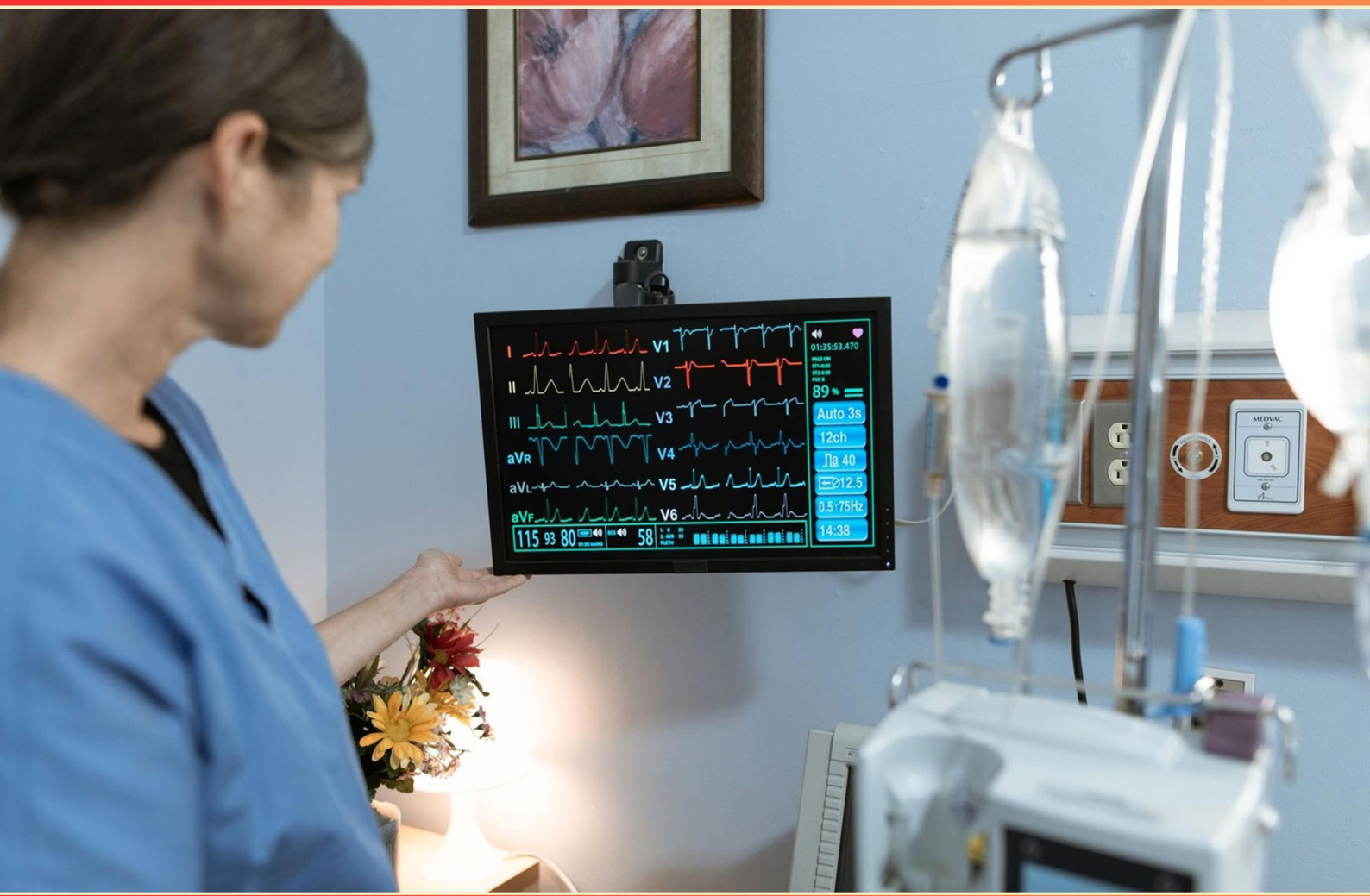
NCLEX NUTRITION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. For which condition would gavage feeding typically be utilized in an infant?

A. Excessive appetite

B. Failure to thrive

C. Neuromuscular impairment

D. Growth acceleration

2. How often should the enteral feeding equipment be replaced to minimize the risk of foodborne illness?

A. Every 12 hours

B. Every 24 hours

C. Every 48 hours

D. Every week

3. What action should the nurse address immediately with the nursing assistive personnel (NAP) regarding enteral feedings?

