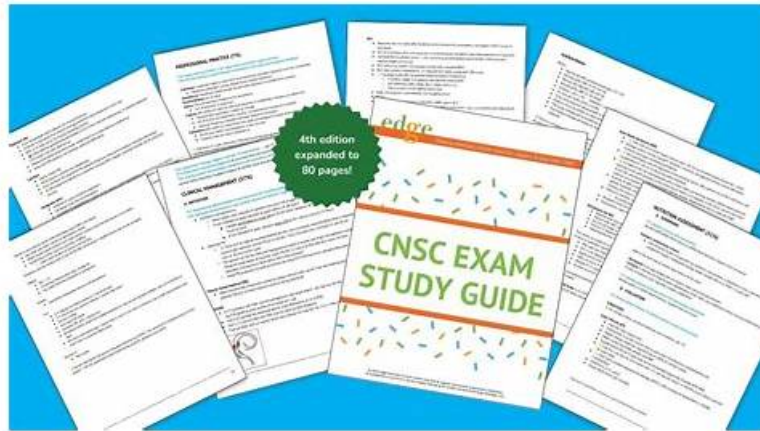


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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q35-Q40):

NEW QUESTION # 35

Documents about a learner's performance that are written by someone other than the learner are known as which of the following?

- A. artifacts
- B. productions
- C. portfolios
- D. attestations

Answer: D

Explanation:

Attestations, as the correct answer to the question, refer specifically to documents that provide evidence of a learner's performance, authored by someone other than the learner themselves. These documents can include teacher evaluations, mentor reports, or performance reviews which objectively assess and verify the skills, abilities, and competencies of the learner. The key aspect of

attestations is their origin; they are third-party assessments that provide an external perspective on the learner's achievements. Artifacts, on the other hand, are quite different. They are tangible pieces of work directly produced by the learner. Examples of artifacts include written assignments, projects, presentations, or any other materials that result from the learner's direct efforts. These items serve as direct evidence of the learner's skills and abilities, showcasing their personal contributions and the quality of their work.

Portfolios are broader collections that often include both artifacts and attestations. They are compiled by the learner to demonstrate a comprehensive record of their learning, skills, and professional development over time. Portfolios are strategic in nature, curated to highlight a learner's best work and often include reflections on the learning process and outcomes.

Productions, as referenced in the educational context, generally relate to any outputs created by the learner as part of their educational journey. These can be part of a portfolio and are similar to artifacts in that they are the direct result of a learner's work. However, the term can also encompass broader project outcomes beyond simple documents, such as media productions, art pieces, or software programs. In summary, while attestations provide an external validation of a learner's performance, artifacts and productions are outputs directly created by the learner. Portfolios then serve as comprehensive records that may include all the above elements to showcase the learner's abilities and learning progression comprehensively.

NEW QUESTION # 36

Which of the following tests is used to diagnose and monitor treatment of acute pancreatitis?

- A. GGT
- B. amylase
- C. creatinine
- D. T3

Answer: B

Explanation:

Acute pancreatitis is an inflammation of the pancreas that can be severe and life-threatening. The condition often requires rapid diagnosis and treatment to manage symptoms and prevent complications. One crucial diagnostic test used in this context is the amylase test. Amylase is an enzyme produced primarily by the pancreas and the salivary glands to help in the digestion of carbohydrates.

When the pancreas is inflamed, as in the case of acute pancreatitis, it may release more amylase into the bloodstream. Therefore, measuring the levels of amylase in the blood can help in the diagnosis of acute pancreatitis. The normal range for amylase levels in the blood is typically between 21 and 160 units per liter (U/L). Elevated levels may indicate pancreatitis, although they can also be seen in other medical conditions.

It's important to note that while amylase testing is useful in the initial diagnosis of acute pancreatitis, it is not the only test used. Other tests, such as lipase levels, which can be more specific to pancreatic function, might also be conducted. Moreover, imaging tests like abdominal ultrasound or CT scans are often required to assess the extent of inflammation and to check for complications such as pancreatic necrosis or fluid collections.

In terms of treatment monitoring, amylase levels are sometimes tracked over time to see how well the pancreas is healing or responding to therapy. However, the focus often shifts towards managing symptoms, preventing complications, and addressing the underlying cause of the pancreatitis.

The other options listed (GGT, T3, creatinine) are tests used for different purposes. GGT (Gamma-Glutamyl Transferase) is primarily used to assess liver function and diagnose liver diseases. T3 (Triiodothyronine) is one of the thyroid hormones and is measured to evaluate thyroid function. Creatinine tests are used to evaluate kidney function. None of these are relevant for diagnosing or monitoring acute pancreatitis, highlighting why amylase is the correct answer in this context.

NEW QUESTION # 37

What do all eating disorders have in common?

- A. Laxative abuse.
- B. Binging.
- C. Obsessive dieting.
- D. Irrational fear.

