## **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**

**Ensheng Dong** 



The Top Books of the Year Ati Nutrition Study Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have enthralled audiences this year. Ati Nutrition Study Guide: Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Ati Nutrition Study Guide: Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a guiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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