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## NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q86-Q91):

### NEW QUESTION # 86

Which of the following drugs should be taken with food?

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

**Answer: C**

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 # 87

Which of the following is a rapid-acting insulin?

- A. NPH
- B. Lispro
- C. Glargine
- D. Detemir

**Answer: B**

Explanation:

The question asks to identify which of the listed options is a rapid-acting insulin. The options provided are Glargine, Lispro, Detemir, and NPH. Among these, Lispro is the correct answer as it is classified as a rapid-acting insulin.

Lispro, also known by its brand name Humalog, is designed to act quickly after injection. Its primary use is to manage blood glucose levels around meal times, providing an insulin boost that is necessary for the body to handle the influx of glucose into the bloodstream that occurs after eating. The onset of action for Lispro is approximately 5 to 15 minutes, meaning it starts to work to lower blood glucose levels within this time frame after injection. Its peak action typically occurs about one hour after administration and its overall duration is usually around 3 to 5 hours. This short action profile makes it suitable for controlling blood sugar spikes after meals.

In contrast, the other options listed—Glargine, Detemir, and NPH—are not rapid-acting insulins. Glargine (known as Lantus) and Detemir (known as Levemir) are long-acting insulins. They are designed to provide a constant level of insulin in the body over a long period, typically covering 24 hours, with a slow and steady release that mimics the natural basal insulin secretion of the pancreas. NPH (Neutral Protamine Hagedom) insulin is considered an intermediate-acting insulin. It has an onset of action that typically ranges from 1 to 3 hours and can last up to 16 hours. NPH is often used to provide basal insulin coverage but does not act as quickly as rapid-acting insulins like Lispro.

Understanding these differences is crucial for the effective management of diabetes, as choosing the right type of insulin is essential for maintaining optimal blood glucose levels and preventing both short-term and long-term complications of diabetes.

### NEW QUESTION # 88

Patients who experience optic neuropathy may improve with which of the following treatments?

- A. Resveratrol
- B. Vitamins C and E
- C. B-group vitamins and folic acid
- D. Vitamins A and D

**Answer: C**

Explanation:

Optic neuropathy refers to damage or dysfunction of the optic nerve, which can lead to vision loss. This condition can result from a variety of causes including genetic factors, inflammation, trauma, and nutritional deficiencies. In cases where optic neuropathy is linked to nutritional deficiencies, treatment with specific supplements may help in managing the condition and potentially improving symptoms.

Among the treatments for optic neuropathy caused by nutritional deficiencies, the administration of B-group vitamins and folic acid has shown promising results. B-group vitamins, particularly vitamin B12, play a crucial role in the functioning of the nervous system

and in the maintenance of healthy nerve cells. Vitamin B12 deficiency can specifically lead to optic neuropathy; thus, supplementing this vitamin can help in reversing the damage or halting the progression of the disease.

Folic acid, another B vitamin, works in conjunction with vitamin B12 in many bodily processes, including DNA synthesis and red blood cell formation. It is also essential for the health of the nervous system. Adequate levels of folic acid, therefore, support nerve function and can contribute to the overall management of optic neuropathy.

The method of administering these vitamins can also affect their efficacy. Parenteral administration, which means administering the vitamins via injections directly into the bloodstream, ensures that the nutrients are absorbed more efficiently and quickly than if they were taken orally. This can be particularly important in cases where patients have conditions that impair nutrient absorption from the digestive tract.

In summary, for patients suffering from optic neuropathy related to nutritional deficiencies, treatment with parenteral B-group vitamins and folic acid may lead to improvements in vision. This approach not only helps in managing the symptoms of optic neuropathy but also addresses the underlying issues of vitamin deficiency, thereby supporting overall nerve health and function. This treatment should be monitored by healthcare professionals to ensure safety and effectiveness, and to adjust dosages as necessary based on individual patient needs.

### NEW QUESTION # 89

Which of the following is an example of an appropriate goal for a person trying to avoid weight gain from certain medications?

- A. Increase the amount of fruits, vegetables, and whole grains in their daily diet.
- B. Maintain a specific body weight (i.e. 160 pounds).
- C. Do not gain any weight.
- D. Develop a healthy body image.

