Nutrition Questions for Final and ATI
Any questions for the final?

- I covered everything last week
- If you want to discuss any thing we can do that now!
How to study for ATI nutrition

– Read the ATI nutrition book and take notes along the way
– Take practice A and B until you get 95%
– Review what you got wrong
– Watch Cathy Parks on youtube – she is ATI approved and just created videos for nutrition a few weeks ago
What happens if I fail the ATI?

– This does NOT mean you failed your class
– You need to remediate to get points and take the test again to level 2
Remediation

– Some teachers will provide you with a template, some just ask for your notes and how you studied
– You must have HAND WRITTEN notes or other proof
– You must remediate if you do not level 2
What is a level 2?

<table>
<thead>
<tr>
<th>RN CMS 2016 PROCTORED ASSESSMENTS</th>
<th>LEVEL 1 CUT SCORE</th>
<th>LEVEL 2 CUT SCORE</th>
<th>LEVEL 3 CUT SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Medical Surgical (90 items)</td>
<td>56.7% – 67.8%</td>
<td>68.9% – 80.0%</td>
<td>81.1% – 100.0%</td>
</tr>
<tr>
<td>Community Health (50 items)</td>
<td>58.0% – 72.0%</td>
<td>74.0% – 82.0%</td>
<td>84.0% – 100.0%</td>
</tr>
<tr>
<td>Fundamentals (60 items)</td>
<td>51.7% – 61.7%</td>
<td>63.3% – 76.7%</td>
<td>78.3% – 100.0%</td>
</tr>
<tr>
<td>Leadership (60 items)</td>
<td>61.7% – 75.0%</td>
<td>76.7% – 86.7%</td>
<td>88.3% – 100.0%</td>
</tr>
<tr>
<td>Maternal Newborn (60 items)</td>
<td>55.0% – 65.0%</td>
<td>66.7% – 78.3%</td>
<td>80.0% – 100.0%</td>
</tr>
<tr>
<td>Mental Health (60 items)</td>
<td>56.7% – 65.0%</td>
<td>66.7% – 83.3%</td>
<td>85.0% – 100.0%</td>
</tr>
<tr>
<td>Nursing Care of Children (60 items)</td>
<td>53.3% – 61.7%</td>
<td>63.3% – 76.7%</td>
<td>78.3% – 100.0%</td>
</tr>
<tr>
<td>Nutrition (60 items)</td>
<td>46.7% – 65.0%</td>
<td>66.7% – 80.0%</td>
<td>81.7% – 100.0%</td>
</tr>
<tr>
<td>Pharmacology (60 items)</td>
<td>56.7% – 70.0%</td>
<td>71.7% – 83.3%</td>
<td>85.0% – 100.0%</td>
</tr>
</tbody>
</table>

*The gaps in percentage values between the Level 1 and Level 2 cut scores and between the Level 2 and Level 3 cut scores reflect a one-item difference in the total number of correct items. Values between the percentages listed for each cut score are not possible.
Note: There are currently no proctored exams in session. When a proctored exam is in session, it will display here.

Other available assessments:
### Individual Performance in the Major Content Areas

<table>
<thead>
<tr>
<th>Content Area</th>
<th>Topics to Review</th>
<th>Total # Questions</th>
<th>Individual Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Care and Comfort</td>
<td>10</td>
<td>22</td>
<td>54.5%</td>
</tr>
<tr>
<td>Health Promotion and Maintenance</td>
<td>5</td>
<td>16</td>
<td>68.8%</td>
</tr>
<tr>
<td>Pharmacological and Parenteral Therapies</td>
<td>0</td>
<td>2</td>
<td>100.0%</td>
</tr>
<tr>
<td>Physiological Adaptation</td>
<td>5</td>
<td>6</td>
<td>16.7%</td>
</tr>
<tr>
<td>Psychosocial Integrity</td>
<td>2</td>
<td>3</td>
<td>33.3%</td>
</tr>
<tr>
<td>Reduction of Risk Potential</td>
<td>5</td>
<td>10</td>
<td>50.0%</td>
</tr>
<tr>
<td>Safety and Infection Control</td>
<td>1</td>
<td>1</td>
<td>0.0%</td>
</tr>
</tbody>
</table>
Elimination - (1)
> Gastrointestinal Disorders: Teaching About Increasing Fiber Intake (Active Learning Template - System Disorder, RM Nutrition 6.0 Chp. 13)

