

# NBNSC-CNSC Valid Test Topics, Original NBNSC-CNSC Questions

## CNSC Exam Prep | 66 questions and answers | updated

D5W (5% dextrose) - Dextrose - 50  
Sodium - 0  
Chloride - 0  
Tonicity - Hypotonic  
Free water - 1000  
0.45% NaCl (1/2 NS) - Dextrose - 0  
Sodium - 77  
Chloride - 77  
Tonicity - Hypotonic  
Free water - 500  
0.9% NaCl (normal saline) - Dextrose - 0  
Sodium - 154  
Chloride - 154  
Tonicity - Isotonic  
Free water - 0  
3% NaCl (hypertonic solution) - Dextrose - 0  
Sodium - 513  
Chloride - 513  
Tonicity - Hypertonic  
Free water - -2331  
Lactated Ringers - Dextrose - 0  
Sodium - 130  
Chloride - 109  
Also contains lactate, K, and Ca<sup>2+</sup>  
Tonicity - Isotonic  
Free water - 0  
Total body water divided into intracellular (IC) and extracellular (EC) space  
- About \_\_\_\_\_% of TBF is IC and \_\_\_\_\_% is EC and they are separated by a cell membrane

EC compartment is divided into interstitial (IS) and the intravascular space  
- \_\_\_\_\_% of EC fluid is in the IS space  
- \_\_\_\_\_% of the EC fluid is in the intravascular space - 66% is IC  
33% is EC  
-- 25% intravascular, 75% in IS  
Distribution of intravenous fluids

1000mL or 1 L of either of these:  
0.9% NaCl - Normal Saline

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## NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q84-Q89):

### NEW QUESTION # 84

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

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

**Answer: A**

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 # 85

Nutrition is how the food you eat affects your body. For health, energy, and growth, you need to do all of the following except:

- A. consume about 8 cups of water per day
- B. eat a variety of foods in moderate yet adequate amounts
- C. the food choices you make today will not affect your health and quality of life for years to come.
- D. getting the right balance of nutrients helps you look your best and perform well at school and work

**Answer: C**

Explanation:

Nutrition plays a crucial role in maintaining overall health, providing energy, and supporting growth. When considering how to optimize your diet for these purposes, it is essential to incorporate a variety of foods in moderate yet adequate amounts, ensure you're getting the right balance of nutrients, and stay hydrated by consuming about 8 cups of water per day. These dietary choices provide the necessary nutrients-chemicals that nourish the body, enhance appearance, and boost performance in activities like school and work.

However, the statement "the food choices you make today will not affect your health and quality of life for years to come" is incorrect and is the option to exclude when considering what is necessary for health, energy, and growth. In reality, the choices we make in our diet have long-term impacts on our health and quality of life. Consistently making poor food choices can lead to various health issues, including obesity, diabetes, heart disease, and other chronic conditions. Conversely, making healthy food choices can help prevent these conditions, improve mental health, and enhance physical performance.

Therefore, understanding that every meal can contribute either positively or negatively to your long-term health is crucial. This knowledge emphasizes the importance of making informed and beneficial dietary choices consistently over time. Hence, the correct approach to nutrition involves recognizing the significant, lasting impact of daily food choices on both current and future health and wellbeing.

### NEW QUESTION # 86

Which of the following is the SECOND stage of change?

- A. Maintenance.
- B. Precontemplation.
- C. Contemplation.
- D. Action.

**Answer: C**

Explanation:

Prochaska and DiClemente's model, also known as the Transtheoretical Model of Behavior Change, outlines six stages through which individuals typically pass when they are trying to modify a behavior. The stages are: Precontemplation, Contemplation, Preparation, Action, Maintenance, and Termination. Each stage represents a different mindset and readiness to change.

The second stage, Contemplation, is marked by the individual's awareness of the need for change. During this stage, the person acknowledges that there is a problem and begins to think seriously about solving it. However, they have not yet made a commitment to take action. This stage is characterized by ambivalence - the individual may desire change but also resist it because of the perceived costs or effort involved.

In Contemplation, individuals spend time considering the pros and cons of changing their behavior and the potential impact it might have on their lives. They are weighing their options and recognizing the benefits of change but are often held back by fear, uncertainty, or the comfort of familiar habits.