**Answer: A**

Explanation:

In addressing the question of which goal is appropriate for someone aiming to avoid weight gain while on certain medications, it is crucial to consider goals that are both practical and conducive to long-term health improvements. One effective approach is to focus on modifying dietary habits, which includes increasing the intake of fruits, vegetables, and whole grains. This goal not only promotes healthier eating patterns but also contributes to better overall health management.

Increased consumption of fruits, vegetables, and whole grains is advantageous for several reasons. These food groups are high in dietary fiber, vitamins, and minerals, while generally being lower in calories and fat compared to more processed foods. The fiber content is particularly important as it helps to promote a feeling of fullness, which can prevent overeating—a key factor in maintaining weight. Additionally, these foods have a low energy density, which means they provide fewer calories compared to their weight, allowing one to eat satisfying portions without consuming too many calories.

Setting a goal to maintain a specific body weight, such as 160 pounds, or to not gain any weight, can be problematic. These goals are outcome-oriented and can lead to frustration and disappointment if not met. They do not account for the natural fluctuations in body weight that can occur due to factors like fluid balance and hormonal changes. Moreover, such goals do not necessarily encourage the adoption of healthy eating behaviors or improvements in overall health.

Developing a healthy body image is another important goal, but it is more psychological in nature and does not directly address the dietary behaviors that can help in managing weight gain associated with medication use. While it is a valuable goal, it may be more effective when pursued in conjunction with specific dietary changes, rather than as a standalone objective.

Therefore, the goal of increasing the intake of fruits, vegetables, and whole grains is not only behavior-oriented but also directly supports the physical health changes needed to counteract potential weight gain from medications. This goal emphasizes positive action and focuses on the process of making healthier food choices on a daily basis, which is more controllable and sustainable over the long term.

### NEW QUESTION # 90

An individual has difficulty swallowing. What will make eating easier?

- A. Small slices of food.
- B. Pureed food.
- C. Taking small bites.
- D. A liquid diet.

**Answer: B**

Explanation:

An individual experiencing difficulty with swallowing, a condition known as dysphagia, can find eating a challenging and sometimes

risky task. To accommodate this issue and ensure safe and sufficient nutrition, certain modifications to the texture and size of food can be immensely helpful. Here are some options that can make eating easier for such individuals:

**\*\*Small Slices of Food\*\***: Cutting food into small, manageable pieces can significantly ease the swallowing process. This method reduces the effort required to chew food and minimizes the risk of choking. Small slices are particularly effective for those who can still chew but struggle with larger, bulkier bites. It's a simple modification that involves minimal preparation yet can make a substantial difference in the dining experience.

**\*\*Pureed Food\*\***: Pureeing food is a common and effective solution for those with severe swallowing difficulties. Pureed food has a smooth, cohesive consistency that can easily pass through the throat without requiring significant chewing. However, it's crucial to ensure that the pureed food is neither too thick nor too runny. If it's too thick, it might be hard to swallow, and if too runny, it could lead to involuntary inhalation or aspiration, which can cause choking or lung complications. The ideal consistency should be similar to that of apple sauce, which holds its shape on a spoon but is soft enough to swallow with minimal effort.

**\*\*Taking Small Bites\*\***: Regardless of the food's initial size or texture, taking small bites can also aid individuals with dysphagia. By controlling the amount of food placed in the mouth at one time, the swallowing process becomes less daunting, and the risk of choking is reduced. Combining small bites with thorough, careful chewing can further modify the food texture, making it easier to swallow.

**\*\*A Liquid Diet\*\***: In some cases, especially when swallowing is severely impaired, a liquid diet might be recommended. This diet can include broths, soups, and specially formulated nutritional drinks that provide essential nutrients in a form that requires minimal swallowing effort. However, like pureed food, the viscosity of liquids should be carefully considered. Very thin liquids can be as challenging as overly thick ones. Sometimes, thickening agents are used to achieve an optimal consistency that provides ease of swallowing and reduces the risk of aspiration. By choosing appropriate food textures and sizes, individuals with dysphagia can enjoy a broader range of foods while maintaining safety and nutrition. Consulting with healthcare professionals such as speech therapists or dietitians who specialize in swallowing disorders can provide personalized advice and recommendations tailored to specific needs.

## NEW QUESTION # 91

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