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NUTRITION NBNSC-CNSC Exam Syllabus Topics:

Section	Objectives
Metabolic and Clinical Nutrition Management	- Fluid and electrolyte balance - Metabolic response to illness and injury
Enteral Nutrition Support	- Administration methods and complications - Indications and formula selection
Parenteral Nutrition Support	- Indications and formulation principles - Complication prevention and management
Nutrition Assessment and Screening	- Risk identification and screening tools - Patient nutritional status evaluation
Monitoring and Complications	- Laboratory and clinical monitoring - Prevention and management of complications
Professional Practice and Ethics	- Interdisciplinary collaboration - Ethical and regulatory considerations

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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q42-Q47):

NEW QUESTION # 42

Sauerkraut and other pickled vegetables should be avoided when taking which of the following type of drugs?

- A. monoamine oxidase inhibitors
- B. antibiotics
- C. anti-malarial
- D. tetracycline

Answer: A

Explanation:

Monoamine oxidase inhibitors (MAOIs) are a class of drugs used primarily to treat depression and other psychological disorders. They work by inhibiting the activity of the enzyme monoamine oxidase, which breaks down neurotransmitters such as dopamine, norepinephrine, and serotonin in the brain. By inhibiting this enzyme, MAOIs increase the levels of these neurotransmitters, which can help improve mood and reduce symptoms of depression.

However, MAOIs can interact with certain foods containing high levels of tyramine, a naturally occurring compound that is usually broken down by monoamine oxidase. When MAOIs inhibit this enzyme, tyramine levels can build up in the body, leading to dangerous increases in blood pressure, a condition known as hypertensive crisis. Symptoms of a hypertensive crisis can include severe headache, confusion, blurred vision, nausea, vomiting, chest pain, rapid heartbeat, and extreme elevation in blood pressure. If not treated promptly, it can lead to stroke or other serious health issues.

Sauerkraut and other pickled vegetables are among the foods high in tyramine. The fermentation process that these vegetables undergo increases the tyramine content in them. Therefore, individuals taking MAOIs are advised to avoid or limit their intake of sauerkraut, pickled vegetables, and other high-tyramine foods such as aged cheeses, smoked or cured meats, and certain alcoholic beverages like tap beers and red wines.

It is important for patients on MAOIs to adhere to dietary restrictions to prevent hypertensive crises. Healthcare providers typically provide patients with a comprehensive list of foods to avoid and those that are considered safe. Managing diet while on MAOIs can be challenging, but it is crucial for avoiding potentially life-threatening complications.

In summary, sauerkraut and other pickled vegetables should generally be avoided by individuals taking monoamine oxidase inhibitors due to the high tyramine content of these foods, which can lead to severe hypertensive reactions. Patients should consult their healthcare providers for detailed guidance on dietary management while on these medications.

NEW QUESTION # 43

The percentage of red blood cells making up the entire volume of whole blood is known as which of the following?

- A. mean corpuscular volume
- B. hemoglobin
- C. mean corpuscular hemoglobin
- D. hematocrit

Answer: D

Explanation:

The correct answer to the question is "hematocrit."

Hematocrit, also referred to as packed cell volume (PCV), measures the proportion of red blood cells (RBCs) in a given volume of blood. This measurement is expressed as a percentage. For example, a hematocrit of 40% indicates that 40% of the volume of the blood consists of red blood cells.

The importance of hematocrit lies in its ability to provide critical information about a person's health. It is commonly used in medical diagnostics to help detect and monitor conditions such as anemia, dehydration, and other disorders affecting the blood. A low hematocrit level might suggest anemia, a condition where there are not enough red blood cells or the red blood cells are deficient in hemoglobin. Conversely, a high hematocrit level could indicate dehydration or polycythemia vera, a condition where the bone marrow produces too many red blood cells.

The hematocrit value is determined using a centrifuge, which spins a sample of blood in a capillary tube. This process causes the blood components to separate based on their density. Red blood cells, being the densest, settle at the bottom of the tube. The percentage of the total blood volume that is occupied by the red blood cells is then calculated, giving the hematocrit value.

It is important to note that while hematocrit is a crucial measurement, it is not the only parameter used to assess blood health. Other related measurements include hemoglobin concentration, mean corpuscular volume (MCV), and mean corpuscular hemoglobin (MCH). These parameters help provide a more comprehensive view of blood health and function. Hemoglobin, for instance,

measures the oxygen-carrying protein in red blood cells, while MCV and MCH provide information about the size and hemoglobin content of individual red blood cells, respectively.

