Cheap Nursing CEUs

Childhood Obesity

1. A health care professional has questions regarding childhood obesity and BMI. Which of the following informational points of interest should be communicated to the health care professional?

A. BMI is age- and sex-specific for children and adolescents.
B. BMI is age- and sex-specific for children and adolescents over the age of 12.
C. BMI is age- and sex-specific for children and adolescents under the age of 14.
D. BMI is not age- and sex-specific for children and adolescents.

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2. Which of the following statements is most accurate?

A. A child/adolescent is considered to be obese if his or her BMI is in the 5th percentile to less than the 75th percentile.
B. A child/adolescent is considered to be obese if his or her BMI is in the 5th percentile to less than the 85th percentile.
C. A child/adolescent is considered to be obese if his or her BMI is in the 85th to less than the 95th percentile.
D. A child/adolescent is considered to be obese if his or her BMI is equal to or above the 95th percentile for children and teens of the same age and sex.

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3. According to the course, which of the following is a risk factor for childhood obesity?

A. Hypertension
B. Cancer
C. Family environment
D. Living in a rural area

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4. A health care professional has questions regarding childhood obesity and stress. Which of the following informational points of interest should be communicated to the health care professional?

A. Stress is not a risk factor for childhood obesity.
B. Stress is only a risk factor for childhood obesity in female populations.
C. Some children may overeat to help cope with stress.
D. Typically, only male children overeat to help cope with stress.

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5. According to the course, which of the following medications may lead to or contribute to childhood obesity?

A. Lithium
B. Liraglutide

C. Bupropion
D. Glucophage

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6. Which of the following statements is most accurate?

A. Adolescent girls are more likely to develop type 2 diabetes than are adolescent boys.
B. Adolescent boys are more likely to develop type 2 diabetes than are adolescent girls.
C. A child's risk for type 2 diabetes does not increase if he or she has a parent with type 2 diabetes.
D. A child's risk for type 2 diabetes does not increase if he or she has a sibling with type 2 diabetes.

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7. A health care professional has questions regarding childhood obesity and diabetes. Which of the following informational points of interest should be communicated to the health care professional?

A. Diabetes screening is recommended for children who are overweight or obese who have started puberty or are at least 10 years old and have at least one other risk factor for type 2 diabetes.
B. Diabetes screening is recommended for children who are overweight or obese who have started puberty or are at least 14 years old and have at least two other risk factors for type 2 diabetes.
C. All children over the age of eight should be screened for type 2 diabetes.
D. Overweight or obese children should not be screened for type 2 diabetes.

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8. A health care professional is developing an educational lecture on childhood obesity and hypertension. Which of the following education points should be included in the health care professional's educational lecture?

A. Hypertension in children is blood pressure that is the same as or higher than 75 percent of children who are the same age, sex, and height.
B. Hypertension in children is blood pressure that is the same as or higher than 95 percent of children who are the same age, sex, and height.
C. Hypertension is associated with childhood obesity, and often leads to several symptoms such as excessive sweating and nocturnal enuresis.
D. Hypertension is not associated with childhood obesity.

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9. According to the course, when should children start receiving blood pressure checks?

A. At age three
B. At age four
C. At age five
D. At age six

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10. A 16-year-old male patient suffering from childhood obesity has questions regarding asthma. Which of the following educational points should be expressed to the patient?

A. The signs and symptoms of an asthma-related emergency include blurred vision.
B. The signs and symptoms of an asthma-related emergency include a sucked in abdomen when trying to breathe.
C. The signs and symptoms of an asthma-related emergency include hyperphagia.
D. The signs and symptoms of an asthma-related emergency include polydipsia.

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11. A 17-year-old female patient presents to a health care facility with complaints of anxiety. Which of the following signs/symptoms can help health care professionals determine if the patient is suffering from generalized anxiety disorder?

A. Muscle tension
B. Anhedonia
C. Nocturnal enuresis
D. Diurnal enuresis

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12. A 16-year-old male patient presents to a health care facility with complaints of depression. Which of the following signs/symptoms can help health care professionals determine if the patient is suffering from major depressive disorder?

A. Excessive worry
B. Avoidance of places and situations which lead to feelings of panic
C. Irrational fear regarding social situations
D. Psychomotor agitation or retardation

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13. A 16-year-old male patient presents to a health care facility with complaints of sleep problems. Which of the following signs/symptoms can help health care professionals determine if the patient is suffering from RLS?

A. Paresis
B. Loss of muscle strength
C. Overwhelming urge to move the legs when at rest
D. Interrupted breathing during sleep

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14. A parent of a 16-year-old female patient suffering from childhood obesity has questions regarding substance use disorder. Which of the following educational points should be expressed to the parent?

