Cheap Nursing CEUs

Food Allergies

1. A 22-year-old male patient has questions regarding his peanut allergy. Which of the following educational points should be expressed to the patient?

A. A peanut allergy is typically not lifelong.
B. Individuals typically outgrow their peanut allergy by the age of 30.
C. Individuals with a peanut allergy should avoid all tree nuts because a peanut is a tree nut.
D. A peanut allergy does not mean an individual will have a greater chance of being allergic to another legumes.

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2. Which of the following best represents a symptom of an allergic reaction to food?

A. Abdominal cramps
B. Polydipsia
C. Polyuria
D. Excessive increase in blood pressure

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3. A health care professional has questions regarding anaphylaxis. Which of the following informational points of interest should be communicated to the health care professional?

A. Typically, anaphylaxis only lasts about 10 - 25 seconds.
B. Anaphylaxis only occurs as a single reaction.
C. Oral antihistamines can treat and stop anaphylaxis.
D. Oral antihistamines cannot treat or stop anaphylaxis.

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4. According to the FDA, which of the following best represents a major food allergen?

A. Red meat
B. Poultry
C. Fish
D. Starches

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5. Which of the following statements best defines the term "cross-contact?"

A. Cross-contact may refer to a food allergy incident that occurs when one food comes into contact with another food and their proteins mix.
B. Cross-contact may refer to a food allergy incident that occurs when one food comes into contact with another food and their proteins do not mix.
C. Cross-contact may refer to the physical movement or transfer of bacteria or other infectious agents from one piece of food to another piece of food.

D. Cross-contact may refer to the physical movement or transfer of bacteria or other infectious agents from person to person via food.

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6. Which of the following best represents a symptom of EoE?

A. Heartburn
B. Hyperphagia
C. Increase in blood pressure
D. Drop in blood pressure

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7. A health care professional has questions regarding a milk allergy. Which of the following informational points of interest should be communicated to the health care professional?

A. Products with man-made casein or whey ingredients are safe for individuals with a milk allergy.
B. Products with man-made casein or whey ingredients are not safe for individuals with a milk allergy because they still contain milk protein.
C. For kosher dairy products with a “D” or the word “dairy” following the circled K or U on a product label means the product is safe for individuals with a milk allergy.
D. For kosher dairy products with a “D” or the word “dairy” following the circled K or U on a product label means the product is safe for individuals with a milk allergy over the age of 18.

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8. A 28-year-old patient receives epinephrine to treat an allergic reaction to food in a health care facility. How long should health care professionals monitor the patient after the administration of epinephrine?

A. 10 - 30 seconds
B. 60 - 120 seconds
C. Two hours
D. Four to six hours, or longer

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9. A health care professional has questions regarding Palforzia. Which of the following informational points of interest should be communicated to the health care professional?

A. Palforzia is approved for use in patients with a confirmed diagnosis of peanut allergy.
B. Palforzia is approved for use in patients with a confirmed diagnosis of peanut allergy and tree nut allergy.
C. Initial dose escalation may be administered to patients aged 2 through 18 years.
D. Initial dose escalation may be administered to patients aged 2 through 24 years.

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10. Which of the following statements regarding a wheat allergy is most accurate?

A. Individuals with a wheat allergy must avoid buckwheat.
B. Only male individuals with a wheat allergy must avoid buckwheat.
C. Only female individuals with a wheat allergy must avoid buckwheat.

D. Buckwheat is not related to wheat and is considered safe to eat.

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