

ATI Nutrition Proctored Exam Questions and Answers

Graded A+

A nurse is calculating the protein need of a young adult client who weighs 132 lb. The RDA for protein for an adult who has no medical conditions is 0.8g/kg. How many grams of protein per day should the nurse recommend for this client?

48g

$132/2.2=60 \text{ kg}$

$60 \text{ kg} \times 0.8 \text{ g} = 48 \text{ g}$

A nurse is providing teaching about calcium intake to a client who is breastfeeding. What is the recommended daily calcium intake for a client who is breastfeeding?

1,000 mg

The nurse should instruct the client that 1,000 mg of calcium is recommended for women age 19 and older, as well those who are lactating. This amount of calcium is sufficient to meet the needs of the client and the infant because additional calcium is absorbed from the intestines during this time.

A nurse is caring for a client who is receiving total parenteral nutrition (TPN). Which of the following actions should the nurse take?

A. Administer 0.9% sodium chloride until TPN is available from the pharmacy.

B. Check the client's capillary blood glucose level every 4 hours.

C. Obtain the client's weight each week.

D. Change the IV tubing every 3 days.

B. The nurse should check the client's capillary blood glucose level every 4 hours or according to facility policy due to the client's risk of hyperglycemia while receiving TPN. The dextrose concentration in TPN increase the risk of this complication.

The nurse should administer 10% dextrose in water or 20% dextrose in water if TPN is temporarily unavailable from the pharmacy.

The nurse should monitor the client's weight daily.

The IV tubing should be changed every 24 hours to decrease the client's risk of infection.

A nurse is completing dietary teaching with a client who has heart failure and is prescribed a 2g sodium diet. Which of the following statements by the client indicates an understanding of the teaching.

A. "I should use salt sparingly while cooking."

B. "I can have yogurt as a dessert."

Ati Nutrition Proctored Exam Questions

**Lorraine Boykin-Stith, Barbara Kern
Williams**

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