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CNSC Exam Practice Questions With Correct Answers 2024

Which of the following is the inpatient glycemic target for critically ill patients?

- 1: 80-110 mg/dL
- 2: 140-180 mg/dL
- 3: 181-210 mg/dL
- 4: 211-240 mg/dL - correct answer: 2: 140-180 mg/dL

Targets <110mg/dL are not recommended

Under conditions of sepsis and stress, which of the following metabolic alterations are most likely to occur?

- 1: Increased glucose production and increased glucose uptake
- 2: Increased glucose production and decreased glucose uptake
- 3: Decreased glucose production and decreased glucose uptake
- 4: Decreased glucose production and increased glucose uptake - correct answer: 2: Increased glucose production and decreased glucose uptake

Stress hormones induce insulin resistance and hyperglycemia is commonly observed with nutrition support. It is recommended that glucose levels be adequately controlled to avoid polyuria and electrolyte disturbances.

Which of the following immunomodulating nutrients may be harmful in patients with severe sepsis?

- 1: Arginine
- 2: Selenium
- 3: Nucleic acids
- 4: Omega-3 fatty acids - correct answer: 1: Arginine

Nitric oxide can be detrimental by leading to coagulation abnormalities and altered hemodynamic status. In this case, arginine could be considered harmful. Because of these effects, there is still much debate over the value of arginine in nutrition support for critically ill patients.

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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q89-Q94):

NEW QUESTION # 89

The diabetes diagnostic test that is an integrated measure of long-term mean glycemia is which of the following?

- A. random blood glucose test
- B. glycated serum protein
- C. hemoglobin A1C
- D. fasting plasma glucose

Answer: C

Explanation:

The correct answer to the question regarding the diabetes diagnostic test that serves as an integrated measure of long-term mean glycemia is "hemoglobin A1C." Hemoglobin A1C, also known as HbA1c, is a form of hemoglobin that is chemically linked to glucose. This linkage occurs as a result of exposure of the hemoglobin in red blood cells to circulating glucose. As a result, the level of HbA1c in an individual's blood reflects the average blood glucose concentration over the previous two to three months, which is roughly the lifespan of a red blood cell.

HbA1c is widely recognized and utilized as a critical marker for the long-term management of diabetes mellitus. It provides a more consistent and comprehensive picture of blood glucose levels over time, compared to other tests that might only reflect glucose levels at a single point in time or over a short period. For non-diabetics, the normal range for HbA1c is typically between 4% and 6%. For individuals with diabetes, medical guidelines usually recommend maintaining an HbA1c level of less than 7% to effectively manage the condition and reduce the risk of developing diabetes-related complications such as neuropathy, nephropathy, and retinopathy. In contrast, other tests such as fasting plasma glucose (FPG) and random blood glucose tests offer snapshots of an individual's glucose level at specific times. Fasting plasma glucose specifically measures blood glucose after an overnight fast and does not provide information about glucose fluctuations during the day or after meals. Similarly, the random blood glucose test measures glucose at any given time, irrespective of meal times, and can vary significantly based on recent food intake and other factors. Another test mentioned is the glycated serum protein test, which also reflects average glucose levels over a shorter period (typically one to three weeks) compared to HbA1c. While this test can be useful in certain situations, it is not as commonly used as HbA1c for monitoring long-term glucose control in individuals with diabetes.

In summary, hemoglobin A1C is considered the gold standard for assessing long-term glycaemic control in individuals with diabetes. It helps in planning treatment strategies and adjusting medications to prevent or delay the onset of diabetes complications. This test's significance lies in its ability to provide a more accurate and cumulative view of glucose levels over an extended period, making it a vital tool in diabetes management.

NEW QUESTION # 90

The homeopathic principle that is the systematic verification of the law of similars is which of the following?

- A. potency theory
- B. material medica
- C. repertory principle
- D. law of proving

Answer: D

Explanation:

The correct answer to the question regarding the homeopathic principle that systematically verifies the law of similars is the "law of proving." The law of proving is a foundational concept in homeopathy that serves to empirically test the law of similars, which is a central doctrine in homeopathic medicine. This law posits that substances capable of causing certain symptoms in healthy individuals can, when administered in small, diluted amounts, treat similar symptoms in sick individuals.

