

Cheap Nursing CEUs

Eating Hints for Cancer Support

1. When preparing to eat well once cancer treatment starts, patients should:

- A. Make sure they fill the refrigerator, cupboards, and freezer with items they can eat even when they feel sick.
 - B. Stock up on foods that need little or no cooking, such as frozen dinners and ready-to-eat cooked foods.
 - C. Cook some foods ahead of time and freeze in meal-sized portions.
 - D. All of the above.
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2. There is no way to know if a patient will have eating problems and, if so, how bad they will be. In part, these problems depend on:

- A. The type of cancer
 - B. The kind of treatment
 - C. The doses of treatment
 - D. All of the above
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3. Even when treatment ends, many eating problems do not go away.

- A. True
 - B. False
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4. To get the most from foods and drinks, patients should eat when they have the biggest appetite, which for many people, is:

- A. In the morning.
 - B. In the afternoon.
 - C. In the evening.
 - D. Right before bed.
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5. Some cancer treatments can make patients more likely to get infections, therefore special care needs to be taken in all of the following ways when handling and preparing food, except for:

- A. Scrub all raw fruits and vegetables before eating them.
 - B. Do not eat foods, such as raspberries, that cannot be washed well.
 - C. Do not eat foods that show signs of mold, except for cheeses such as bleu cheese and Roquefort.
 - D. Do not eat raw fish or shellfish, such as sushi and uncooked oysters.
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6. There are no studies that prove that any special diet, food, vitamin, mineral, dietary supplement, herb, or combination of these can slow cancer, cure it, or keep it from coming back.

- A. True
 - B. False
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7. All of the following are suggestions that nurses can give to patients who have changes in sense of taste or smell, except:

- A. Eat foods and drinks cold.
 - B. Eat foods and drinks that are tart.
 - C. Make foods sweeter.
 - D. Add extra flavor to foods.
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8. Ways for patients to manage diarrhea include eating foods high in all of the following, except:

- A. Sodium
 - B. Potassium
 - C. Fiber
 - D. Foods high in all of the above are beneficial for patients with diarrhea
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9. Patients can manage dry mouth by consuming all of the following, except:

- A. Sauces, gravies, and dressings on foods
 - B. Beer or wine
 - C. Very sweet foods and drinks
 - D. Very tart foods and drinks
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10. All patients who are lactose intolerant should consume soy products in place of milk products.

- A. True
 - B. False
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11. Patients with nausea should not skip meals and snacks, even if they do not feel hungry, because having an empty stomach makes nausea worse for many people.

- A. True
 - B. False
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12. Which of the following should patients visit at least 2 weeks before starting biological therapy, chemotherapy, or radiation therapy to the head or neck?

- A. Optometrist

- B. Dentist
 - C. Otolaryngologist
 - D. All of the above
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13. Nurses should remind patients to inform their doctor or nurse if they:

- A. Have trouble swallowing
 - B. Feel as if they are choking
 - C. Cough while eating or drinking
 - D. All of the above
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14. If patients are experiencing weight loss, they should eat when it is time to eat, rather than waiting until they feel hungry.

- A. True
 - B. False
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