A. Fastens the tube to the gown with tape.

B. Places the patient supine while giving a bath.

C. Performs oral care for the patient.

D. Elevates the head of the bed 45 degrees.

4. Overweight is defined as having a BMI within which range?

A. 20 to 24.9

B. 25 to 29.9

C. 30 to 34.9

D. 35 to 39.9

5. The nurse teaches a patient who has had surgery to increase which nutrient to help with tissue repair?

A. Fat

B. Protein

C. Vitamin

D. Carbohydrate

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6. For a patient with hypertension, which dietary recommendation is most appropriate?

A. Increase calcium intake

B. Reduce sodium intake

C. Increase sugar intake

D. Limit fiber intake

7. What is the most appropriate response regarding type 2 diabetes' familial risk?

A. "Diabetes runs in families; he can expect to have it when he is older."

B. "Diabetes runs in the family, but is a preventable disease with proper nutrition and exercise."

C. "Diabetes is not contagious, so he does not have to worry."

D. "He does not have to worry because he is young."

8. What action does the nurse need to take first when suspecting that the patient receiving parenteral nutrition has an air embolus?

A. Raise the head of the bed to 90 degrees.

B. Turn patient to left lateral decubitus position.

C. Notify health care provider immediately.

D. Have the patient perform the Valsalva maneuver.

9. How many hours worth of formula should be filled in generic bags to prevent food poisoning?

A. 2 hours

B. 4 hours

C. 6 hours

D. 8 hours

10. What type of lipid is made up of three fatty acids attached to a glycerol?

A. Triglycerides

B. Nitrogen balance

C. Polyunsaturated fatty acids

D. Resting energy expenditure (REE)

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Answers

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1. C
2. B
3. B
4. B
5. B
6. B
7. B
8. B
9. B
10. A

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Explanations

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1. For which condition would gavage feeding typically be utilized in an infant?

A. Excessive appetite

B. Failure to thrive

C. Neuromuscular impairment

D. Growth acceleration

Gavage feeding is a method in which a feeding tube is used to deliver nutrition directly to an infant's stomach. This technique is particularly beneficial for infants who have difficulty feeding orally due to various reasons, such as neuromuscular impairment. In cases where an infant has neuromuscular conditions, their ability to suck, swallow, or coordinate these actions may be compromised, leading to inadequate nutrition intake. Gavage feeding ensures that these infants receive the necessary calories and nutrients to support their growth and development without the risk of aspiration or choking that might occur during oral feeding. Using this approach for infants with neuromuscular impairments helps to address their specific feeding challenges while still meeting their nutritional needs effectively.

2. How often should the enteral feeding equipment be replaced to minimize the risk of foodborne illness?

A. Every 12 hours

B. Every 24 hours

C. Every 48 hours

D. Every week

Replacing enteral feeding equipment every 24 hours is a well-established practice aimed at minimizing the risk of foodborne illness. This timeframe helps to ensure that any potential microbial growth or contamination that may develop over time is controlled. Enteral feeding systems can harbor bacteria if not replaced regularly, especially as they come into contact with formula that may provide a nutrient-rich environment for microbes. By adhering to the 24-hour replacement guideline, healthcare providers can maintain a safer feeding environment for patients receiving enteral nutrition, thus supporting their overall health and reducing the chances of gastrointestinal infections. Regularly replacing the equipment is a crucial component of infection control protocols in healthcare settings.

3. What action should the nurse address immediately with the nursing assistive personnel (NAP) regarding enteral feedings?

A. Fastens the tube to the gown with tape.

B. Places the patient supine while giving a bath.

C. Performs oral care for the patient.

D. Elevates the head of the bed 45 degrees.

When addressing enteral feedings, it is critical to ensure that the patient's head is elevated during the feeding process to prevent complications like aspiration. Placing a patient in a supine position while administering enteral feedings is inappropriate, as it increases the risk for aspiration, which can occur if the feeding formula flows back into the esophagus due to gravity. Aspiration can lead to serious complications, including pneumonia. Elevating the head of the bed to at least 30 to 45 degrees during enteral feedings is a fundamental nursing action to maintain a safe environment for the patient. This position allows the feed to flow into the stomach more effectively and reduces the chance of the feeding material entering the lungs. Given this context, addressing the action related to placing the patient supine is paramount to ensuring patient safety during enteral feedings.

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4. Overweight is defined as having a BMI within which range?

