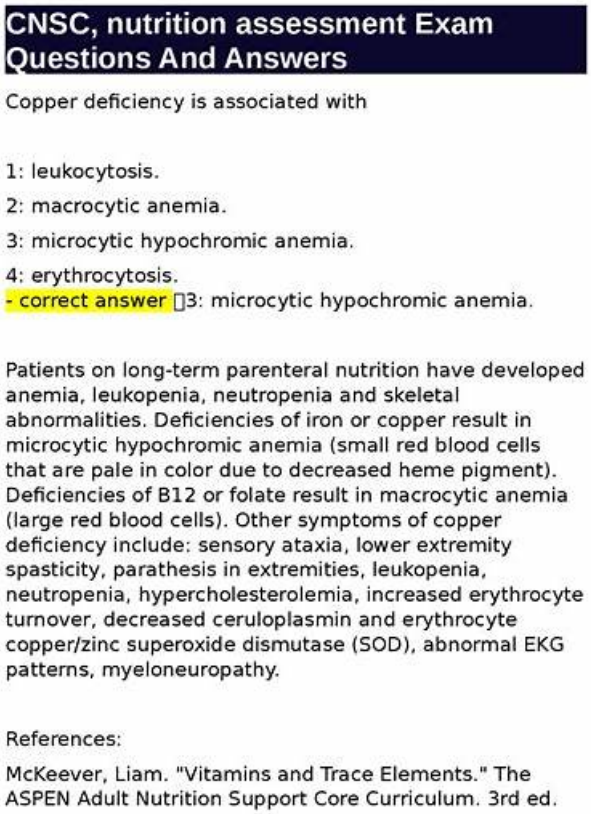

CNSC, nutrition assessment Exam Questions And Answers

Copper deficiency is associated with

1: leukocytosis.

2: macrocytic anemia.

3: microcytic hypochromic anemia.

4: erythrocytosis.
- correct answer 3: microcytic hypochromic anemia.

Patients on long-term parenteral nutrition have developed anemia, leukopenia, neutropenia and skeletal abnormalities. Deficiencies of iron or copper result in microcytic hypochromic anemia (small red blood cells that are pale in color due to decreased heme pigment). Deficiencies of B12 or folate result in macrocytic anemia (large red blood cells). Other symptoms of copper deficiency include: sensory ataxia, lower extremity spasticity, parathesis in extremities, leukopenia, neutropenia, hypercholesterolemia, increased erythrocyte turnover, decreased ceruloplasmin and erythrocyte copper/zinc superoxide dismutase (SOD), abnormal EKG patterns, myeloneuropathy.

References:

McKeever, Liam. "Vitamins and Trace Elements." The ASPEN Adult Nutrition Support Core Curriculum. 3rd ed.

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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample

Questions (Q96-Q101):

NEW QUESTION # 96
Sauerkraut and other pickled vegetables should be avoided when taking which of the following type of drugs?

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

Answer: D

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 # 97
If a person is on a low-residue diet, he or she should avoid which of the following?

- A. dried fruits
- B. cooked, mild-flavored vegetables
- C. butter
- D. hard-boiled eggs

Answer: A

Explanation:
A low-residue diet is designed to reduce the frequency and volume of stools while extending the time these stools remain in the intestines. This diet is typically recommended for individuals with digestive tract conditions such as inflammatory bowel disease (IBD), diverticulitis, or other conditions that may require bowel rest. It minimizes the intake of foods that add bulk to stools, which includes a significant reduction in fiber.
Fiber, which is crucial for regular bowel movements under normal circumstances, is found in high amounts in foods like fruits, vegetables, whole grains, and legumes. On a low-residue diet, the goal is to decrease fiber intake to lessen bowel activity. Dried fruits, in particular, are very high in fiber and are concentrated sources of it, as the dehydration process removes water, leaving behind a higher proportion of fiber and sugars.
Therefore, when considering which foods to avoid on a low-residue diet, dried fruits are a prime candidate. They not only have a high fiber content but also often contain skins and seeds, which can further irritate the digestive tract. In addition to dried fruits, other high-fiber foods such as fresh fruits and vegetables (especially those with skins and seeds), whole-grain breads, cereals, legumes, and tough, fibrous meats should also be avoided.
The diet might also exclude other items that could exacerbate symptoms or lead to increased residue in the colon. These include coconut, marmalade (which contains fruit peels), rich pastries (which can be high in fat and hard to digest), and dairy products if they exacerbate symptoms. Some forms of meat, particularly those with connective tissues and tougher cuts, and any vegetables with potentially indigestible skins, like potatoes, are also to be avoided unless properly peeled and cooked to a soft texture.

In summary, for a person on a low-residue diet, avoiding dried fruits is essential due to their high fiber content and potential to cause digestive discomfort. This diet requires careful selection of foods that are low in fiber and easy on the digestive system to reduce bowel activity and irritation.

NEW QUESTION # 98
The ultimate reason to measure diet is_____.

