

ATI RN Nutrition Practice B Questions and Answers 2023

A nurse is reviewing the laboratory data 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

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Lingjun Ying



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