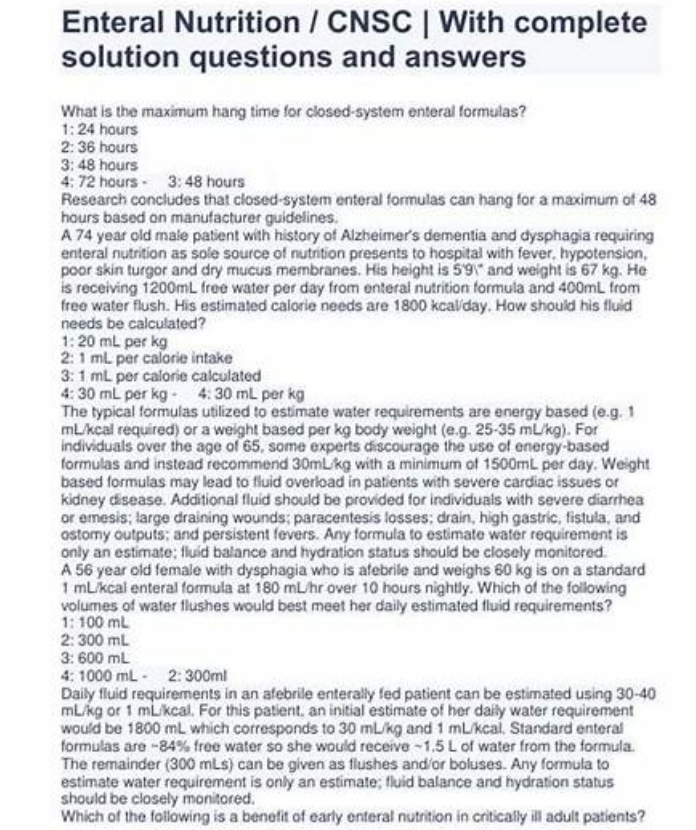
# NUTRITION NBNSC-CNSC試験解答、NBNSC-CNSCブロンズ教材



**Enteral Nutrition / CNSC | With complete solution questions and answers**

What is the maximum hang time for closed-system enteral formulas?
1: 24 hours
2: 36 hours
3: 48 hours
4: 72 hours - 3: 48 hours
Research concludes that closed-system enteral formulas can hang for a maximum of 48 hours based on manufacturer guidelines.
A 74 year old male patient with history of Alzheimer's dementia and dysphagia requiring enteral nutrition as sole source of nutrition presents to hospital with fever, hypotension, poor skin turgor and dry mucus membranes. His height is 5'9\" and weight is 67 kg. He is receiving 1200mL free water per day from enteral nutrition formula and 400mL from free water flush. His estimated calorie needs are 1800 kcal/day. How should his fluid needs be calculated?
1: 20 mL per kg
2: 1 mL per calorie intake
3: 1 mL per calorie calculated
4: 30 mL per kg - 4: 30 mL per kg
The typical formulas utilized to estimate water requirements are energy based (e.g. 1 mL/kcal required) or a weight based per kg body weight (e.g. 25-35 mL/kg). For individuals over the age of 65, some experts discourage the use of energy-based formulas and instead recommend 30mL/kg with a minimum of 1500mL per day. Weight based formulas may lead to fluid overload in patients with severe cardiac issues or kidney disease. Additional fluid should be provided for individuals with severe diarrhea or emesis; large draining wounds; paracentesis losses; drain, high gastric, fistula, and ostomy outputs; and persistent fevers. Any formula to estimate water requirement is only an estimate; fluid balance and hydration status should be closely monitored.
A 56 year old female with dysphagia who is afebrile and weighs 60 kg is on a standard 1 mL/kcal enteral formula at 180 mL/hr over 10 hours nightly. Which of the following volumes of water flushes would best meet her daily estimated fluid requirements?
1: 100 mL
2: 300 mL
3: 600 mL
4: 1000 mL - 2: 300ml
Daily fluid requirements in an afebrile enterally fed patient can be estimated using 30-40 mL/kg or 1 mL/kcal. For this patient, an initial estimate of her daily water requirement would be 1800 mL which corresponds to 30 mL/kg and 1 mL/kcal. Standard enteral formulas are ~84% free water so she would receive ~1.5 L of water from the formula. The remainder (300 mLs) can be given as flushes and/or boluses. Any formula to estimate water requirement is only an estimate; fluid balance and hydration status should be closely monitored.
Which of the following is a benefit of early enteral nutrition in critically ill adult patients?

