Cheap Nursing CEUs

Nutritional Needs for Older Adults

1. According to the Final Rule, section §483.60 Food and Nutrition Services, sufficient support personnel means having enough dietary and food and nutrition staff to safely carry out all of the functions of the food and nutrition services. This does not include staff, such as licensed nurses, nurse aides or paid feeding assistants, involved in assisting residents with eating.

A. True
B. False

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2. According to the Final Rule, section §483.60 Food and Nutrition Services, which of the following statements is most accurate?

A. A qualified dietitian is one who has completed at least 500 hours of supervised dietetics practice under the supervision of a registered dietitian or nutrition professional.
B. A qualified dietitian is one who has completed at least 600 hours of supervised dietetics practice under the supervision of a registered dietitian or nutrition professional.
C. A qualified dietitian is one who has completed at least 800 hours of supervised dietetics practice under the supervision of a registered dietitian or nutrition professional.
D. A qualified dietitian is one who has completed at least 900 hours of supervised dietetics practice under the supervision of a registered dietitian or nutrition professional.

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3. According to the Final Rule, section §483.60 Food and Nutrition Services, which of the following statements is most accurate?

A. Therapeutic diets must be ordered by a patient.
B. Therapeutic diets must be prescribed by a dietitian.
C. Therapeutic diets must be prescribed by a nurse.
D. Therapeutic diets must be prescribed by the attending physician.

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4. According to the Final Rule, section §483.60 Food and Nutrition Services, which of the following statements regarding frequency of meals is most accurate?

A. There must be no more than 14 hours between a substantial evening meal and breakfast the following day, except when a nourishing snack is served at bedtime, up to 16 hours may elapse between a substantial evening meal and breakfast the following day if a resident group agrees to this meal span.
B. There must be no more than 14 hours between a substantial evening meal and breakfast the following day, except when a nourishing snack is served at bedtime, up to 18 hours may elapse between a substantial evening meal and breakfast the following day if a resident group agrees to this meal span.

C. There must be no more than 16 hours between a substantial evening meal and breakfast the following day, except when a nourishing snack is served at bedtime, up to 18 hours may elapse between a substantial evening meal and breakfast the following day if a resident group agrees to this meal span.
D. There must be no more than 16 hours between a substantial evening meal and breakfast the following day, except when a nourishing snack is served at bedtime, up to 20 hours may elapse between a substantial evening meal and breakfast the following day if a resident group agrees to this meal span.

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5. According to the Final Rule, section §483.60 Food and Nutrition Services, which of the following statements is most accurate?

A. Paid feeding assistants are permitted to assist residents who have complicated eating problems.
B. Paid feeding assistants are permitted to assist residents who have complicated eating problems only if the paid feeding assistant completed 8 hours of training.
C. Paid feeding assistants are permitted to assist residents who have complicated eating problems only if the paid feeding assistant completed 10 hours of training.
D. Paid feeding assistants are not permitted to assist residents who have complicated eating problems.

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6. According to the Dietary Guidelines for Americans 2015 - 2020, which of the following statements is most accurate?

A. Individuals should consume less than 5 percent of calories per day from added sugars.
B. Individuals should consume less than 10 percent of calories per day from added sugars.
C. Individuals should consume less than 15 percent of calories per day from added sugars.
D. Individuals should consume less than 20 percent of calories per day from added sugars.

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7. Which of the following statements is most accurate?

A. On average, carbohydrates and protein contain 2 calories per gram and fats contain 9 calories per gram.
B. On average, carbohydrates and protein contain 4 calories per gram and fats contain 9 calories per gram.
C. On average, carbohydrates and protein contain 6 calories per gram and fats contain 9 calories per gram.
D. On average, carbohydrates and protein contain 8 calories per gram and fats contain 10 calories per gram.

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8. The recommended amount of vegetables in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is 2½ cup-equivalents of vegetables per day.

A. True
B. False

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9. Which of the following statements is most accurate?

A. When possible, foods high in unsaturated fats should be replaced with foods high in saturated fats, and other choices.
B. When possible, foods high in saturated fats should be replaced with foods high in unsaturated fats, and other choices.
C. When possible, foods high in saturated fats should be replaced with foods low in unsaturated fats, and other choices.
D. When possible, foods low in saturated fats should be replaced with foods low in saturated fats, and other choices.

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10. How many calories should an active 70-year-old male take in per day?

A. Approximately 1,800 calories
B. Approximately 2,000 calories
C. Approximately 2,200 calories
D. Approximately 2,600 calories.

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11. Health care facilities and relevant staff should ensure plans of care are evidence-based, established, implemented, updated, and monitored based on a care recipient's assessed needs only.

A. True
B. False

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12. Which of the following statements is most accurate?

A. Health care facility administrators should ensure dining services meet the nutritional needs outlined by physicians.
B. Health care facility administrators should ensure dining services are therapeutic and meet the nutritional needs paralleled with a dietitian's preferences.
C. Health care facility administrators should ensure dining services are resident-centered and meet the nutritional needs paralleled with a dietitians' preferences.
D. Health care facility administrators should ensure dining services are resident-centered and meet the nutritional needs paralleled with the recipients' preferences.

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13. A 68-year-old female patient has a documented body mass index (BMI) of 16.5 kg/m2. According to the patient's BMI, the patient may be considered to be which of the following?

A. Underweight
B. At an ideal weight
C. Overweight
D. Obese

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14. It is recommended that older adults take in approximately 5 - 6 8-ounce glasses of water per day to maintain adequate hydration.

A. True
B. False

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15. A 72-year-old female patient is started on warfarin therapy. Which of the following dietary options may be the best choice to ensure a therapeutic INR?

A. Large increase in vitamin K
B. Maintain the patient on an inconsistent diet
C. Increase the patient's protein intake.
D. Maintain the patient on a consistent diet.

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