



قائمة الاسئلة

مادة علاج التغذية الطبية (2) - المستوى الرابع - تغذية علاجية - د/ فيصل حسن حمود علي

- 1) Vitamin D3 IS given for patients with polycystic kidney disease to prevent bone density lose
  - 1) - true.
  - 2)  false.
- 2) Tube feeding discontinued when oral intake supplies about 60% of estimated nutrient needs.
  - 1)  true.
  - 2) - false.
- 3) Alteration in dietary interventions of patients with renal failure is depended on regular monitoring of lab values.
  - 1)  true.
  - 2) - false.
- 4) Gastric feedings (nasogastric and gastrostomy routes) preferred in patients at high risk of aspiration.
  - 1) - true.
  - 2)  false.
- 5) Nutrition support decision is primarily depended on:
  - 1)  nutritional status assessment
  - 2) - functional GI tract
  - 3)  health status assessment
  - 4) - all the above
- 6) Animal sterols supplement is most often recommended for patients with CVDs.
  - 1) - true.
  - 2)  false.
- 7) GIT function determines the appropriate feeding rout as well as type of formula
  - 1)  true.
  - 2) - false.
- 8) DASH diet is only recommended for patients with hypertension.
  - 1) - true.
  - 2)  false.
- 9) Malnutrition occurs in all infant patients with cystic fibrosis
  - 1) - true.
  - 2)  false.
- 10) Low calorie diet is sometimes recommended for patients with chronic pulmonary diseases
  - 1) - true.
  - 2)  false.
- 11) Nitric oxide supplement is recommended for patients with COPD
  - 1) - true.
  - 2)  false.
- 12) What is incorrect in Parenteral Solutions?
  - 1) - Often prepared by pharmacies
  - 2) - Contain essential + nonessential amino acids
  - 3)  Lipid emulsions supply essential + nonessential fatty acids
  - 4) - Dextrose is the main source of energy
- 13) Candidates for Enteral Nutrition:
  - 1)  Patient needs high nutrient dense or fluid restriction
  - 2) - Patient with severe malnutrition
  - 3) - Patient do not have high nutrient needs or fluid restrictions





- 4) - Intractable vomiting or diarrhea
- 14) Candidates for Parenteral nutrition?
- 1) - Extremely high nutrient requirements
  - 2) - Impaired motility in the upper GI tract
  - 3) - Severe swallowing disorders
  - 4)  Patients with short bowel syndrome
- 15) DASH diet plan should include the following food (s) Except:
- 1) - vegetables, fruits
  - 2) - lean meats, and whole grains
  - 3) - little salt
  - 4)  processed foods
- 16) You should limit your sodium to 1,500 mg per day if you are:
- 1) - prehypertensive
  - 2)  hypertensive
  - 3) - healthy people
  - 4) - All of these
- 17) CELEPID milkey emulsion with LCT-MCT 20% is prescribed as a nutrition support for delivery:
- 1)  energy and essential fatty acids
  - 2) - essential fatty acids
  - 3) - concentrated energy
  - 4) - amino acids
- 18) To reduce the risk of refeeding syndrome complications during parenteral nutrition the following parameters should be monitored:
- 1)  electrolytes and glucose levels
  - 2) - liver enzymes
  - 3) - blood triglyceride
  - 4) - All of these
- 19) Which of the following should be monitored to avoid TPN complications?
- 1) - Glucose and electrolytes concentration
  - 2) - lipids and Fluids
  - 3) - Liver function tests
  - 4)  all of these
- 20) Hyperparathyroidism is commonly associated with the following disease :
- 1) - CHD
  - 2)  CKD
  - 3) - COPD
  - 4) - ARF
- 21) Contraindications of TPN
- 1) - low cardiac output
  - 2) - hemodynamic instability
  - 3)  cardiac failure
  - 4) - All the above
- 22) The following condition is not suitable for tube feeding or EN:
- 1) - CVA
  - 2) - physiological anorexia
  - 3) - psychological anorexia
  - 4)  high output fistulas
- 23) Systemic sepsis is more common complication in:
- 1)  TPN