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**>> NUTRITION NBNSC-CNSC試験解答 <<**

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## NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) 認定 NBNSC-CNSC 試験問題 (Q19-Q24):

**質問 # 19**
The Nutrition Care Process and Model provides a method to address all of the following except:

- A. not make decision about nutrition interventions
- B. practice-related problems
- C. aids thinking and decision making
- D. make decisions about nutrition interventions

**正解：A**

解説：
The Nutrition Care Process and Model (NCPM) is designed as a systematic approach used by registered dietitians (RDs) and nutrition professionals to provide high-quality, individualized nutrition care. It involves several key steps: assessment, diagnosis, intervention, and monitoring/evaluation. This structured method allows RDs to critically think through client or patient situations, identify nutrition-related problems, and develop effective interventions.
The question asks which of the following the NCPM does not address. The options provided are: 1. Practice-related problems 2. Make decisions about nutrition interventions 3. Not make decisions about nutrition interventions 4. Aids thinking and decision making The NCPM is explicitly designed to address practice-related problems by allowing RDs to assess and diagnose nutrition-related issues based on collected data. It also aids in thinking and decision-making by providing a structured framework to guide these processes effectively. Thus, the correct answer to the question would be that the NCPM does not provide a method to "not make decisions about nutrition interventions." This is because the entire model is centered around making informed decisions to manage and treat nutrition-related issues.
Essentially, the NCPM equips nutrition professionals with the tools to actively make decisions regarding interventions based on individual assessments. The option "not make decisions about nutrition interventions" contradicts the fundamental purpose of the NCPM, which is to enable decision-making to optimize patient care. This highlights the role of the NCPM in facilitating proactive, rather than passive, management in nutrition care.

**質問 # 20**
Although the brain represents only 2% of body mass, it consumes what percentage of energy provided by the diet?

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

**正解：B**

解説：
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.

**質問 # 21**
Serum is:

- A. the fluid from blood centrifuged with anticoagulants
- B. scrapings and biopsy samples
- C. the result of random samples or timed collections of feces
- D. the fluid from blood after blood cells and clots are removed

**正解：D**

解説：
Serum is a component of blood that is obtained after the removal of blood cells and the clotting factors. To understand what serum is, it's crucial to know how it is derived from blood. Blood consists of several components including red blood cells, white blood cells, platelets, and plasma. When blood is drawn and allowed to clot, the solid components (blood cells and clotting factors) form a clot, and the remaining liquid is what is known as serum.
This process can be facilitated by centrifugation, where the blood is spun at high speeds, causing the heavier components like blood cells and clotting factors to separate and settle at the bottom, leaving the serum as the supernatant fluid. It is essential that anticoagulants are not used in this process because their presence prevents clotting, leading instead to the creation of plasma, not serum.
Serum plays a significant role in medical diagnostics. It is commonly used in laboratory assessments as it serves as a rich source of biomarkers-substances that can be measured to assess the health of an individual. For instance, serum levels of glucose, cholesterol, proteins, and hormones can provide valuable insights into a person's metabolic processes and whether they are within normal ranges or indicative of a disease.
Furthermore, serum is used in the detection of antibodies indicating infections, autoimmune disorders, and exposure to certain pathogens. Therefore, it is a crucial tool in both clinical diagnosis and management of various medical conditions. It helps in the evaluation, diagnosis, and monitoring of patients in a broad spectrum of healthcare settings.

**質問 # 22**
If a person is on a low-residue diet, he or she should avoid which of the following?

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

**正解：C**

解説：
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.

**質問 # 23**
The migration of charged solutes or particles in an electrical field is which of the following?

- A. chromatography
- B. electrophoresis
- C. mass spectrometry
- D. proteomics

**正解：B**

解説：
The correct answer to the question regarding the migration of charged solutes or particles in an electrical field is "electrophoresis." Electrophoresis is a technique used in laboratories to separate charged molecules, such as DNA, RNA, and proteins, based on their size and charge. This process is fundamental in biochemical and molecular biology research, as well as in diagnostics and forensic science.
The principle behind electrophoresis is that charged molecules will move in an electrical field towards the electrode with the opposite charge. Positively charged molecules will migrate towards the negatively charged electrode (cathode), and negatively charged molecules will move towards the positively charged electrode (anode). The rate of migration of each molecule is influenced by its charge, the size of the molecule, and the properties of the medium through which it is moving.
The components of an electrophoresis setup include: 1. **Electrical Power Source**: Provides the electric field necessary for the migration of the charged particles. 2. **Support Medium**: Often a gel, such as agarose or polyacrylamide, that provides a matrix through which the particles can move. The choice of gel depends on the size and type of molecules being separated. 3. **Buffer Solution**: Fills the system and provides ions that facilitate the conduction of electricity and maintain a stable pH during the process. 4. **Sample**: Contains the mixture of molecules that need to be separated. 5. **Detecting System**: Used to visualize the separated molecules after the process is complete. Common methods include staining the gel with dyes that bind to the molecules or using detectors that respond to specific tags attached to the molecules.
Electrophoresis is distinct from other separation techniques such as chromatography and mass spectrometry. Chromatography separates components based on differential partitioning between a mobile phase and a stationary phase, and mass spectrometry separates particles based on mass and charge and is often used for identifying and quantifying molecules. Proteomics, another option listed, is a broad field that may utilize electrophoresis among other techniques to study proteins. However, proteomics itself is not a method but rather a field of study.
In conclusion, electrophoresis is specifically characterized by the migration of charged particles in an electrical field, making it the correct answer to the question posed. This technique's ability to separate and analyze biological molecules makes it indispensable in scientific research and medical diagnostics.

**質問 # 24**
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