PLAINWORK

NCLEX-RN Nutrition and Hydration Practice App: 240+ Questions with Rationales

Free sample: 10 of 246 questions

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Sample

1. A client with stage 4 chronic kidney disease who is not on dialysis has a serum potassium of 5.6 mEq/L and has been taught about the prescribed diet. Which meal choice shows that the client understands the teaching?

A. A. Canned vegetable soup and a ham sandwich with a dill pickle
B. B. Baked potato with the skin, a banana and orange juice
C. C. Roasted chicken, white rice, green beans and an apple
D. D. Bean chili with tomatoes and a glass of milk

C. Roasted chicken, white rice, green beans and an apple — The diet in advanced chronic kidney disease limits potassium, phosphorus and sodium. Fresh poultry in a moderate portion, white rice, green beans and an apple are all low in these, while the other meals are high in at least one.

Question and rationale by Plainwork. Reference: Fundamentals of nursing texts (Potter & Perry; Taylor; Open RN Nursing Fundamentals); National Kidney Foundation dietary guidance

2. A client with heart failure takes lisinopril and spironolactone and follows a 2-gram sodium diet. Which statement by the client needs follow-up by the nurse?

A. A. "I read the label for the sodium content before I buy packaged food."
B. B. "I season my food with lemon juice, garlic and herbs."
C. C. "I rinse canned vegetables before I heat them."
D. D. "I have switched to a salt substitute and use it freely on my food."

D. "I have switched to a salt substitute and use it freely on my food." — Most salt substitutes replace sodium chloride with potassium chloride. An ACE inhibitor and a potassium-sparing diuretic both raise serum potassium, so adding a potassium salt freely can cause dangerous hyperkalemia.

Question and rationale by Plainwork. Reference: Fundamentals of nursing texts (Potter & Perry; Taylor; Open RN Nursing Fundamentals)

3. A resident recovering from a stroke coughs and develops a wet, gurgly voice after sips of water at lunch. What is the nurse's best action?

A. A. Encourage the resident to tuck the chin and finish the meal
B. B. Thicken the liquids using the nurse's own judgment
C. C. Continue the meal and watch for more coughing
D. D. Stop oral intake, keep the resident upright and request a swallowing evaluation

D. Stop oral intake, keep the resident upright and request a swallowing evaluation — Coughing and a wet voice after swallowing suggest possible aspiration. Oral intake should be stopped and the resident kept upright while a speech-language pathologist evaluates swallowing and the diet is ordered.

Question and rationale by Plainwork. Reference: CMS long-term care requirements of participation (42 CFR 483); Standard gerontological nursing texts

4. A nurse makes a follow-up telephone call to the mother of a 6-day-old newborn who is exclusively breastfed. Which report by the mother needs further evaluation?

A. A. "She nurses about 10 times in 24 hours."
B. B. "Her stools are yellow and seedy, about four a day."
C. C. "She seems content and sleeps for a while after most feedings."
D. D. "She has had two wet diapers since this time yesterday, and the urine looks dark."

D. "She has had two wet diapers since this time yesterday, and the urine looks dark." — By the end of the first week a newborn who is feeding well has at least six wet diapers a day with pale urine. Two wet diapers with dark urine indicates inadequate intake and possible dehydration, so the newborn needs a weight check and a feeding assessment.

Question and rationale by Plainwork. Reference: AAP, Breastfeeding and the Use of Human Milk; Lowdermilk, Maternity and Women's Health Care

5. A client with chronic kidney disease who receives hemodialysis three times a week has a serum potassium of 5.8 mEq/L and a raised phosphorus level before today's treatment. The nurse reviews the renal diet with the client. Which lunch choice shows that the client understands the teaching?

A. A. Canned vegetable soup with a deli ham sandwich and pickles
B. B. Baked potato with melted cheese, and a glass of orange juice
C. C. Grilled chicken, white rice, green beans and an apple
D. D. Bean and tomato chili with a banana and a glass of milk

C. Grilled chicken, white rice, green beans and an apple — Between dialysis treatments the kidneys cannot excrete potassium, phosphorus, sodium or water. The meal of chicken, white rice, green beans and an apple supplies good-quality protein while keeping potassium, phosphorus and sodium low. Potatoes, oranges, tomatoes, bananas and beans are high in potassium; dairy foods and beans are high in phosphorus; canned and cured foods are high in sodium.

Question and rationale by Plainwork. Reference: KDIGO CKD guideline; KDOQI Clinical Practice Guideline for Nutrition in CKD; Lewis's Medical-Surgical Nursing

6. A client is recovering from an acute gout flare in the great toe and has been taking allopurinol for several months. Which statement by the client shows that more teaching is needed?

