

Cheap Nursing CEUs

Food Allergy: Diagnosis, Prevention, and Management

1. A food allergy can refer to an adverse health effect arising from a specific immune response that occurs reproducibly on exposure to a given food.

- A. TRUE
 - B. FALSE
-

2. Which of the following statements is most accurate?

- A. Food intolerance can refer to an immune reaction that includes metabolic, toxic, pharmacologic, and undefined mechanisms.
 - B. Food intolerance can refer to an immune reaction which only includes a metabolic mechanism.
 - C. Food intolerance can refer to a nonimmune reaction that includes metabolic, toxic, pharmacologic, and undefined mechanisms.
 - D. Food intolerance can refer to a nonimmune reaction which only includes metabolic and toxic mechanisms.
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3. Which of the following may be considered a risk factor for food allergies?

- A. Individuals' sex
 - B. Ethnicity
 - C. Genetics
 - D. All of the above
-

4. A patient's clinical history may be used to diagnose a food allergy.

- A. TRUE
 - B. FALSE
-

5. Effective management of a food allergy requires avoidance of ingestion and prompt treatment in the event of an allergic reaction.

- A. TRUE
 - B. FALSE
-

6. Epinephrine may be used to cure a food allergy.

- A. TRUE**
 - B. FALSE**
-

7. According to the LEAP trial, at what age should a high-risk infant patient exhibiting mild-to-moderate eczema be introduced to peanut-containing foods?

- A. Around 1 month**
 - B. Around 2 months**
 - C. Around 6 months**
 - D. Around 18 months**
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8. Milk, peanuts and soybeans are among the eight most common allergenic foods.

- A. TRUE**
 - B. FALSE**
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9. Following ingestion of a food allergen(s), a person with food allergies can experience a severe, life-threatening allergic reaction called anaphylaxis.

- A. TRUE**
 - B. FALSE**
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10. Symptoms of food allergies typically appear from within a few minutes to 2 hours after a person has eaten the food to which he or she is allergic.

- A. TRUE**
 - B. FALSE**
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11. "Cross-contact" occurs when a residue or trace amount of an allergenic food becomes incorporated into another food not intended to contain it.

- A. TRUE**
 - B. FALSE**
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12. Which of the following may be considered to be a symptom of a food allergy?

- A. Hives**
 - B. Flushed skin or rash**
 - C. Difficulty breathing**
 - D. All of the above**
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