

Fundamentals Kaplan Integrated Test

/ QUESTIONS AND ANSWERS / 100%

CORRECT AND RATED A+

Which laboratory test is the best indicator of a client in need of TPN? **Serum albumin**

1. A physician orders nutritional therapy administered via a central vein for a client who cannot take foods orally. What is the term for this type of nutrition? **Total parenteral nutrition (TPN)**
2. A nurse provides discharge education for a client diagnosed with ketosis. Which nutrient would be added to this client's diet? **Carbohydrates**
3. An athlete wants to increase the intake of complex carbohydrates and asks the nurse about potential sources. Which food is considered a complex carbohydrate? **Pasta**
4. A postmenopausal client wishes to increase the amount of vitamin D that she consumes to help keep her bones strong. Which food will the nurse recommend? **Milk**
5. The nurse is performing a nutritional assessment of an obese client who visits a weight control clinic. What information should the nurse take into consideration when planning a weight reduction plan for this client? **Psychological reasons for overeating should be explored, such as eating as a release for boredom.**
6. A 45-year-old client on the inpatient unit has just resumed eating a normal diet. The nurse checks a blood sugar with the morning labs and the result is 99.10 mg/dL (5.5 mmol/L). How would the nurse interpret this blood glucose? **Normal**
7. The nurse is caring for four clients. The nurse recognizes that which client's lifestyle choice contributes most highly to risk for development of cardiometabolic syndrome? **28-year old who eats fast food daily**
8. The nurse is providing care for an older adult client who is recovering from pneumonia on the hospital's medical unit. The nurse sets up the client's dinner tray on his overbed table. The client then states, "I won't be having any of this." What is the nurse's most appropriate response? **"Can you tell me why you don't want to have dinner tonight?"**
10. The nurse performs gastrostomy site care and notes drainage. What action does the nurse take? **Place a drain sponge under the external bumper.**
11. A nurse is caring for a client who has been ordered a clear liquid diet. Which liquid can be included in the client's diet? **Cranberry juice**

Kaplan Integrated Test Answers

CH Cherryholmes



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