This stage can last for a long time as the individual wrestles with these conflicting emotions. The progression to the next stage, Preparation, typically occurs when the balance tips in favor of the benefits of change, leading the individual to start planning actionable steps.

### NEW QUESTION # 87

All of the following are uses for Juniper except:

- A. regulates blood sugar levels
- B. acts as a diuretic
- C. relieves inflammation and congestion
- D. does not interfere with the absorption of iron and other minerals

**Answer: D**

Explanation:

Juniper, a plant known for its health benefits, is utilized in various ways in traditional medicine. It acts as a diuretic, helping the body expel excess water and salt, which can be particularly useful in conditions such as fluid retention and hypertension. This diuretic property is one of the primary reasons juniper is considered beneficial for kidney and bladder issues.

Besides its diuretic action, juniper is known for its ability to relieve inflammation and congestion. This makes it helpful in the treatment of conditions like asthma, where inflammation of the respiratory system plays a crucial role. Its anti-inflammatory properties are also advantageous in managing symptoms of gout, a condition characterized by painful inflammation of the joints.

Juniper is reputed to have effects on blood sugar regulation as well, which can be significant for managing diabetes or prediabetic conditions. Its potential to aid in regulating blood sugar levels adds to its utility in a holistic approach to treating or managing obesity and metabolic syndrome.

However, it's important to note that juniper may interfere with the absorption of iron and other minerals when taken internally. This interference can lead to deficiencies if juniper is used concurrently with other supplements without proper timing or medical advice. Thus, it should be taken separately from meals or other supplements to avoid this interaction.

From the information provided, it is clear that the statement "does not interfere with the absorption of iron and other minerals" is

incorrect regarding the use of juniper. This makes it the exception in the list of uses for juniper presented in the question.

### NEW QUESTION # 88

Pectin and mucilage are soluble in water and form a gel that helps provide bulk for the intestines. They are useful because:

- A. they bind to cholesterol and reduce the amount that can be absorbed by the blood
- B. they are not soluble
- C. A and C
- D. edible thickening agent

**Answer: C**

Explanation:

It appears that the original text provided is somewhat disorganized and unclear. I will attempt to clarify and expand upon the information regarding the usefulness of pectin and mucilage, especially in the context of health benefits like cholesterol management, diabetes, and potentially preventing colon cancer.

Pectin and mucilage are natural substances found in many plants. Pectin is particularly abundant in the cell walls of fruits such as apples, while mucilage is found in plants like flax seeds and psyllium. Both of these substances are soluble in water, which means they can dissolve in water to form a gel-like substance. This gelatinous property allows them to serve as bulk-forming agents in the digestive system. When consumed, they absorb water and expand, which can help to regulate bowel movements and prevent constipation.

Beyond aiding in digestion, pectin and mucilage provide other significant health benefits. One of their primary advantages is their ability to bind to cholesterol in the digestive tract. This binding process helps to limit the amount of cholesterol that is absorbed into the bloodstream. By reducing the overall intake and absorption of cholesterol, pectin and mucilage can contribute to lower blood cholesterol levels, which is beneficial for heart health.

These substances are also valuable for individuals managing diabetes. The gel formed by pectin and mucilage in the digestive tract slows down the digestion process. This slower digestion rate moderates the absorption of glucose (sugar) into the bloodstream, preventing sharp spikes in blood sugar levels. Consistently managing blood sugar levels is crucial for people with diabetes, as it helps mitigate the risk of complications associated with the disease.

Additionally, there is some evidence to suggest that a diet high in fiber, including substances like pectin and mucilage, may help in preventing certain types of cancer, such as colon cancer. The mechanisms are thought to involve the promotion of a healthy digestive environment and the binding of potential carcinogens (cancer-causing substances) in the colon, thereby reducing their contact with the colon lining.

In summary, pectin and mucilage are not only useful as thickeners or edible agents in various food products but are also beneficial for health due to their cholesterol-binding properties, effectiveness in glucose management, and potential role in cancer prevention. This makes them particularly useful in dietary applications aimed at improving or maintaining health.

### NEW QUESTION # 89

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