A. Substance use disorder typically only affects males over the age of 16.
B. Substance use disorder typically only affects males over the age of 18.
C. Binge drinking may refer to a pattern of drinking that brings an individual's blood alcohol concentration to 0.08 g/dl or above.

D. Binge drinking may refer to a pattern of drinking that brings an individual's blood alcohol concentration to 0.15 g/dl or above.

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15. A health care professional is asked to provide substance use disorder counseling and education to the parents of a 17-year-old patient suffering from childhood obesity and substance use disorder. Which of the following educational points should be expressed to the parents?

A. Individuals suffering from a substance use disorder typically do not use or abuse Fentanyl.
B. Fentanyl is 5 to 10 times more potent than morphine.
C. Signs of an opioid overdose include dilated pupils.
D. Signs of an opioid overdose include slow, shallow breathing.

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16. According to the course, which of the following best represents a complication typically associated with childhood obesity?

A. Hyperactivity
B. Tics
C. Compulsive use of social media
D. Social isolation

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17. A health care professional is developing an educational lecture on childhood obesity and breastfeeding. Which of the following education points should be included in the health care professional's educational lecture?

A. Freshly expressed breast milk may be stored at room temperature for up to four hours.
B. Freshly expressed breast milk may be stored at room temperature for up to eight hours.
C. Freshly expressed breast milk may be stored in the refrigerator for up to four weeks.
D. Freshly expressed breast milk may be stored in the refrigerator for up to four months.

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18. A health care professional is asked to provide new parents education regarding types of breastfeeding holds. Which of the following educational points should be expressed to the parents?

A. The cradle hold may be advantageous for infants who do not take to breastfeeding with ease.
B. The clutch hold may be advantageous for individuals that have flat or inverted nipples, and/or experience a strong let-down reflex.
C. The cross-cradle hold should not be used for preterm infants.
D. Despite the name, individuals should not lie down when using the laid-back hold.

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19. What is the recommended dose of vitamin D for breastfed and partially breastfed infants?

A. 100 IU per day
B. 200 IU per day
C. 300 IU per day
D. 400 IU per day

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20. What is the recommended dose of vitamin K1 for newborn babies?

A. 0.2 mg shortly after birth
B. 0.5 to 1.0 mg shortly after birth
C. 1.0 mg two weeks after birth
D. 1.0 to 1.5 mg two weeks after birth

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21. A 17-year-old female patient suffering from childhood obesity has questions regarding adequate nutrition. Which of the following educational points should be expressed to the patient?

A. Less than 10 percent of calories per day should come from added sugars.
B. Less than 12 percent of calories per day should come from added sugars.
C. Less than 15 percent of calories per day should come from added sugars.
D. Less than 20 percent of calories per day should come from added sugars.

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22. Which of the following nutrition recommendations can help a patient suffering from childhood obesity lose weight?

A. Less than 10 percent of calories per day should come from saturated fat.
B. Less than 10 percent of calories per day should come from saturated fat, starting at age eight.
C. Less than 20 percent of calories per day should come from saturated fat.
D. Less than 20 percent of calories per day should come from saturated fat, starting at age eight.

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23. A 16-year-old male patient suffering from childhood obesity has questions regarding calorie intake. Which of the following educational points should be expressed to the patient?

A. Individuals ages 9 through 17 years should take in approximately 1,000 to 2,000 calories per day, depending on activity level.
B. Individuals ages 9 through 17 years should take in approximately 1,400 to 3,200 calories per day, depending on activity level.
C. Individuals ages 9 through 17 years should take in approximately 1,600 to 3,800 calories per day, depending on activity level.
D. Individuals ages 9 through 17 years should take in approximately 1,800 to 4,200 calories per day, depending on activity level.

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24. Which of the following statements is most accurate?

A. Children and adolescents ages 6 through 17 years should do 30 minutes of moderate-to-vigorous physical activity daily.
B. Children and adolescents ages 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity daily.
C. Children and adolescents ages 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity every other day.

D. Children and adolescents ages 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity weekly.

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25. A 15-year-old male patient suffering from childhood obesity has questions regarding physical activity. Which of the following educational points should be expressed to the patient?

A. As part of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 1 day a week.
B. As part of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 2 days a week.
C. As part of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
D. Children and adolescents should not engage in muscle-strengthening physical activity.

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26. According to the course, how many hours of sleep is recommended for an individual 3 - 5 years old?

A. 7 - 8 hours (including naps) per 24 hours
B. 7 - 9 hours (not including naps) per 24 hours
C. 10 - 13 hours (including naps) per 24 hours
D. 10 - 14 hours (not including naps) per 24 hours

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27. A health care professional is asked to provide sleep recommendations to a 14-year-old patient suffering from childhood obesity. Which of the following sleep recommendations should be expressed to the patient?