- 2) - PEG  
3) - NJT  
4) - All the above
- 24) Initially hyperlipidemia should be treated by:  
1)  dietary control  
2) - drug therapy  
3) - fluid therapy  
4) - all the above
- 25) Hyperlipidemia is most often associated with the following Cardiovascular diseases Except:  
1) - Myocardial infarction  
2) - CHD  
3) - Stroke  
4)  Endocarditis
- 26) Hypercholesterolemia occurs in the following conditions Except:  
1) - Diabetes mellitus  
2) - Obstructive jaundice  
3) - Hypothyroidism  
4)  Hyperthyroidism
- 27) Non-invasive tests in heart attack diagnosis include the following Except:  
1) - Chest x-rays  
2) - Electrocardiography  
3)  Cardiac enzymes  
4) - Echo
- 28) Intracellular cholesterol synthesis is inactivated by the action of:  
1) - Insulin  
2)  glucagon  
3) - HMG-CoA reductase  
4) - fatty acids
- 29) Of the classes of dietary fatty acids which have the most beneficial effect on plasma LDL cholesterol levels?  
1)  Omega 3 and omega 6 polyunsaturated fatty acids  
2) - Saturated fatty acids  
3) - trans unsaturated fatty acids  
4) - free fatty acids
- 30) Familial hypercholesterolemia is hereditary disease caused by:  
1) - High cholesterol food intake  
2) - High fructose intake  
3) - HDL receptor defect  
4)  LDL receptor defect
- 31) Fat restriction is not recommended in:  
1) - Nephrotic syndrome  
2) - CAD  
3)  Bronchial asthma  
4) - CHD
- 32) All of the following are progressive stages of atherosclerosis, EXCEPT:  
1) - blood vessel injury  
2) - cholesterol plaque formation  
3)  rate depends partly on level of HDL-C in the blood  
4) - blood clot formation
- 33) Therapeutic lifestyle changes for a heart-healthy dietary pattern include all of the following, EXCEPT:





- 1) - Low-fat dairy products
  - 2)  Increased calories from trans fats
  - 3) - High in soluble fiber
  - 4) - Less than 6% of calories from saturated fats
- 34) All these symptoms are not involved in heart attack Except:
- 1) - coordination problems
  - 2) - speech and vision trouble
  - 3)  Prolonged chest pain
  - 4) - numbness in arm and leg
- 35) What is wrong in MNT plan for patients with Ca salts stones?
- 1) - High fluid intake
  - 2) - Low-oxalate diet
  - 3) - Acid –Ash diet
  - 4)  Alkaline-Ash diet
- 36) What is wrong in MNT plan for patients with uric acid stones?
- 1) - High fluid intake
  - 2) - Low-protein diet
  - 3)  Acid –Ash diet
  - 4) - Alkaline-Ash diet
- 37) One outcome among skeletal Effects due to Chronic Renal Failure is not correct:
- 1) - Hyperphosphatemia
  - 2) - Hypocalcemia
  - 3)  Hyperthyroidism
  - 4) - Low bone mass and density
- 38) In renal diseases patients, dietary protein intake is commonly restricted in:
- 1) - ARF
  - 2)  CKD
  - 3) - Nephrotic syndrome
  - 4) - Patients after Hemodialysis
- 39) The best clinical measure for Glomerular Function Test is:
- 1)  GFR
  - 2) - Creatinine
  - 3) - Urea
  - 4) - Uric Acid
- 40) All the following substances are reabsorbed from the renal tubular fluid into the blood except:
- 1) - glucoe
  - 2) - electrolytes
  - 3) - protein
  - 4)  creatinine
- 41) Urine Output < 100ml/day is most probably seen in:
- 1) - Acute glomerulonephritis
  - 2)  Renal shut down
  - 3) - Renal failure
  - 4) - All the above
- 42) Renal functions include all the following Except:
- 1)  Coagulation function
  - 2) - Excretion of metabolic waste products
  - 3) - Regulation of acid base balance
  - 4) - Endocrine function





- 43) Nephrotic Syndrome (NS) is clinically characterized by all the following except:
- 1) - Hypoalbuminemia
  - 2)  Hypotension
  - 3) - hyperlipidemia
  - 4) - Edema
- 44) Overfeeding of lung diseases patient should be avoided because it may cause:
- 1) - Excess CO<sub>2</sub> production
  - 2) - RQ ratio imbalance
  - 3) - refeeding syndrome
  - 4)  All of the above
- 45) Dietary supplement commonly advised for patients suffering from Asthma for reducing the production of leukotrienes.
- 1) - Methylxanthines
  - 2)  Fish oil supplement
  - 3) - Mg
  - 4) - All the above
- 46) Malnutrition occur in 24 – 35% with moderate to severe COPD patient, because of:
- 1) - Breathing difficulties
  - 2) - Inflammation hypermetabolism
  - 3) - Bronchodilators therapy
  - 4)  All of the above
- 47) Therapeutic agent plays vital role as bronchodilator in asthmatic patients EXCEPT:
- 1) - Caffeine
  - 2)  sulfites
  - 3) - Mg
  - 4) - Theophylline
- 48) Which type of parameter (s) should be increased in sever COPD patient?
- 1) - BEE
  - 2) - REE
  - 3) - Sress factor
  - 4)  All of these
- 49) Infants born with meconium ileus are highly likely to have:
- 1) - ALI
  - 2) - BPD
  - 3)  CF
  - 4) - ARDS
- 50) What is wrong regarding aims of MNT in Kindney diseases
- 1) - To prevent fluid overload
  - 2)  To prevent fluid loss
  - 3) - To optimize nutritional status
  - 4) - To keep renal minerlas within safe limits

