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**Medical**

# BCNS-CNS

*Board Certified Nutrition Specialis*



**Question: 45**

The following nutrition diagnosis is written in what type of format: “Poor glycemic control is related to skipping use of oral hypoglycemic agents as evidenced by random blood glucose levels greater than 200 mg/dl”.

- A. SOAP note
- B. POMR
- C. PES statement
- D. Continuity of care record

**Answer: C**

The nutrition diagnosis “Poor glycemic control is related to skipping use of oral hypoglycemic agents as evidenced by random blood glucose levels greater than 200 mg/dl” is written as a PES statement (P is problem, E is etiology, S is signs or symptoms). Problem = poor glycemic control, Etiology = skipping use of oral hypoglycemic agents, S = blood glucose levels greater than 200 mg/dl.

**Question: 46**

The level of sodium restriction recommended for congestive heart failure (CHF):

- A. Depends on the level of cardiac decompensation
- B. Is usually 2-3 grams per day
- C. May range from 100-150 mEq

D. Is dependent on which diuretics are used

**Answer:** A

The level of sodium restriction recommended for congestive heart failure depends on the level of cardiac decompensation; as cardiac output decreases, the level of sodium restriction becomes stricter. The maximum sodium load tolerated by individuals with acute CHF is usually 1-2 grams a day. One to grams of sodium equals 43 to 87 mEq (milliequivalents).

**Question:** 47

Which dietary measures are recommended for treating hypercalcuria that is not associated with renal stones?

- A. Limiting calcium to 1000 mg per day
- B. Increasing fluid intake to 2 liters per day
- C. 400 IU vitamin D per day
- D. Limiting animal protein to less than 1.7 g/kg per day

**Answer:** D

Limiting animal protein to less than 1.7 g/kg per day is recommended for the treatment of hypercalcuria because excessive intakes of animal protein cause calcium loss from the bones. A moderate calcium intake of 600-800 mg of calcium per day is recommended, since lowering calcium intake results in increased absorption. Increasing fluid intake does not prevent hypercalcuria.

**Question:** 48

The DASH diet is often used to treat:

- A. Diabetes mellitus
- B. Hypertension
- C. Nephritis
- D. Hepatitis

**Answer:** B

The Dietary Approaches to Stop Hypertension, or DASH, diet was developed to treat hypertension by promoting intake of fruits and vegetables rich in potassium and magnesium, minerals which help lower blood pressure.

**Question:** 49

A medication which needs to be discontinued in a uremic patient is:

- A. Epogen
- B. Kayexelate
- C. Humulin
- D. Triamterene

**Answer:** D

A medication which may need to be discontinued in uremia is Triamterene, a potassium-sparing diuretic. Because serum potassium levels are high in uremia, use of potassium-sparing diuretics such as Triamterene is contraindicated. Epogen stimulates red blood cell production, Kayexelate is a potassium-binder, and Humulin is synthetic insulin, all of which may be indicated for use in uremia.

**Question:** 50

Stomatitis is treated with which of the following dietary interventions?

- A. Supplementation with iron
- B. Clear liquid diet
- C. Avoidance of acidic and spicy foods
- D. A & C

**Answer:** D

Stomatitis is an inflammation of the mucous membranes of the mouth. It may be caused by iron deficiency, in which case it is treated with iron supplementation. The usual dietary regimen is avoidance of acidic and spicy foods.



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