Nutrition and Oral Hydration - (9)
> Enteral Nutrition: Nursing Actions for a Client Who Has Diarrhea (Active Learning Template - Nursing Skill, RM Nutrition 6.0 Chp. 9)
> Enteral Nutrition: Caring for a Client Who Has Dehydration (Active Learning Template - Nursing Skill, RM Nutrition 6.0 Chp. 9)
> Enteral Nutrition: Interventions for Diarrhea (Active Learning Template - Nursing Skill, RM Nutrition 6.0 Chp. 9)
> Fluid Imbalances: Identifying Manifestations of Fluid Overload (Active Learning Template - System Disorder, RM FUND 9.0 Chp 57)
> Food Safety: Caring for a Client Who Is Taking an Anti-Parkinson’s Medication (Active Learning Template - Medication, RM Nutrition 6.0 Chp. 5)
> Food Safety: Interaction With Statins (Active Learning Template - Medication, RM Nutrition 6.0 Chp. 5)
> Gastrointestinal Disorders: Evaluating Understanding of Celiac Disease (Active Learning Template - System Disorder, RM Nutrition 6.0 Chp. 13)
> Sources of Nutrition: Calculating Protein Intake (Active Learning Template - Basic Concept, RM Nutrition 6.0 Chp. 1)
> Sources of Nutrition: Increased Risk for Dysrhythmias (Active Learning Template - Basic Concept, RM Nutrition 6.0 Chp. 1)

Health Promotion and Maintenance

Aging Process - (1)
> Nutrition Across the Lifespan: Nutritional Recommendations for an Older Adult Client (Active Learning Template - Growth and Development, RM Nutrition 6.0 Chp. 7)

Ante/Intra/Postpartum and Newborn Care - (2)
> Nutrition Across the Lifespan: Alleviating Constipation During Pregnancy (Active Learning Template - Basic Concept, RM Nutrition 6.0 Chp. 7)
> Sources of Nutrition: Best Source of Protein (Active Learning Template - Basic Concept, RM Nutrition 6.0 Chp. 1)

Health Promotion/Disease Prevention - (1)
> Nutrition Across the Lifespan: Teaching About Reducing Fat Intake (Active Learning Template - Basic Concept, RM Nutrition 6.0 Chp. 7)

Health Screening - (1)
> Nutrition Assessment/Data Collection: Manifestations of Malnutrition (Active Learning Template - System Disorder, RM Nutrition 6.0 Chp. 3)

Pharmacological and Parenteral Therapies

Pharmacological Adherence - (3)
> Medication Therapy: Taking Medications (Active Learning Template - Basic Concept, RM Nutrition 6.0 Chp. 13)
> Medication Therapy: Effect of Homeopathic Medications on the Body (Active Learning Template - Basic Concept, RM Nutrition 6.0 Chp. 13)
> Medication Therapy: Understanding Medications (Active Learning Template - Basic Concept, RM Nutrition 6.0 Chp. 13)
Any questions or concerns

- We are going to start going through some of the chapters
Chapter 1 – Principles of nutrition

- Carbs – 1st source of energy for the body
- Proteins – tissue building
- Fats 2nd source of energy
- Vitamin C – tissue building and metabolic reactions – citrus fruit, tomatoes, greens, peppers, strawberries – deficiencies: scurvy, painful joints, swollen gums/loose teeth
- Thiamin (B2) – digestion – milk, meats, greens – deficiencies: cheilosis (scales on lips and mouth), red swollen tongue, dermatitis
- Niacin (B3) – metabolism of fats, glucose, and alcohol – beef liver, nuts, whole grains – deficiencies: pellagra
- Folate – synthesis of amino acids and hemoglobin, lower neural tube defects in fetus – liver, greens, grains – deficiencies: CNS problems
- Vitamin A – eyes – dark yellow/orange foods: carrots, yams, squash – deficiencies: poor night vision
- Vitamin D – aids in skin repair, immune function, assists in utilization of calcium and phosphorus – the sun, fortified milk, cod liver oil, eggs – deficiencies: increase risk for chronic disease
- Vitamin K – blood clotting – greens, eggs, liver
Look up:

- Sodium
- Potassium
- Chloride
- Calcium
- Magnesium
- Chart on pg. 9 in 5.0 edition
A patient taking warfarin should not eat what food

- OJ
- Broccoli
- Ice cream
- Chicken
Broccoli

– By its high in vitamin K
What is a condition associated with deficiency of vitamin C?

