

# NUTRITION NBNSC-CNSC Real Sheets - NBNSC-CNSC Practice Questions

## CNSC study guide - parenteral nutrition calculation Exam Questions With Complete Solutions

1 g = \_\_\_ mg Correct Answers 1000

1/2 NS = \_\_\_ mEq sodium/L Correct Answers 77 mEq sodium/L

10% lipid ILE = \_\_\_ kcal/ml = \_\_\_ kcal/g Correct Answers 1.1 kcal/ml, 11 kcal/g

20% lipid ILE = \_\_\_ kcal/ml = \_\_\_ kcal/g Correct Answers 2 kcal/ml, 10 kcal/g

30% lipid ILE = \_\_\_ kcal/ml = \_\_\_ kcal/g Correct Answers 3 kcal/ml = 10 kcal/g

Administer a minimum of \_\_\_ g ILE every \_\_\_ to prevent EFAD? Correct Answers 100 g ILE once per week

Alternative ILEs may contain... Correct Answers fish oil, MCT and/or olive oil, in addition to soybean oil

Amino acid concentrations range from \_\_\_% to \_\_\_% Correct Answers 3%-15%

Amino acid osmolarity Correct Answers 10 mOsm/g

Amino acids = \_\_\_ kcals/g Correct Answers 4

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## NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q34-Q39):

### NEW QUESTION # 34

The innermost lining of the heart is which of the following?

- A. myocardium
- B. apex
- C. pericardium
- **D. endocardium**

**Answer: D**

Explanation:

The correct answer to the question about the innermost lining of the heart is the **endocardium**. The endocardium is a thin layer of endothelial tissue that lines the interior of the heart chambers and heart valves. Its main function is to provide a smooth and protective lining of the cardiac chambers and valves, ensuring that blood flows smoothly within the heart without clotting. In contrast, the other options mentioned refer to different parts of the heart's structure. The **myocardium** is the middle layer of the heart wall and consists of cardiac muscle tissue. It is responsible for the pumping action of the heart as it contracts and relaxes to circulate blood throughout the body. The **pericardium** is the fibrous sac that surrounds the heart and helps to protect it, maintaining its position in the thorax and providing a lubricated surface for the heart to move against. Lastly, the **apex** refers to the tip of the heart, which points downward and to the left, and is not directly related to the structural layers of the heart. Thus, when considering the innermost lining of the heart, the endocardium is the accurate answer, distinguishing it from the myocardium, pericardium, and the apex, which have different roles in the anatomy and function of the heart.

### NEW QUESTION # 35

Goals can be set by the client under the guidance of the counselor. Goals should be all of the following except:

- A. specific
- B. measurable
- C. attainable
- **D. not specific**

**Answer: D**

Explanation:

The question posed is about identifying which attribute should not be a characteristic of goals set by a client under the guidance of a counselor. The given options to choose from are: specific, not specific, measurable, attainable. To address this, let's break down each option based on the principles of effective goal setting in counseling contexts.

**Specific**: Effective goals should be specific. This means they need to be clearly defined and precise, rather than vague. Specific goals help both the client and the counselor understand exactly what is being aimed for, which can enhance motivation and provide a clear direction for action. For example, a goal to "increase physical activity" is vague, whereas a goal to "walk 30 minutes every day" is specific.

**Not Specific**: This option suggests that goals should be vague, which is generally not advisable in a counseling setting. Goals that are not specific are harder to measure and can lead to confusion and lack of progress, as they do not provide enough direction. Therefore, this is the attribute that should not be characteristic of effectively set goals.

**Measurable**: Goals should be measurable; that is, there should be some way to assess whether or not the goal has been achieved. This is crucial for tracking progress and determining the success of the intervention. Measurable goals allow both client and counselor to see what has been accomplished, which can be motivating and affirming.

**Attainable**: It is important that goals are attainable, meaning they should be realistically achievable given the client's current circumstances and resources. Setting goals that are too lofty or unrealistic can lead to frustration and decreased motivation. Goals should challenge the client but still remain within the realm of possibility to encourage steady progress.

