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Q&As

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Health Education Systems Inc

QUESTION 1

Which condition is associated with inadequate intake of vitamin C?

- rickets
- marasmus
- kwashiorkor
- scurvy

Correct Answer: D

Section: (none)

Explanation

Explanation/Reference:

Explanation:

Scurvy is associated with inadequate intake of vitamin C. The remaining choices refer to other nutritional deficiencies. Health Promotion and Maintenance

QUESTION 2

What is the primary nutritional deficiency of concern for a strict vegetarian?

- vitamin C
- vitamin B12
- vitamin E
- magnesium

Correct Answer: B

Section: (none)

Explanation

Explanation/Reference:

Explanation:

Vitamin B12 is the primary nutritional deficiency of concern for a strict vegetarian. Health Promotion and Maintenance

QUESTION 3

How often should the nurse change the intravenous tubing on total parenteral nutrition solutions?

every 24 hours

every 36 hours

every 48 hours

every 72 hours

Correct Answer: A

Section: (none)

Explanation

Explanation/Reference:

Explanation:

The nurse should change the intravenous tubing on total parenteral nutrition solutions every 24 hours, due to the high risk of bacterial growth. Health Promotion and Maintenance

QUESTION 4

Which of the following values should the nurse monitor closely while a client is on total parenteral nutrition?

calcium

magnesium

glucose

cholesterol

Correct Answer: C

Section: (none)

Explanation

Explanation/Reference:

Explanation:

Glucose is monitored closely when a client is on total parenteral nutrition, due to high glucose concentration in the solutions. The other values are not monitored as closely. Health Promotion and Maintenance

QUESTION 5

A teenage client is admitted to the hospital because of acetaminophen (Tylenol) overdose. Overdoses of acetaminophen can precipitate life-threatening abnormalities in which of the following organs?

lungs

liver

kidneys

adrenal glands

Correct Answer: B

Section: (none)

Explanation

Explanation/Reference:

Explanation:

Acetaminophen is extensively metabolized in the liver. Choices 1, 3, and 4 are incorrect because prolonged use of acetaminophen might result in an increased risk of renal dysfunction, but a single overdose does not precipitate life-threatening problems in the respiratory system, renal system, or adrenal glands. Pharmacological Therapies

QUESTION 6

Light therapy can be effective for:

overcoming weight problems.

helping with allergies.

use in alternative medical treatments.

working with sleep patterns.

Correct Answer: D

Section: (none)

Explanation

Explanation/Reference:

Explanation:

Light therapy can be effective in treating problems associated with sleep patterns, stress, moods, jaundice in newborns, and seasonal affective disorders. Nonpharmacological Therapies

QUESTION 7

Broccoli, oranges, dark greens, and dark yellow vegetables can be eaten to:

supplement vitamin pills.
balance body molecules.
cure many diseases.
help improve body defenses.

Correct Answer: D

Section: (none)

Explanation

Explanation/Reference:

Explanation:

Controversy over what types of food to eat and not eat is still under investigation. Certain foods can help improve body defenses to possibly prevent certain diseases. Nonpharmacological Therapies

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