- Dysrhythmias
- Scurvy
- Pernicious anemia
- Megaloblastic anemia
Scurvy
Chapter 2 – Ingestion, Digestion, Absorption, and Metabolism

- Metabolic rate – the speed at which food energy is burned
- Basal metabolic rate (BMR) also called resting energy expenditure (REE) – the amount of energy used when the body is at rest
- Things that INCREASE BMR: muscular body build, exposure to extreme cold, prolonged stress, puberty, pregnancy, lactation, physical conditioning
- Things that DECREASE BMR: short overweight build, malnutrition/starvation, over 60 y.o.
- Look up the conditions and meds that affect metabolic rate
A nurse is caring for a pt who has hypothyroidism, what is a clinical finding associated with the disorder?

- Decreased metabolic demand
- Weight loss
- Increased heart rate
- Diarrhea
Increased metabolic demand
Chapter 3 Nutrition Assessment

- Symptoms of malnutrition – dry or brittle hair, poor wound healing, lack of fat, abnormal HR, BP, general weakness, poor coordination
- Know what the BMI ranges are
- Protein is measured by albumin levels
- Albumin – 3.5-5 g/dL is normal – 2.1-2.7 g/dL shows moderate depletion
- Prealbumin 23-42 g/dL is normal – 5-9 g/dL shows moderate depletion
A nurse knows that the following BMI represents an overweight client:

- 24
- 30
- 27
- 32
27

- 24 – normal
- 30 – obese
- 27 – over weight
- 32 – obese
Which are risk factors for developing osteoporosis - SATA

- Inactivity
- Family hx
- Obesity
- Hyperlipidemia
- Smoking
- Inactivity
- Family hx
- Smoking
Chapter 6 – cultural, ethnic, and religious influences

- Always ask!
- Read about the different cultures and what they need on a nutritional level!
Chapter 7 – Nutrition across the life span

- Please note, you may not agree with everything on here but this is what ATI says is correct!
- Pregnancy
  - Iron and folic acid intake are important!
  - For nausea – eat dry crackers or toast – avoid alcohol, caffeine, fats, and spices
  - As far as ATI goes a pregnant women should NOT consume alcohol of any kind
  - For constipation – increase fluids, and add fiber to the diet
infants

- Breast is best!
- Breast milk is fully nutritional until 6 months old
- Birth weight should double by 4 – 6 months old and triple by a year old
- Semisolid food should NOT be introduced until at least 4-6 months old
- Iron fortified cereal should be the first solid food at 4 months old
- Cows milk should not be introduced until after 1 year – babies can not digest it
- No supplements unless instructed by the provider
Infants

- Read about formula and weaning
- Failure to thrive – inadequate gains in weight and height in comparison to normal child development
- Assess for sucking problems
- Identify feeding patterns
- Assess parent infant bonding
Children

- Foods such as: hot dogs, popcorn, peanuts, grapes, raw carrots, celery, peanut butter, tough meat and candy may cause choking or aspiration.
Older adults

- Older adults may have decreased vitamins: a, d, c, e, b6-7, and b12
- Calcium requirements increase
Chapter 8 modified diets

- Know the different diets and what they consist of
- Clear diet
- Mechanical soft diet
- Etc
Chapter 9 – enteral nutrition

- Enteral nutrition is used when a client can not consume adequate nutrition's and calories orally, but maintains a partially functioning GI
- Feeding methods
  - Continuous drip – pt gets food over 16 – 24 hr period using a pump
  - IMPORTANT – check residual fluid Q4-6h! Tubes should be flushed Q4h!
  - Intermittent feeding – formula is delivered Q4-6h using gravity
  - Bolus feeding – a large volume of formula in a short period of time (usually 15 mins) 4-6 times a day
Review your complications and nursing interventions
Total Parenteral Nutrition

- This is where we will pick up next week