In summary, the attribute that should not be a characteristic of goals set in a counseling context is "not specific." Effective goals need to be specific, measurable, and attainable to ensure they are clear, trackable, and realistically achievable, which supports overall progress and success in counseling outcomes.

### NEW QUESTION # 36

Serum is:

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

**Answer: B**

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 # 37

A person with xerophthalmia is most likely to have a deficiency of which of the following?

- A. vitamin A
- B. folic acid
- C. vitamin K
- D. vitamin C

**Answer: A**

Explanation:

Xerophthalmia is a medical condition primarily characterized by dryness of the conjunctiva and cornea of the eye. The term originates from Greek, where 'xero' means dry and 'ophthalmia' refers to the eye. This condition can lead to night blindness and more severe complications, potentially culminating in total blindness if left untreated.

The primary cause of xerophthalmia is a deficiency in vitamin A. This vitamin is crucial for maintaining healthy vision, immune function, and skin integrity. Vitamin A plays a particularly vital role in the production of rhodopsin, a pigment found in the retina of the eye that is essential for low-light (night) vision. Additionally, it is involved in the maintenance and function of the conjunctival membranes and cornea.

Vitamin A deficiency (VAD) can result from inadequate intake of vitamin A from dietary sources, which include animal-derived foods like dairy products, liver, and fish, as well as plant-based sources such as carrots, broccoli, and sweet potatoes that contain beta-carotene (which the body converts into vitamin A). Populations at higher risk of VAD typically include children in developing countries, pregnant women, and those with conditions that affect the absorption of fat-soluble vitamins from the gastrointestinal tract. Treatment of xerophthalmia involves the replenishment of vitamin A through dietary supplementation or the administration of high-dose vitamin A capsules, depending on the severity of the deficiency. Early diagnosis and treatment are crucial to prevent the progression of xerophthalmia to irreversible blindness. Public health initiatives often focus on improving vitamin A status among at-risk populations through diet diversification, fortification of foods, and supplementation programs especially in regions where VAD is prevalent.

In summary, xerophthalmia is a serious but preventable condition caused by a deficiency of vitamin A. It underscores the importance of adequate nutrition and the role of vitamins in maintaining overall health and functional bodily systems. Awareness and timely intervention are key in managing and preventing this eye disorder, thereby safeguarding vision and quality of life.

### NEW QUESTION # 38

The cells that form bone are known as which of the following?

- A. osteocytes
- **B. osteoblasts**
- C. osteoclasts
- D. osteoprogenitors

**Answer: B**

Explanation:

The cells primarily responsible for the formation of bone are known as osteoblasts. Osteoblasts originate from osteoprogenitor cells, which are a type of stem cell that can differentiate into various cell types involved in bone formation and repair. These osteoblasts are critical during both the initial formation of bone and the remodeling process that occurs throughout an individual's life.

Upon being signaled, osteoblasts begin the process of laying down new bone. They produce and secrete collagen, which forms the organic matrix of bone, and then help in the mineralization of this matrix to harden and form the rigid structure of the bone. Once their bone-forming function is completed, some osteoblasts transform into osteocytes, which are the mature bone cells embedded within the bone matrix. These osteocytes play a vital role in maintaining the mineral balance of the bone and help in the communication with other bone cells to regulate bone remodeling and repair.

In contrast to osteoblasts, osteoclasts are the cells responsible for bone resorption, which is the process of breaking down bone tissue. This action is crucial for the ongoing maintenance, repair, and remodeling of bones. Osteoclasts help in managing the bone's structure and function by removing old or damaged bone, making space for new bone formed by osteoblasts.

Thus, while osteoprogenitors are the precursor cells that give rise to osteoblasts, and osteocytes are the mature form of osteoblasts embedded in the bone matrix, it is the osteoblasts that are directly involved in the formation of bone. Therefore, in the context of the question about which cells form bone, the correct answer is osteoblasts.

### NEW QUESTION # 39

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