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**Question: 382**

Which of the following is a common indication for enteral nutrition?

- A. Complete bowel obstruction
- B. Inability to tolerate oral intake
- C. Severe acute pancreatitis
- D. Absence of a functional gastrointestinal tract

Answer: B

Explanation: Inability to tolerate oral intake is a common indication for enteral nutrition. Enteral nutrition involves providing nutrition support through the gastrointestinal tract when oral intake is inadequate or not possible. It is a preferred route of nutrition support when the gastrointestinal tract is functional but oral intake is insufficient, impaired, or contraindicated.

**Question: 383**

Which of the following is an example of renewable energy?

- A. Natural gas
- B. Coal
- C. Solar power
- D. Nuclear power

Answer: C

Explanation: Solar power is an example of renewable energy. Renewable energy sources are those that can be replenished naturally or through human intervention, making them sustainable in the long term. Solar power harnesses energy from the sun using photovoltaic cells or solar thermal systems, and it can be converted into electricity or used for heating purposes. Natural gas and coal are non-renewable fossil fuels, and nuclear power relies on the use of radioactive materials, which are finite resources.

**Question: 384**

Which of the following laboratory values is commonly monitored in individuals receiving parenteral nutrition?

- A. Hemoglobin
- B. Blood urea nitrogen (BUN)
- C. Serum albumin
- D. Serum potassium

Answer: C

Explanation: The correct answer is C) Serum albumin. Serum albumin is commonly monitored in individuals receiving parenteral nutrition. Serum albumin is a protein synthesized by the liver and can be used as a marker of nutritional status. Monitoring serum albumin levels helps assess the adequacy of nutrition support and the effectiveness of the parenteral nutrition regimen. Hemoglobin is a measure of the oxygen-carrying capacity of the blood, while blood urea nitrogen (BUN) and serum potassium levels are more related to kidney function and electrolyte balance.

### Question: 385

Which of the following is a risk factor for the development of pressure ulcers in critically ill patients?

- A. Obesity
- B. Adequate nutritional intake
- C. Frequent repositioning
- D. Impaired mobility

Answer: D

Explanation: Impaired mobility is a risk factor for the development of pressure ulcers in critically ill patients. Immobility, such as prolonged bed rest or limited ability to change positions, increases the pressure on vulnerable areas of the body, leading to tissue damage and the development of pressure ulcers. Adequate nutritional intake, frequent repositioning, and other preventive measures are important in reducing the risk of pressure ulcers.

### Question: 386

Which of the following is a primary goal of nutrition support in critically ill patients?

- A. Rapid weight loss
- B. Prevention of muscle wasting
- C. Promotion of a high-fiber diet
- D. Reduction of calorie intake

Answer: B

Explanation: Prevention of muscle wasting is a primary goal of nutrition support in critically ill patients. Critically ill patients are at high risk of developing muscle wasting and loss of lean body mass due to the catabolic state induced by the stress response and prolonged immobilization. Adequate protein and calorie intake, along with early mobilization, are essential to minimize muscle wasting and promote recovery.

**Question: 387**

Which of the following is a primary energy source during fasting and starvation?

- A. Carbohydrates
- B. Proteins
- C. Fats
- D. Vitamins

Answer: C

Explanation: Fats are the primary energy source during fasting and starvation. When the body is deprived of food, it initially relies on stored glycogen for energy. Once glycogen stores are depleted, the body shifts to utilizing fats as the primary energy source. Fats are broken down into fatty acids and ketone bodies, which can be used by various tissues, including the brain, as an energy substrate.

**Question: 388**

When determining the energy needs of a patient, which factor should be

considered?

- A. Body mass index (BMI)
- B. Age
- C. Gender
- D. All of the above

Answer: D

Explanation: When determining the energy needs of a patient, multiple factors should be considered, including body mass index (BMI), age, and gender. These factors help estimate the individual's basal metabolic rate (BMR) and guide the calculation of appropriate energy requirements for nutritional support.

### Question: 389

Which of the following is a characteristic of soluble fiber?

- A. It is found in whole grains and bran.
- B. It promotes regular bowel movements.
- C. It increases blood cholesterol levels.
- D. It is poorly fermented by the gut bacteria.

Answer: B

Explanation: Soluble fiber is a type of dietary fiber that dissolves in water to form a gel-like substance in the digestive tract. It is found in foods such as oats, barley, legumes, fruits, and vegetables. Soluble fiber is known to promote regular bowel movements by adding bulk to the stool and helping to soften it. It can also help regulate blood sugar levels and lower blood cholesterol levels. Soluble fiber is well-fermented by the gut bacteria, which contributes to its



beneficial effects on gut health and overall well-being.