Answer: D

Explanation:

Eating disorders, a group of conditions marked by severe disturbances in eating behaviors and related thoughts and emotions, have one common thread irrespective of their type: the presence of an irrational fear. This fear is typically centered around body image,

weight, and food, and drives the disordered eating behaviors seen across various eating disorders. The fear can manifest as a dread of gaining weight, an extreme desire to lose weight, or a distorted perception of body weight and shape, leading to harmful behaviors in an attempt to manage these fears.

The irrational fear experienced by individuals with eating disorders often leads to attempts to control or "manage" this fear through various means, which manifest differently depending on the specific disorder. For example, in anorexia nervosa, this might involve extreme restriction of calorie intake and obsessive exercise; in bulimia nervosa, it could involve episodes of binge eating followed by purging through vomiting or laxative abuse; in binge eating disorder, it might manifest as episodes of excessive eating without compensatory behaviors. The commonality across all these behaviors is the underlying fear and the attempt to exert control over it. It is crucial to understand that while other symptoms such as bingeing, laxative abuse, or obsessive dieting are indicative of specific eating disorders, the element of irrational fear is a universal aspect that underlies all these disorders. This fear is not just about food or weight but often involves deeper psychological issues such as low self-esteem, perfectionism, or coping with emotional stress, which need to be addressed to effectively treat the disorder.

In contrast to the other symptoms listed, which are specific to certain types of eating disorders, irrational fear is the fundamental psychological component that pervades all forms of these conditions. Recognizing and treating this fear is essential in helping individuals recover, as it is often the driving force behind the disordered eating behaviors. Treatment approaches typically involve a combination of psychotherapy, nutritional education, and medical support, aimed at addressing both the physical and psychological aspects of the disorder.

NEW QUESTION # 38

When pureeing food, what happens to the volume of fruits and vegetables?

- A. Stays the same.
- B. Increases.
- C. Decreases.
- D. Doubles.

Answer: C

Explanation:

When pureeing fruits and vegetables, the volume of the produce decreases. This occurs because the process of pureeing breaks down the fibrous structures and cells within the fruits and vegetables, releasing trapped air and reducing the overall space they occupy. Additionally, during pureeing, any excess water contained within the produce may also be released, which contributes to a reduction in volume.

The result of pureeing is a more compact, smoother texture that appears to occupy less space than the original whole fruits or vegetables. Despite this decrease in volume, the nutritional content of the fruits and vegetables remains, making the puree more nutrient-dense per spoonful compared to the raw, whole form. This is beneficial for creating concentrated flavors and nutrients in meals, especially in dishes where space and texture are considerations, such as smoothies or soups.

It's important to note that this characteristic of decreasing volume is specific to fruits and vegetables. In contrast, when meats are pureed, the volume can actually increase. This is because meats generally require the addition of liquids, such as water or broth, to facilitate the pureeing process and achieve a palatable texture. This addition of liquid increases the overall volume of the pureed meat compared to its original form.

NEW QUESTION # 39

The diabetes diagnostic test that is an integrated measure of long-term mean glycemia is which of the following?

- A. hemoglobin A1C
- B. random blood glucose test
- C. glycated serum protein
- D. fasting plasma glucose

Answer: A

Explanation:

The correct answer to the question regarding the diabetes diagnostic test that serves as an integrated measure of long-term mean glycemia is "hemoglobin A1C." Hemoglobin A1C, also known as HbA1c, is a form of hemoglobin that is chemically linked to glucose. This linkage occurs as a result of exposure of the hemoglobin in red blood cells to circulating glucose. As a result, the level of HbA1c in an individual's blood reflects the average blood glucose concentration over the previous two to three months, which is roughly the lifespan of a red blood cell.

HbA1c is widely recognized and utilized as a critical marker for the long-term management of diabetes mellitus. It provides a more

consistent and comprehensive picture of blood glucose levels over time, compared to other tests that might only reflect glucose levels at a single point in time or over a short period. For non-diabetics, the normal range for HbA1c is typically between 4% and 6%. For individuals with diabetes, medical guidelines usually recommend maintaining an HbA1c level of less than 7% to effectively manage the condition and reduce the risk of developing diabetes-related complications such as neuropathy, nephropathy, and retinopathy. In contrast, other tests such as fasting plasma glucose (FPG) and random blood glucose tests offer snapshots of an individual's glucose level at specific times. Fasting plasma glucose specifically measures blood glucose after an overnight fast and does not provide information about glucose fluctuations during the day or after meals. Similarly, the random blood glucose test measures glucose at any given time, irrespective of meal times, and can vary significantly based on recent food intake and other factors. Another test mentioned is the glycated serum protein test, which also reflects average glucose levels over a shorter period (typically one to three weeks) compared to HbA1c. While this test can be useful in certain situations, it is not as commonly used as HbA1c for monitoring long-term glucose control in individuals with diabetes. In summary, hemoglobin A1C is considered the gold standard for assessing long-term glycaemic control in individuals with diabetes. It helps in planning treatment strategies and adjusting medications to prevent or delay the onset of diabetes complications. This test's significance lies in its ability to provide a more accurate and cumulative view of glucose levels over an extended period, making it a vital tool in diabetes management.

NEW QUESTION # 40

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