ATI RN Nutrition Practice B Questions and Answers 2023

A nurse is reviewing the laboratory date of four clients. The nurse identify that which of the following clients is experiencing fluid overload?

a. a client who has an albumin level of 5.5 g/dl

b. a client who has a urine specific gravity of 1.035

c. a client who has a Hct of 55%

d. a client who has a sodium level of 130 mEq/L - answer d. a client who has a sodium level of 130 mEq/L

*The nurse should identify that this client's sodium level is lower than the expected reference range of 136 to 145 mEq/L and indicates hyponatremia. Hyponatremia, often called water deficit, is a decrease of sodium concentration in the blood caused by an excess of water. Manifestations of hyponatremia include confusion, headache, nausea, and fatigue.

A nursing is planning discharge teaching for a client who is postoperative following a placement of a colostomy. Which of the following information should the nurse include?

A. "resume a regular diet by 4 weeks after surgery"

B. "Add high fiber foods to your diet"

C. "increase your intake of foods containing pectin"

D. "drink 4 to 6 cups of water per day" - answer C. "increase your intake of foods containing pectin"

*the nurse should instruct the client to consume foods that thicken the consistency of feces, such as foods containing pectin.

A nurse is reviewing the laboratory results of a client who has a pressure ulcer. Which if the following findings should indicate to the nurse that the client is at risk for impaired wound healing?

A) Hgb 15 g/dl

B) Serum Albumin 3.0 g/dl

C) Prothrombin time 11.5 seconds

D) WBC 6,000/mm3 - answer B) Serum Albumin 3.0 g/dl

*The nurse should identify that this albumin level is less than the expected reference range of 3.5 to 5 g/dL. A decreased albumin level is a manifestation of malnutrition and can increase the risk for poor wound healing and infection.

a nurse is providing teaching to a client who is lactating about increasing her protein intake, which of the following foods should the nurse recommend as the best source of protein?

a.) legumes

Ati Nutrition Practice Questions

John Allen

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Table of Contents Ati Nutrition Practice Questions

- 1. Understanding the eBook Ati Nutrition Practice Questions
 - The Rise of Digital Reading Ati Nutrition Practice Questions
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Ati Nutrition Practice Questions
 - Exploring Different Genres
 - o Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ati Nutrition Practice Questions
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Ati Nutrition Practice Questions
 - Personalized Recommendations
 - Ati Nutrition Practice Questions User Reviews and Ratings
 - Ati Nutrition Practice Questions and Bestseller Lists

- 5. Accessing Ati Nutrition Practice Questions Free and Paid eBooks
 - Ati Nutrition Practice Questions Public Domain eBooks
 - Ati Nutrition Practice Questions eBook Subscription Services
 - Ati Nutrition Practice Questions Budget-Friendly Options
- 6. Navigating Ati Nutrition Practice Questions eBook Formats
 - o ePub, PDF, MOBI, and More
 - Ati Nutrition Practice Questions Compatibility with Devices
 - Ati Nutrition Practice Ouestions Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ati Nutrition Practice Questions
 - Highlighting and Note-Taking Ati Nutrition Practice Questions
 - Interactive Elements Ati Nutrition Practice Questions
- 8. Staying Engaged with Ati Nutrition Practice Questions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ati Nutrition Practice Questions
- 9. Balancing eBooks and Physical Books Ati Nutrition Practice Questions
 - Benefits of a Digital Library
 - \circ Creating a Diverse Reading Collection Ati Nutrition Practice Questions
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ati Nutrition Practice Questions
 - Setting Reading Goals Ati Nutrition Practice Questions
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ati Nutrition Practice Questions
 - Fact-Checking eBook Content of Ati Nutrition Practice Questions
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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