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# ATI Nutrition Study Guide Outline

## **(Important Facts)**

- Be wary of questions regarding children drinking too much milk i.e., more than 3-4 cups of milk each day. Too much milk intake reduces intake of other essential nutrients, especially iron. Watch for anemia with milk-acholic.
- Vitamin D's presence is required by the parathyroid gland, in order for it to function.
- If the patient is taking digoxin or K-supplements, avoid salt substitutes because many are potassium based
- Potassium Sources: bananas, potatoes, citrus fruits
- No milk (as well as fresh fruit or veggies) on neutropenic precautions.
- Nondairy sources of calcium include RHUBARB, SARDINES, COLLARD GREENS 24
- Nonfat milk reduces reflux by increasing lower esophageal sphincter pressure
- Yogurt has live cultures, so do not give to immunosuppressed patients
- No phenylalanine with a kid positive for PKU (no meat, no dairy, no aspartame).
- Acid Ash diet: cheese, corn, cranberries, plums, prunes, meat, poultry, pastry, bread
- Alk Ash diet: milk, veggies, rhubarb, salmon

## **Focused Review Notes**

### *Manifestations of Vitamin A Toxicity*

- Can cause teratogenic effects on fetuses
- Blurred vision
- Bone pain or swelling
- Hypercalcemia
- ICP
- Liver damage
- Skin peeling, itching
- Nausea and vomiting
- Abnormal softening of the skull bone (children) and bulging fontanels

### *Planning Care for a Client Who Follows Seventh-Day Adventist Dietary Laws*

- *Vegetarianism*
  - Do not consume animal products of any type INCLUDING eggs and milk products.
  - Vitamin B12 and Vitamin D supplements may be needed with a pure vegan diet.
- Vegan diets are adequate in protein due to intake of nuts and legumes (dried peas and cooked beans).

### *Initiating Continuous Enteral Feeding*

- This is recommended for critically ill patients because it is associated with small residual volumes, **and a lower risk of aspiration and diarrhea.**
- Residual volumes should be measures q4-6hrs.
- Feeding tubes should be flushed with water q4hr to maintain patency and hydration.

# Ati Nutrition Study Guide

**Kathy Zahler, Krystal Sanders-MD, Chan  
Liaw-MD**

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