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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q31-Q36):

NEW QUESTION # 31

Serum is:

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

Answer: D

Explanation:

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.

NEW QUESTION # 32

Eggs for commercial foodservice are sold as frozen whole eggs in 30 lb cans. A can equals how many whole eggs?

- A. 30 dozen
- B. 15 dozen
- C. 10 dozen
- D. 23 dozen

Answer: D

Explanation:

To answer the question of how many whole eggs are equivalent to one 30 lb can of frozen whole eggs, we must first understand the typical weight of a whole egg.

On average, a large whole egg weighs about 2 ounces. Since there are 16 ounces in a pound, a pound would typically contain about 8 large eggs. Therefore, to find out how many eggs are in a 30 lb can, you would multiply 30 pounds by 8 eggs per pound, resulting in 240 eggs.

However, when dealing with bulk or commercial packaging like a 30 lb can of frozen whole eggs, the eggs are not individually accounted for by their shell weight but rather by their collective mass. Hence, the calculation may slightly differ based on the specific packing and preservation method used.

It is stated that a 30 lb can of frozen whole eggs approximately equals 23 dozen eggs. Knowing that one dozen equals 12 eggs, 23 dozen would be 276 eggs. This suggests that in commercial terms, the eggs might be slightly smaller, or the packaging could include the weight of the liquid or additional materials used in the preservation process.

Therefore, the correct answer is that a 30 lb can of frozen whole eggs equals about 23 dozen eggs. This conversion is crucial for food service professionals who need to accurately calculate costs and supplies for recipes and menu planning.

NEW QUESTION # 33

In which of the following "shops" are employees not required to join a union?

- A. closed shop
- B. agency shop
- C. open shop
- D. union shop

Answer: C

Explanation:

The question asks about the type of work environment where joining a union is not mandatory for employees. The options given are various types of "shops" or workplace environments concerning union membership policies. To clarify, each type of shop operates under different rules regarding union membership:

1. ****Union Shop:**** In a union shop, all employees must join the union after being hired within a certain period and must remain members of the union as a condition of employment. This setup is designed to ensure that all workers who benefit from the union's negotiations are contributing members.

2. ****Open Shop:**** An open shop, in contrast, does not require employees to join the union as a condition of employment. Employees in an open shop can choose to join the union or remain independent without any repercussions regarding their employment status. This environment provides workers with the freedom to decide whether they want to participate in union activities and pay dues. Because this option aligns with the question's criteria where union membership is not compulsory, this is the correct answer.

3. **Closed Shop:** A closed shop was a work setting where employees must be members of the union before they are hired. However, this has been largely outlawed in many regions, including the United States, under the Taft-Hartley Act of 1947. In areas where they are still allowed, they represent a strong union presence and control over workforce composition.

4. **Agency Shop:** In an agency shop, employees are not required to join the union, but all workers must pay the union fees regardless of their membership status. These fees are meant to cover the costs of collective bargaining and administration that the union undertakes on behalf of all workers. This setup ensures that the union is funded but does not force employees to become formal members.

To summarize, the only "shop" in the given options where employees are not required to join a union or pay dues as a condition of their employment is the open shop. This makes the "open shop" the correct answer to the question regarding which workplace environment does not mandate union membership for employees.

NEW QUESTION # 34

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

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

Answer: B

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 # 35

Which of the following drugs should be taken with food?

- A. castor oil
- **B. indomethacin**
- C. digoxin
- D. levodopa

Answer: B

Explanation:

When considering the administration of medications, an important factor to take into account is whether they should be taken with food or on an empty stomach. This can significantly affect the drug's absorption, effectiveness, and the user's comfort. Among the options provided—digoxin, indomethacin, castor oil, and levodopa—the correct answer is indomethacin, which should be taken with food.

Indomethacin is a nonsteroidal anti-inflammatory drug (NSAID) commonly used to reduce fever, pain, stiffness, and swelling. It works by inhibiting the production of certain natural substances that cause inflammation. This drug can irritate the stomach lining and potentially lead to gastrointestinal side effects such as ulcers or bleeding. Taking indomethacin with food, milk, or an antacid helps to minimize these risks by buffering the stomach lining and reducing drug-induced irritation.

On the other hand, digoxin, used in the treatment of various heart conditions including atrial fibrillation and heart failure, is best taken on an empty stomach. Food can affect the absorption rate of digoxin, potentially making the medication less effective. Hence, it is typically recommended that digoxin is taken at least one hour before or two hours after meals.

Castor oil, a stimulant laxative used to relieve constipation, is another medication that should be taken on an empty stomach. Food can delay the absorption and action of castor oil, so for quicker relief, it is advised to take it without any food intake.

Levodopa, a primary treatment for Parkinson's disease, should also be taken on an empty stomach or at least not with protein-rich foods, as they can interfere with the drug's absorption and transport in the body. This could reduce the effectiveness of levodopa in managing Parkinson's symptoms.

In conclusion, while indomethacin should be taken with food to reduce gastrointestinal side effects, other drugs like digoxin, castor oil, and levodopa are best taken on an empty stomach to enhance their absorption and effectiveness. Understanding these nuances can help ensure that these medications provide their maximum benefit with minimal side effects.

NEW QUESTION # 36

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