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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q62-Q67):

NEW QUESTION # 62

Up to 20 mcg/100 ml of plasma Carotene in all ages is considered:

- A. none of the above
- B. deficient
- C. acceptable
- D. marginal

Answer: B

Explanation:

The question pertains to the categorization of plasma carotene levels and their interpretation in terms of nutritional status. Plasma carotene levels are used as a biomarker for vitamin A status as well as overall intake of carotenoid-rich fruits and vegetables. Carotenes are converted by the body into vitamin A, which is essential for vision, growth, and immune function.

According to the information provided, plasma carotene levels up to 20 mcg/100 ml for all ages are considered deficient. This implies that such low levels indicate an inadequate intake of carotenoid-containing foods, potentially leading to vitamin A deficiency if not addressed. This is critical as vitamin A deficiency can result in severe health problems, including impaired vision (night blindness),

an increased risk of infection, and in severe cases, blindness.

The question then mentions a "marginal" status for plasma carotene levels between 20-39 mcg/100 ml for all ages, and specifically for pregnant women, a marginal status is considered for levels between 40-79 mcg/100 ml. Marginal status suggests that while the levels are not low enough to be classified as deficient, they are not optimal and could benefit from nutritional improvement to prevent potential health issues.

Furthermore, acceptable levels of plasma carotene are defined as 40+ mcg/100 ml for all ages, and 60+ mcg/100 ml specifically for pregnant women. These levels are considered sufficient and imply a healthy intake of carotenoids, suggesting a lower risk of vitamin A deficiency and associated health problems.

In context, if plasma carotene levels are up to 20 mcg/100 ml, it indicates a deficiency in carotene intake, which is critical for maintaining adequate vitamin A levels and overall health. Thus, the correct response to the question about the status of plasma carotene levels up to 20 mcg/100 ml being considered for all ages is "deficient." This highlights the need for increased consumption of carotenoid-rich foods or supplementation to achieve optimal health outcomes.

NEW QUESTION # 63

What is the main source of fluoride?

- A. Carrots.
- B. Beets.
- C. Spring water.
- D. Tap water.

Answer: D

Explanation:

The main source of fluoride for many people is tap water. Fluoride is a mineral known for its ability to strengthen tooth enamel, which helps to prevent dental cavities. Recognizing its benefits for oral health, many municipal water systems in the United States and other countries add fluoride to their drinking water. This process, known as water fluoridation, aims to reduce dental problems in the general population.

Fluoride can naturally occur in water sources, including rivers, lakes, and wells, at varying concentrations. However, the levels of naturally occurring fluoride may not be sufficient to achieve the dental health benefits. Therefore, controlled addition of fluoride to public water supplies adjusts the fluoride concentration to an optimal level that is deemed safe and effective for preventing tooth decay.

In areas where tap water is not fluoridated, or for individuals using private wells, fluoride supplements are available. These supplements can be prescribed by dentists or other healthcare professionals to help individuals, particularly children, develop strong teeth and reduce the risk of cavities.

Aside from tap water and supplements, fluoride can also be found in various dental products such as toothpaste and mouth rinses. These products directly apply fluoride to the teeth, enhancing the tooth enamel's resistance to decay. It is important for individuals to be aware of the fluoride sources they are exposed to, to maintain adequate levels without exceeding recommended amounts, as excessive fluoride exposure can lead to dental fluorosis or other health issues.

NEW QUESTION # 64

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

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

Answer: B

Explanation:

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.

NEW QUESTION # 65

What do all eating disorders have in common?

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

Answer: A

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 binging, 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 # 66

Early establishment of good rapport is essential for an effective interview that includes all of the following except:

- A. making them feel free to share information
- B. beginning with a pleasant greeting
- C. being late
- D. placing the client at ease

Answer: C

Explanation:

Establishing good rapport early in an interview is crucial for fostering a conducive environment where the client feels comfortable,

respected, and open to sharing information. This connection is foundational to effective communication, which can significantly influence the outcome of the interview. Let's explore the elements of good rapport mentioned in the question and clarify why one of them is not conducive to building rapport.

****Placing the client at ease:**** When a client is at ease, they are more likely to open up and provide honest, comprehensive responses. An interviewer can achieve this by creating a welcoming environment, being attentive, and showing genuine interest in the client's thoughts and feelings. This aspect is a direct contributor to establishing a strong rapport.

****Making them feel free to share information:**** This is closely related to placing the client at ease but focuses more specifically on the communication aspect. When clients feel that they are in a safe space where their views are valued and confidentiality is respected, they are more inclined to share sensitive or critical information freely. This sharing is essential for the effectiveness of the interview.

****Beginning with a pleasant greeting:**** Starting an interview with a friendly and respectful greeting sets a positive tone for the interaction. It demonstrates professionalism and courtesy, making the client feel valued from the outset. This initial impression can significantly impact the client's comfort level and willingness to engage in the conversation.

****Being late:**** Unlike the other elements listed, being late does not contribute to building good rapport. In fact, it can have the opposite effect. Arriving late to an interview can give an impression of disorganization or a lack of respect for the client's time. While apologizing and explaining the reason for the tardiness can mitigate some negative effects, it does not aid in establishing rapport. It is generally recommended to be punctual as a sign of professionalism and respect.

In conclusion, the only option in the list that does not contribute to establishing good rapport is "being late." All other options are proactive strategies intended to make the client feel comfortable and respected, thereby fostering an environment conducive to an effective and productive interview. Being punctual, alongside the other positive rapport-building techniques, is essential for setting the right tone and ensuring the interview's success.

NEW QUESTION # 67

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