

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

- A. TRUE
  - B. FALSE
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**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
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**6. Epinephrine may be used to cure a food allergy.**

- A. TRUE

B. FALSE

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**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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