- A. support food companies
- B. support supplement companies
- C. improve human health
- D. improve the food economy

Answer: C

Explanation:
The ultimate reason to measure diet is to improve human health. Understanding and analyzing dietary habits allows researchers, healthcare providers, and policymakers to develop strategies that promote better nutritional practices among populations. This is crucial because nutritional problems, including both malnutrition and overnutrition, are at the core of many health issues. These issues range from chronic diseases such as heart disease, diabetes, and obesity, to deficiencies that impair physical and cognitive development, particularly in children.
By measuring diet, experts can gain insights into the nutritional values of different foods and how they affect human health. This data is essential for creating dietary guidelines and health policies that encourage healthy eating habits. Moreover, accurate dietary measurement helps in identifying nutritional deficiencies in populations, which can be critical for preventing associated health conditions. For instance, understanding the prevalence of iron deficiency can lead to initiatives aimed at increasing iron intake through diet or supplementation.
Additionally, measuring diet supports the development of tailored interventions that cater to the specific nutritional needs of different demographics, such as pregnant women, the elderly, or those suffering from chronic diseases. Personalized dietary recommendations can significantly improve individual health outcomes by addressing unique nutritional requirements and preventing diet-related illnesses.
Furthermore, in the context of global health, measuring diet can help in tackling malnutrition in developing countries, where it remains a leading cause of mortality and morbidity. Proper dietary assessments can lead to more effective distribution of food aid and nutritional education programs, ultimately enhancing the overall health and wellbeing of vulnerable populations.
In conclusion, the primary motivation for measuring diet is its direct impact on improving human health. Through comprehensive dietary analysis, it is possible to prevent and manage numerous health issues, promote well-being, and enhance the quality of life for individuals across the globe. This makes dietary measurement a fundamental tool in the field of public health and nutrition.

NEW QUESTION # 99
The most abundant serum protein is which of the following?

- A. fibronecten
- B. transferrin
- C. albumin
- D. IGF-1

Answer: C

Explanation:
The correct answer to the question "The most abundant serum protein is which of the following?" is albumin. Albumin is not only the most abundant serum protein but also a crucial component in the physiological system, playing multiple roles essential for maintaining proper bodily function.
Albumin is synthesized predominantly in the liver and constitutes about 50% of the plasma proteins in the human body. It plays a vital role in maintaining the oncotic pressure of the blood, which is essential for the distribution and balance of fluid between blood vessels and body tissues. By regulating this balance, albumin helps prevent the leaking of fluid from blood vessels into tissues, which can lead to swelling (edema).
Beyond its role in fluid regulation, albumin also serves as a transport protein for various substances throughout the bloodstream. These substances include hormones, fatty acids, and drugs. Its ability to bind to a wide variety of molecules makes it crucial in the distribution and metabolism of many compounds within the body.
Clinically, the measurement of serum albumin levels is an important diagnostic tool. Low levels of albumin, a condition known as hypoalbuminemia, can indicate various health issues, including liver disease, kidney disease, and malnutrition. A decrease in albumin

can be due to reduced production in the liver, increased loss through the kidneys, or a general decrease in protein intake.
In summary, albumin's role extends beyond its abundance as a serum protein. It is integral to fluid balance, nutrient and drug transport, and serves as an important marker for health status. Its multifunctional nature underscores why it is vital in both clinical diagnostics and the physiological maintenance of the body.

NEW QUESTION # 100
Which of the following would be abnormal in a stool sample?

- A. The stool contains less than 0.25 grams per deciliter (g/dL) of sugars called reducing factors.
- B. The stool contains 2-7 grams of fat per 24 hours.
- C. The stool contains low levels of enzymes, such as trypsin or elastase.
- D. The pH of the stool is 7.0 - 7.5

Answer: C

Explanation:
The correct answer to the question regarding abnormalities in a stool sample is that it is abnormal if the stool contains low levels of enzymes, such as trypsin or elastase. This finding suggests a potential issue in digestive function, particularly with the pancreas, which is responsible for secreting these enzymes. These enzymes play a crucial role in the digestion of proteins and fats. Inadequate levels can indicate pancreatic insufficiency, a condition where the pancreas does not produce enough of these enzymes, leading to malabsorption and other digestive problems.
It's important to compare this result to other potential findings in stool samples to understand its significance better. A normal pH range for stool is typically between 7.0 and 7.5, indicating a neutral environment, which is common and not a cause for concern. Similarly, the presence of 2-7 grams of fat per 24 hours in stool can be normal, depending on dietary intake. However, if a person consumes about 100 grams of fat daily and the stool contains more than 7 grams of fat per 24 hours, this could indicate malabsorption or other digestive issues such as exocrine pancreatic insufficiency or celiac disease.
Other abnormal findings in stool samples that can suggest health issues include the presence of blood, which could indicate gastrointestinal bleeding; mucus or pus, which might suggest inflammation or infection; undigested meat fibers, indicating poor digestion; and harmful organisms such as bacteria, viruses, fungi, or parasites, which could be signs of infection. Additionally, the presence of more than 0.25 grams per deciliter of sugars known as reducing factors could indicate malabsorption syndromes or other gastrointestinal dysfunctions.
Therefore, understanding the composition and characteristics of a stool sample can provide valuable insights into a person's digestive health and help diagnose various conditions. If a stool analysis shows low levels of crucial digestive enzymes like trypsin or elastase, further investigation by healthcare professionals is warranted to determine the underlying cause and appropriate treatment to manage the symptoms and restore digestive function.

NEW QUESTION # 101
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