

NLN nutrition practice exam part A study guide (items in parenthesis are the correct answers)

- 1 – how to calculate fluid intake for renal failure patients (urine output plus insensible water loss)
- 2 – differences between pureed & mechanical soft diets (texture)
- 3 – best diets for niddm patients (a balanced, kcal-controlled diet)
- 4 – pts on hemodialysis – best way to check for dietary compliance (compare the clients present wt to the wt after the last treatment)
- 5 – pts on warfarin should avoid which foods (green, leafy veggies)
- 6 – why are milk products considered the preferred source of calcium? (the calcium in milk products is well-absorbed and utilized)
- 7 – etoh c/ cirrhosis of liver – why should they refrain from etoh – and what are the physiological effects of alcohol on the pt? (increased stress is placed on the liver in detoxifying alcohol)
- 8 – how does alcohol damage the liver?
- 9 – why would a dm1 pt need to have an evening snack c/ protein or milk exchange? (to avoid early morning hypoglycemia)
- 10 – when is tpn the preferred mode of nutritional support? (when a pt requires complete bowel rest)
- 11 – know the gout diet (avoid red meats)
- 12 – know sodium-restricted diets (examples are one tbsp. Of corn oil, one raw apple, one half cup of boiled rice and one cup of milk – milk is the one to be avoided on a low-na diet)
- 13 – know dm diets (meals & snacks must be eaten on a regular schedule)
- 14 – htn, hyperlipid/cholesterol diets – (with elevated cholesterol levels, they should be on a lower cholesterol diet)
- 15 – why/how does radiation therapy impact nutritional status? What conditions may it cause? (anorexia)
- 16 – cholecystitis diet? (low-fat)
- 17 – dysphagia diets (thickened liquids)
- 18 – chf – what are causes of wt gain in one month? (fluid retention)
- 19 – diet modifications to control serum cholesterol levels? (avoid saturated fats)

Nln Nutrition Study Guide

**Lazette Nowicki, Caroline Bunker
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Nln Nutrition Study Guide:

Study Guide to Accompany Rosdahl & Kowalski's Textbook of Basic Nursing Lazette Nowicki, Caroline Bunker Rosdahl, Eileen Klein, Mary T. Kowalski, 2002-11-21 This excellent study guide helps LPN LVN students get the most out of the Textbook of Basic Nursing Eighth Edition This concise learning tool allows students to review all the key material from the Eighth Edition and features a self study CD ROM they can use to help prepare for class or examinations *Current Catalog* National Library of Medicine (U.S.), 1993 First multi year cumulation covers six years 1965 70 Nutrition and Diet Therapy Susan M. Quillman, 1990 **Practical Nursing Study Guide and Review** Zella Von Grempe, Lucile Broadwell, 1965

Potter & Perry's Essentials of Nursing Practice, SAE, E book Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, 2021-06-16 Potter and Perry's Essentials of Nursing Foundation is a widely appreciated textbook for the teaching learning of nursing foundations Its comprehensive coverage provides fundamental concepts skills and techniques of nursing practice in the areas of nursing foundation This South Asian Edition of Potter and Perry's Essentials of Nursing Foundation not only provides the well established authentic content of international standard but also caters to the specific curricular needs of nursing students and faculty of the region as the content is exactly tailored according to the Indian Nursing Council curriculum Most Comprehensive Content is presented comprehensively so that the textbook is very easy to read and comprehend Most Lucid Content is very simple for non English speaking Indian students It is an easy to read interesting and involving disposition which leads the reader through various facts of nursing foundation Indian Student friendly Exactly as per syllabus prescribed by INC for B Sc Nursing course and also useful for Diploma Nursing course It has improved layout design and presentation through addition of images and illustrations Many images have been replaced with Indian ones to provide regional feel of the content Region specific content There is inclusion of region specific content such as o Nursing education nursing cadres registration licensing Indian medico legal laws health care delivery system new trends of nursing in India o Updated detailed history of nursing in India o Major recent health policies in India such as National Health Policy 2017 and Biomedical Waste Management rules 2016 o Code of Ethics for Nurses in India Additional chapters o Hospital admission and discharge o Equipment and linen o Diagnostic testing o First aid and emergencies A complete and student friendly text in Nursing Foundation of Global standards with local appeal Additional chapters o Hospital admission and discharge o Equipment and linen o Diagnostic testing o First aid and emergencies Study Guide and Review of Practical Nursing Helen Fredericka Hansen, 1958 **Guides for Developing Curricula for the Education of Practical Nurses** Dorothea Elizabeth Orem, 1959 **Essentials for Nursing Practice - E-Book** Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, 2018-03-12 Get a solid foundation in essential nursing principles concepts and skills Essentials for Nursing Practice 9th Edition combines everything you need from your fundamentals course and streamlines it into a format that is perfect for busy nursing students The ninth edition retains many classic features including chapter case studies procedural

guidelines and special considerations for various age groups along with new content including a chapter on Complementary and Alternative Therapies interactive clinical case studies on Evolve a new Reflective Learning section and QSEN activities to encourage active learning Thoroughly reviewed by nursing clinical experts and educators this new edition ensures you learn nursing Essentials with the most accurate up to date and easy to understand book on the market Progressive case studies are introduced at the beginning of the chapter and are then used to tie together the care plan concept map and clinical decision making exercises Focused Patient Assessment tables include actual questions to help you learn how to effectively phrase questions to patients as well as target physical assessment techniques Nursing skills at the end of each chapter feature full bleed coloring on the edge of the page to make them easy to locate Safety guidelines for nursing skills sections precede each skills section to help you focus on safe and effective skills performance Detailed care plans in the text and on Evolve demonstrate the application of the 5 step nursing process to individual patient problems to help you understand how a plan is developed and how to evaluate care Unexpected outcomes and related interventions for skills alert you to possible problems and appropriate nursing action Patient Teaching boxes help you plan effective teaching by first identifying an outcome then developing strategies on how to teach and finally implementing measures to evaluate learning Care of the Older Adult boxes highlight key aspects of nursing assessment and care for this growing population Key points neatly summarize the most important content for each chapter to help you review and evaluate learning Evidence Based Practice boxes include a PICO question summary of the results of a research study and a F description of how the study has affected nursing practice in every chapter Patient Centered Care boxes address racial and ethnic diversity along with the cultural differences that impact socioeconomic status values geography and religion 65 Skills and procedural guidelines provide clear step by step instructions for providing safe nursing care 5 step nursing process provides a consistent framework for clinical chapters Concept maps visually demonstrate planning care for patients with multiple diagnoses NOC outcomes NIC interventions and NANDA diagnoses are incorporated in care plans to reflect the standard used by institutions nationwide **Tests** Richard C. Sweetland,1991 Revises the information in the second edition and presents over 700 new or revised tests The Psychology section contains 20 subsections Education has 54 subsections and Business has 13 subsections Does not contain reliability validity and normative data Use the complementary Test Critiques series for this information [RN Test Catalog](#) ,1996

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