In summary, hematocrit is a vital diagnostic tool in medicine, used to assess the proportion of red blood cells in blood, which can reflect a variety of health conditions and help guide appropriate medical treatment.

NEW QUESTION # 44

As important as good nutrition is to health, a counselor should not lose sight of the fact that other practices can have a profound negative impact on health. They include all of the following except:

- A. excessive alcohol
- B. drinking plenty of water
- C. physical inactivity
- D. cigarette smoking

Answer: B

Explanation:

The question is about identifying which among the listed options does not have a negative impact on health. In the context of counseling and health, it's crucial to recognize both beneficial and harmful practices.

The first option, "cigarette smoking," is widely recognized as harmful. Smoking is a major cause of preventable diseases and deaths. According to the Centers for Disease Control and Prevention (CDC), smoking is responsible for more than 480,000 deaths per year in the United States, including deaths from direct smoking and secondhand smoke exposure. Smoking harms nearly every organ in the body, causes many diseases, and reduces overall health.

The second option, "drinking plenty of water," stands out as the only practice in the list that has a positive impact on health. Hydration is essential for maintaining bodily functions, including regulation of body temperature, joint lubrication, and transport of nutrients. Adequate water intake is vital for good health, and it helps prevent conditions such as kidney stones, constipation, and urinary tract infections.

The third option, "physical inactivity," is a known health risk. Lack of physical activity has been linked to numerous health problems, such as obesity, heart disease, diabetes, and some cancers. The World Health Organization (WHO) has identified physical inactivity as the fourth leading risk factor for global mortality, causing an estimated 3.2 million deaths globally each year.

The fourth option, "excessive alcohol," is also detrimental to health. Excessive alcohol consumption can lead to liver disease, heart disease, and certain types of cancer, as well as acute consequences like alcohol poisoning and accidents. The CDC notes that excessive alcohol use leads to approximately 95,000 deaths in the United States each year.

In conclusion, among the options provided, "drinking plenty of water" is the only one that does not have a negative impact on health and, in fact, is a recommended practice for maintaining good health. The other options—cigarette smoking, physical inactivity, and excessive alcohol—are all practices that can profoundly impact health negatively.

NEW QUESTION # 45

Which of the statements is Not true?

- A. Eating disorders do not overlap.
- B. Women are more likely to develop eating disorders.
- C. Eating disorders are easier to control if diagnosed early.
- D. Eating disorders are associated with shame.

Answer: A

Explanation:

The statement "Eating disorders do not overlap" is not true. Eating disorders can indeed overlap, meaning a person can exhibit symptoms of more than one type of eating disorder at the same time. For instance, an individual diagnosed with anorexia nervosa, a disorder characterized by an intense fear of gaining weight and a distorted body image, may also engage in behaviors typical of bulimia nervosa, such as purging (self-induced vomiting) after eating. This overlapping of disorders complicates diagnosis and treatment, highlighting the complexity of eating disorders and the need for a comprehensive assessment by healthcare professionals. Furthermore, the interplay between different eating disorders can manifest in various forms. A person might primarily suffer from binge eating disorder, characterized by frequent episodes of eating large quantities of food (often quickly and to the point of discomfort), and might also exhibit periods of restrictive eating akin to those seen in anorexia. The combination of symptoms from different eating disorders can lead to a diagnosis of an "unspecified feeding or eating disorder" (UFED), according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), if the symptoms cause significant distress or impairment but do not meet the full criteria for any one disorder.

Contrary to the erroneous statement, the reality of overlapping symptoms in eating disorders underscores the importance of a nuanced approach to treatment that addresses the full spectrum of behaviors and psychological components presented by an individual. Treatment plans often need to be highly personalized and may involve a combination of psychological therapy, nutritional counseling, and medical support. This comprehensive approach helps tackle the multifaceted nature of eating disorders, which may overlap not only with each other but also with other psychological issues such as anxiety, depression, and obsessive-compulsive disorder.

In summary, the claim that "Eating disorders do not overlap" is a misconception. Understanding the potential for overlap is crucial for effective diagnosis and treatment. Recognizing the complexity and individual variations in eating disorders can lead to better, more effective treatment outcomes for those affected.

NEW QUESTION # 46

Serum is:

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

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 # 47

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