# 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

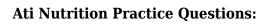
\*The nurse should identify that this albumin level is less than the expected reference range of 3.5 to 5 g/dL. A decreased albumin level is a manifestation of malnutrition and can increase the risk for poor wound healing and infection.

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

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