A. Individuals 13 - 18 years old should sleep 8 - 10 hours per 24 hours.
B. Individuals 13 - 18 years old should sleep a minimum of 12 hours per 24 hours.
C. To ensure an adequate night’s sleep, individuals should avoid consistent sleep patterns.
D. To ensure an adequate night’s sleep, individuals should watch television right up to the point where they attempt to go to sleep.

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28. According to the course, which of the following steps/recommendations may help reduce/prevent stress for children/adolescents suffering from obesity?

A. Increase daily social media exposure
B. Increase screen time
C. Engage in art projects
D. Engage in gaming

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29. Which of the following steps/recommendations can help a parent accurately measure a child's height?

A. Do not use a headpiece.
B. Identify a carpeted location to measure the child's height.

C. Do not remove a child's shoes when measuring his or her height.
D. Accurately record the child's height, to the nearest 1/8th inch or 0.1 centimeter.

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30. Which of the following recommendations can help a parent accurately measure a child's weight?

A. Use a digital scale.
B. Do not use a digital scale.
C. Do not remove a child's shoes when measuring his or her weight.
D. Do not remove a child's shoes or heavy clothing when measuring his or her weight.

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31. According to the course, which of the following best represents a realistic weight loss goal?

A. 1 to 2 pounds per week for a period of approximately 6 months or until a patient reaches a healthy weight based on BMI-for-age.
B. 2 to 4 pounds per week for a period of approximately 6 months or until a patient reaches a healthy weight based on BMI-for-age.
C. 2 to 5 pounds per week for a period of approximately 8 months or until a patient reaches a healthy weight based on BMI-for-age.
D. 5 pounds a week for a period of approximately 12 months.

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32. According to the course, which of the following best represents a weight loss recommendation?

A. Encourage male patients to maintain a height and weight diary.
B. Encourage female patients to maintain a height and weight diary.
C. Encourage patients and parents to maintain a height and weight diary.
D. Do not encourage patients and parents of patients to maintain a height and weight diary.

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33. According to the course, which of the following best represents a weight loss recommendation?

A. Encourage patients to apply portion control.
B. Encourage patients to apply portion control if they have type 1 diabetes.
C. Encourage patients to apply portion control if they have type 2 diabetes.
D. Do not encourage patients to apply portion control.

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34. Which of the following steps/recommendations can help a health care professional accurately measure a patient's waist circumference?

A. Place a tape measure around the patient's middle section, just above the hip bones.
B. Place a tape measure around the patient's middle section, just below the hip bones.
C. Ensure the tape measure is compressing the patient's skin.
D. Measure the patient's waist just after the patient breathes in.

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35. A health care professional has questions regarding childhood obesity and telehealth. Which of the following informational points of interest should be communicated to the health care professional?

A. Telehealth should never be used for weight loss services.
B. Telehealth does not allow for remote patient monitoring.
C. Live video telehealth services can provide patients and health care professionals with the opportunity to communicate in real time.
D. Telehealth should not be used to transmit recorded health care information.

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36. According to the course, which of the following cultural trends may be contributing to childhood obesity?

A. The use of nutrition apps
B. The use of physical activity apps
C. Binge watching
D. Store-and-forward use

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37. Which of the following is a recognized health consequence associated with childhood obesity?

A. Increased risk of type 2 diabetes
B. Decreased risk of cardiovascular disease
C. Reduced likelihood of developing hypertension
D. Improved insulin sensitivity

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38. A 14-year-old female patient suffering from childhood obesity has questions regarding social media use. Which of the following educational points should be expressed to the patient?

A. Avoid all forms of social media.
B. Excessive social media use does not often lead to a more sedentary lifestyle.
C. Excessive social media use is not associated with a higher BMI.
D. Use social media less than six hours per day.

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39. The parents of a child suffering from childhood obesity have questions regarding weight loss and screen time. Which of the following educational points should be expressed to the patient?

A. For children 2 - 5 years old, limit non-educational screen time to about 1 hour per weekday and 3 hours on the weekend days.
B. For children 2 - 5 years old, limit non-educational screen time to about 2 hours per weekday and 3 hours on the weekend days.
C. For children 2 - 5 years old, limit non-educational screen time to about 2 hour per weekday and 4 hours on the weekend days.
D. For children 2 - 5 years old, limit non-educational screen time to about 2 hour per weekday and 6 hours on the weekend days.

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40. A health care professional has questions regarding weight loss, gaming, and gaming disorder. Which of the following informational points of interest should be communicated to the health care professional?

A. Gaming is not typically associated with a sedentary lifestyle.
B. Gaming is not typically associated with childhood obesity.
C. For gaming disorder to be diagnosed, the behavior pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 6 months.
D. For gaming disorder to be diagnosed, the behavior pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months.

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