In the process of proving, a substance is administered to a group of healthy volunteers who have not been exposed to the substance

before. These individuals then meticulously record any changes in their health, emotions, thoughts, and physical condition. The purpose of this exercise is to observe and document the symptoms that the substance can produce.

These recorded symptoms are compiled and analyzed to determine which are common and significant among the volunteers. Such symptoms are considered indicative of the substance's therapeutic potential according to the principle of similars. This systematic collection of symptoms from provings forms a vital part of the homeopathic materia medica—the comprehensive reference of remedies and their effects used by homeopaths to match a patient's symptoms with a corresponding remedy.

Therefore, the law of proving not only verifies but also enriches the understanding and application of the law of similars by providing a methodical and empirical basis for identifying the therapeutic properties of substances used in homeopathy. This, in turn, enhances the precision and effectiveness of homeopathic prescriptions.

NEW QUESTION # 91

The type of literature review that is conducted by individuals who do not necessarily have professional expertise in the area, but are connected to the review process by other factors is which of the following?

- A. peer review
- B. non-peer review
- C. meta-analysis
- D. validity analysis

Answer: B

Explanation:

Non-peer review refers to the process where the literature review is conducted by individuals who may not necessarily possess professional expertise in the specific field of the literature being reviewed. These reviewers are often involved due to other roles or relationships to the content or its publication, rather than their subject matter expertise.

For example, when an editor of a journal or a publication reviews an article, their primary focus might be on checking the coherence, grammar, style, and adherence to publication guidelines rather than deeply analyzing or critiquing the academic rigor or technical details of the content. This type of review is essential for maintaining the quality and readability of published material but does not usually involve the same level of critical academic evaluation found in peer reviews.

In contrast, a peer review is conducted by experts who are usually peers to the original authors in terms of their expertise and specialization in the subject matter. This process is critical in academic publishing as it ensures that the material is rigorously evaluated for its scientific accuracy, relevance, and contribution to the field before it is published.

Other types of reviews mentioned, like meta-analysis and validity analysis, involve specific methodologies for analyzing and synthesizing existing research or assessing the validity of research results, respectively. These are different from non-peer reviews in that they require specific expertise and analytical approaches pertinent to the subject matter being reviewed.

NEW QUESTION # 92

When counseling a client on nutrition and smart eating behaviors, they should include all of the following except:

- A. pause in the middle of the meal
- B. have family and friends provide help in the form of praise and material reward
- C. do not solicit help from family and friends
- D. do nothing else while eating (do not read or watch television)

Answer: C

Explanation:

When counseling a client on nutrition and smart eating behaviors, several effective strategies should be included. However, not all suggestions may be beneficial or appropriate depending on the context. Let's explore these strategies and identify which one should not be included.

One smart eating behavior is to pause in the middle of the meal. This pause helps the individual assess their current level of fullness and can prevent overeating by allowing the brain time to register the amount of food that has been eaten. This moment of reflection is a mindful eating practice that can significantly contribute to better eating habits.

Another recommended practice is to focus solely on eating during mealtime, meaning avoiding distractions like reading or watching television. This practice helps the individual to be fully present during the meal, which can enhance the awareness of the body's cues on hunger and satiety and prevent mindless eating, which often leads to consuming more calories than needed.

Soliciting help from family and friends can also be very beneficial. When someone is trying to change their eating habits or improve their nutrition, having a support system can be crucial. Family and friends can provide emotional support, encouragement, and even practical help, such as sharing healthy recipes or joining in healthier meal preparations. They can also be part of a reward system to

reinforce good eating behaviors, offering praise or agreed-upon rewards for reaching certain goals. Therefore, the advice to "do not solicit help from family and friends" would be the incorrect choice and should not be included in counseling for smart eating behaviors. Having a support network can make the journey toward better health more enjoyable and sustainable. This support can be instrumental in maintaining motivation and ensuring compliance with new eating practices. In summary, while pausing during meals and avoiding distractions like TV or reading during meals are beneficial practices, the recommendation to avoid seeking help from family and friends is not advisable. On the contrary, encouraging clients to engage their support networks can greatly enhance their success in adopting healthier eating behaviors.

NEW QUESTION # 93

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

Answer: B

NEW QUESTION # 94

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