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## NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q92-Q97):

NEW QUESTION # 92

Water-soluble vitamins include which of the following?

- A. A, D, E, and K
- B. A, B6, and C
- C. thiamine, riboflavin, niacin, B6 and B12
- D. thiamine, niacin and retinol

**Answer: C**

Explanation:

Water-soluble vitamins are a category of nutrients that dissolve in water and are readily absorbed into tissues for immediate use. Unlike fat-soluble vitamins, which are stored in the body's fatty tissue, water-soluble vitamins are not stored in the body in significant amounts. As a result, they need to be replenished regularly through the diet to avoid deficiencies.

The primary water-soluble vitamins include the B-complex vitamins and vitamin C. The B-complex group consists of several vitamins such as thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine (B6), and cobalamin (B12). Each of these vitamins plays a crucial role in energy production, maintaining proper nerve function, and the production of red blood cells. Thiamine, for example, is essential for aerobic metabolism, riboflavin aids in energy production, niacin is vital for DNA repair, and vitamin B6 is important for protein metabolism.

Vitamin C, also known as ascorbic acid, is another important water-soluble vitamin. It is necessary for the synthesis of collagen, which helps maintain skin, blood vessels, bones, and cartilage. Vitamin C also serves as a powerful antioxidant, helping to protect cells against damage by free radicals and supporting the immune system.

Since water-soluble vitamins are not stored in the body, they are generally considered safe at recommended dosages as any excess is flushed out in the urine. However, it is important to maintain a regular intake because the body does not have a large reserve to draw upon when dietary intake is inadequate. This rapid turnover rate explains why deficiencies can quickly develop if dietary intake is insufficient. Common symptoms of such deficiencies might include skin disorders, cracks in the lips, dry hair, or more serious conditions such as anemia or neurological impairments.

Taking a daily supplement, such as a B-complex, can be beneficial in ensuring adequate intake of these essential nutrients, particularly for individuals who may not get enough from their diet alone. This is especially relevant for those who follow vegetarian or vegan diets, as some B vitamins, particularly B12, are primarily obtained from animal sources. Regular intake of these vitamins is crucial to avoid the rapid onset of deficiencies and to support overall health.

### NEW QUESTION # 93

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 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 # 94

Serum is:

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

**Answer: A**

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 # 95

All of the following are specimen types used in laboratory assessments except:

- A. erythrocytes
- B. nutritional status
- C. serum
- D. plasma

**Answer: B**

Explanation:

In the context of laboratory assessments, various biological specimens are utilized to conduct tests that help in diagnosing, monitoring, and managing diseases. Common specimens include serum, plasma, and erythrocytes (red blood cells). Each of these plays a specific role in medical testing:

Serum is the liquid fraction of blood that is collected after the blood has been allowed to clot and the clot has been removed. It is used for a wide range of tests, including blood glucose, cholesterol levels, and many other biochemical analyses.

Plasma, on the other hand, is the liquid component of blood in which the blood cells are suspended. It is obtained by centrifuging the blood without letting it clot. Plasma is used for tests such as coagulation studies and certain protein measurements.

Erythrocytes, or red blood cells, are often analyzed to assess their shape, size, and number, which are critical in diagnosing conditions like anemia or polycythemia.

While serum, plasma, and erythrocytes are all specific types of specimens directly linked to blood, "nutritional status" is not a specimen type but rather a broad term referring to the assessment of nutrients in the body. Nutritional status can be evaluated through various means including dietary surveys, anthropometric measurements (like body weight and height), and biochemical markers in blood or other fluids. However, unlike serum, plasma, or erythrocytes, nutritional status itself is not a tangible specimen that can be directly analyzed in a lab.

Therefore, when considering the types of specimens used in laboratory assessments, "nutritional status" stands out as the exception. It is a result derived from analyzing different specimens, not a specimen itself. This distinction is crucial for understanding the types of materials actually handled and analyzed in a laboratory setting.

### NEW QUESTION # 96

In regards to food resources, which of the following is an indicator for nutrition risk?

- A. Has sufficient access to food.
- **B. Inadequate financial resources.**
- C. Access to various cooking facilities.
- D. Can grow their own food.

**Answer: B**

Explanation:

In the context of nutrition risk, particularly in relation to food resources, inadequate financial resources stand out as a critical indicator. This means that when individuals or families do not have enough money to buy sufficient or nutritious food, they are at a higher risk of malnutrition and related health problems.

Financial constraints affect food security and overall dietary quality. People with limited financial resources may opt for cheaper, less nutritious food options which can lead to deficiencies in vital nutrients. This scenario also limits their ability to purchase a variety of foods, further restricting their intake of essential food groups such as fruits, vegetables, and proteins.

Apart from inadequate financial resources, other indicators of nutrition risk include insufficient access to food supplies and lack of access to adequate cooking facilities. Insufficient access to food might occur due to geographic isolation, limited availability of food stores, or disruptions in food supply chains. Lack of access to cooking facilities can impede the ability to prepare healthy meals, which can exacerbate nutritional risks, particularly in urban poor and homeless populations.

Understanding these indicators is crucial for addressing the challenges of food insecurity and for implementing effective interventions aimed at improving access to nutritious food, thus reducing the overall nutrition risk. This includes creating policies that ensure economic support and improve the infrastructure for food access and preparation within vulnerable communities.

### NEW QUESTION # 97

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