A. A. 'I'll keep taking the allopurinol every day even when my toe feels fine.'
B. B. 'I'll keep the sheet off my toe and rest the foot until the pain settles.'
C. C. 'I'll drink less for a few days so the swelling in my toe goes down faster.'
D. D. 'I'll stay away from beer, liver and shellfish.'

C. 'I'll drink less for a few days so the swelling in my toe goes down faster.' — A generous fluid intake dilutes the urine and helps the kidneys excrete uric acid, which lowers the risk of urate kidney stones; restricting fluids does the opposite. The swelling of gout is joint inflammation from urate crystals, not fluid overload.

Question and rationale by Plainwork. Reference: Lewis's Medical-Surgical Nursing; Ignatavicius, Medical-Surgical Nursing: Concepts for Interprofessional Collaborative Care

7. The parent of a 2-year-old child with mild dehydration from viral gastroenteritis asks how to care for the child at home. The child has vomited twice today. Which instruction should the nurse give?

A. A. "Give only bananas, rice, applesauce and toast until the stools are formed."
B. B. "Give nothing by mouth for 24 hours to rest the stomach."
C. C. "Offer as much undiluted fruit juice or soda as your child will drink."
D. D. "Give small sips of an oral rehydration solution every few minutes, even if your child vomits now and then."

D. "Give small sips of an oral rehydration solution every few minutes, even if your child vomits now and then." — Oral rehydration solution in small, frequent amounts is the first treatment for mild to moderate dehydration and is usually tolerated even with vomiting. Its balance of glucose and sodium promotes absorption of water, and the child's usual diet is resumed early once rehydrated.

Question and rationale by Plainwork. Reference: AAP guidance on acute gastroenteritis; WHO oral rehydration guidance; Hockenberry, Wong's Nursing Care of Infants and Children

8. A nurse at a community clinic assesses a 45-year-old client with a painless, diffusely enlarged neck. The client grew up in an inland mountain region, rarely eats seafood, and cooks only with non-iodized salt. The thyroid-stimulating hormone level is elevated. Which deficiency is most likely behind the enlarged gland?

A. A. Calcium
B. B. Vitamin B12
C. C. Iodine
D. D. Iron

C. Iodine — The thyroid gland builds thyroxine from iodine. When dietary iodine is scarce, hormone output falls, the pituitary raises thyroid-stimulating hormone, and the gland enlarges as it works harder, producing a goiter. Low intake of seafood and iodized salt in an inland area is the classic setting.

Question and rationale by Plainwork. Reference: NCSBN NCLEX-RN Test Plan, Nutrition and Oral Hydration; NIH Office of Dietary Supplements, Iodine fact sheet; Potter & Perry, Fundamentals of Nursing

9. A nurse teaches a client with rheumatoid arthritis about an eating pattern that helps limit inflammation. Which statement by the client indicates that further teaching is needed?

A. A. I will skip walnuts and flaxseed since they are high in fat.
B. B. I will switch to olive oil in place of butter for most of my cooking.
C. C. I will add berries and dark leafy greens to my meals every day.
D. D. I plan to eat salmon or sardines at least twice a week for the omega-3 fats.

A. I will skip walnuts and flaxseed since they are high in fat. — The kind of fat matters more than the amount avoided. Walnuts and flaxseed supply unsaturated fats, including plant omega-3 fats, along with fiber and antioxidants that help dampen inflammatory activity, so the client should keep them in the plan. Fatty fish, olive oil, and colorful produce all fit an anti-inflammatory pattern.

Question and rationale by Plainwork. Reference: Arthritis Foundation, anti-inflammatory eating guidance; Academy of Nutrition and Dietetics, Nutrition Care Manual; Potter & Perry, Fundamentals of Nursing

10. A client newly diagnosed with iron-deficiency anemia must change several eating habits. Before any teaching begins, which action by the nurse best determines the client's readiness to learn?

A. A. Review the discharge date and plan to cover all diet instructions during the final afternoon
B. B. Ask what the client already knows, how the client prefers to learn, and what concerns the client has
C. C. Ask a family member to choose the diet changes that seem most important to teach first
D. D. Hand the client a printed list of iron-rich foods and invite questions on the day of discharge

> **B.** Ask what the client already knows, how the client prefers to learn, and what concerns the client has — Readiness to learn is assessed before teaching by exploring current knowledge, learning style, concerns, motivation, and physical or emotional barriers. Teaching built on that assessment is more likely to be understood and used than material handed over without it.
>
> Question and rationale by Plainwork. Reference: Potter & Perry, Fundamentals of Nursing, client teaching chapter; NCSBN NCLEX-RN Test Plan, Teaching and Learning

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