**Question: 390**

Which of the following is a symptom of a stroke?

- A. Chest pain
- B. Muscle weakness or paralysis
- C. Excessive thirst
- D. Blurred vision

Answer: B

Explanation: Muscle weakness or paralysis is a common symptom of a stroke. A stroke occurs when blood flow to the brain is interrupted, leading to brain cell damage and often causing neurological symptoms. Muscle weakness or paralysis, typically affecting one side of the body, is a hallmark sign of a stroke. Other symptoms may include sudden numbness, difficulty speaking or understanding speech, severe headache, and loss of balance or coordination. Chest pain and excessive thirst are not typical symptoms of a stroke. Blurred vision can occur in certain types of strokes but is not universally present.

**Question: 391**

Which of the following is a characteristic of Type 2 diabetes?

- A. It is an autoimmune disease.
- B. It typically develops in childhood.

- C. Insulin resistance is a major factor.
- D. It requires lifelong insulin injections.

Answer: C

Explanation: Type 2 diabetes is characterized by insulin resistance, meaning that the body's cells do not respond effectively to insulin. While the pancreas may still produce insulin, it is not utilized properly, leading to high blood glucose levels. Type 2 diabetes is often associated with lifestyle factors such as obesity and sedentary behavior.

**Question: 392**

Which of the following is a characteristic feature of anorexia nervosa?

- A. Binge eating episodes
- B. Excessive exercise
- C. Intense fear of gaining weight
- D. Distorted body image

Answer: C

Explanation: An intense fear of gaining weight is a characteristic feature of anorexia nervosa. Anorexia nervosa is an eating disorder characterized by self-imposed starvation, an extreme desire to be thin, and a distorted body image. Individuals with anorexia nervosa often have an intense fear of gaining weight, which can drive their restrictive eating behaviors. While binge eating episodes and excessive exercise can occur in other eating disorders, they are not specific to anorexia nervosa.



### Question: 393

Which of the following is a function of the mineral sodium in the body?

- A. Muscle contraction and nerve transmission
- B. Blood clotting
- C. Immune system function
- D. Formation of red blood cells

Answer: A

Explanation: One of the functions of the mineral sodium in the body is muscle contraction and nerve transmission. Sodium plays a crucial role in maintaining fluid balance and facilitating the transmission of nerve impulses. It works alongside other electrolytes, such as potassium, to regulate the electrical charges across cell membranes, enabling proper muscle function and nerve signaling. Sodium is not directly involved in immune system function or the formation of red blood cells. Therefore, option A is the correct answer.

### Question: 394

Which of the following is a criterion for initiating nutrition support in patients with cancer?

- A. Presence of mild malnutrition
- B. Ability to consume 75% of estimated energy needs orally
- C. Expected survival of less than 3 months
- D. Body mass index (BMI) above 25 kg/m<sup>2</sup>

Answer: C

Explanation: Expected survival of less than 3 months is a criterion for initiating nutrition support in patients with cancer. Nutrition support may be considered for patients with advanced cancer who have limited life expectancy and are at risk of significant weight loss or malnutrition. The decision to initiate nutrition support should be individualized based on the patient's goals of care and prognosis.

**Question: 395**

A patient with hypertension is advised to follow the Dietary Approaches to Stop Hypertension (DASH) diet. Which of the following dietary modifications is characteristic of the DASH diet?

- A. High intake of processed foods and sugary beverages.
- B. Restricting all sources of dietary fat.
- C. Consuming a high intake of fruits, vegetables, and low-fat dairy products.
- D. Limiting protein intake to minimize kidney stress.

Answer: C

Explanation: Consuming a high intake of fruits, vegetables, and low-fat dairy products is characteristic of the DASH diet. This diet is rich in nutrients such as potassium, magnesium, and calcium, which can help lower blood pressure.

**Question: 396**

Which of the following is an appropriate indication for parenteral nutrition?

- A. Mild malnutrition
- B. Gastrointestinal obstruction
- C. Mild lactose intolerance
- D. Mild dehydration

Answer: B

Explanation: Gastrointestinal obstruction is an appropriate indication for parenteral nutrition. Parenteral nutrition involves delivering nutrients directly into the bloodstream, bypassing the gastrointestinal tract. It is typically used when oral or enteral nutrition is not feasible, safe, or sufficient to meet a patient's nutritional needs. Mild malnutrition, mild lactose intolerance, and mild dehydration can usually be managed with oral or enteral nutrition, and parenteral nutrition would not be the first-line treatment in these cases.





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