A. 20 to 24.9

B. 25 to 29.9

C. 30 to 34.9

D. 35 to 39.9

The definition of overweight is classified by a Body Mass Index (BMI) that falls within the range of 25 to 29.9. BMI is a tool used to estimate body fat based on an individual's weight in relation to their height. This classification helps to identify individuals who may be at an increased risk for health problems due to excess weight. Understanding BMI categories is essential for healthcare providers to assess and communicate health risks associated with weight. When a person's BMI indicates they are in the overweight range, it suggests a need for further evaluation, lifestyle modifications, or weight management strategies to reduce potential health risks, such as cardiovascular disease, diabetes, and hypertension. In contrast, the other listed ranges correspond to different classifications: 20 to 24.9 reflects a normal weight, 30 to 34.9 indicates obesity, and 35 to 39.9 corresponds to more severe obesity. Each category serves distinct purposes in assessing and managing health related to weight.

5. The nurse teaches a patient who has had surgery to increase which nutrient to help with tissue repair?

A. Fat

B. Protein

C. Vitamin

D. Carbohydrate

Increasing protein intake after surgery is essential for tissue repair because protein plays a crucial role in healing and recovery. It is a vital component of every cell in the body and is necessary for the synthesis of new tissues, including muscle, skin, and connective tissues. Proteins are made up of amino acids, some of which are essential and must be obtained through diet; these amino acids are directly involved in the healing processes. After surgery, the body enters a state that requires more protein for repair and recovery, often leading to higher protein needs. Adequate protein consumption can improve wound healing, reduce complications, and help maintain muscle mass, which is especially important for patients who may be less mobile during their recovery period. While fats, vitamins, and carbohydrates are important components of the diet, they do not play as direct a role in tissue repair as protein does. Fats are primarily used for energy and cell structure. Vitamins are essential for various biochemical processes and can support healing but are not the primary building blocks for tissue repair. Carbohydrates are also an energy source and are important for recovery but do not directly aid in tissue regeneration in the same way that protein does. Thus, emphasizing protein intake is critical for optimal healing after surgery.

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6. For a patient with hypertension, which dietary recommendation is most appropriate?

A. Increase calcium intake

B. Reduce sodium intake

C. Increase sugar intake

D. Limit fiber intake

The most appropriate dietary recommendation for a patient with hypertension is to reduce sodium intake. Sodium plays a significant role in regulating blood pressure; consuming high levels of sodium can lead to fluid retention, which increases blood volume and, in turn, raises blood pressure. Many health organizations, including the American Heart Association, advocate for reducing sodium intake as a key strategy in managing hypertension. In contrast, increasing calcium intake can be beneficial for bone health and may have a modest impact on lowering blood pressure, but it is not as critical as sodium reduction in the specific context of hypertension management. Increasing sugar intake has no beneficial effect on hypertension and could contribute to weight gain and metabolic issues. Limiting fiber intake is not advisable, as fiber is an important component of a healthy diet, contributing to overall cardiovascular health and having a potential positive effect on blood pressure. Therefore, the focus on sodium reduction directly aligns with established guidelines for managing hypertension.

7. What is the most appropriate response regarding type 2 diabetes' familial risk?

A. "Diabetes runs in families; he can expect to have it when he is older."

B. "Diabetes runs in the family, but is a preventable disease with proper nutrition and exercise."

C. "Diabetes is not contagious, so he does not have to worry."

D. "He does not have to worry because he is young."

The understanding that type 2 diabetes has a familial risk is crucial for both awareness and prevention. It is a condition influenced by genetic factors, lifestyle choices, and environmental influences. While there is a hereditary component to type 2 diabetes, suggesting that an individual can expect to develop it simply because it runs in families is misleading. The correct response emphasizes that, despite a familial predisposition, type 2 diabetes can indeed be a preventable disease. This prevention can be effectively achieved through maintaining proper nutrition and engaging in regular physical activity. Adopting a healthy lifestyle can significantly reduce the risk of developing diabetes, regardless of genetic background. This response also aligns with current health understanding, which posits that the interplay of genetics and lifestyle choices plays a critical role in the development of type 2 diabetes. It expresses a message of empowerment and encourages proactive measures for health management, making it a timely and informative answer.

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8. What action does the nurse need to take first when suspecting that the patient receiving parenteral nutrition has an air embolus?

A. Raise the head of the bed to 90 degrees.

B. Turn patient to left lateral decubitus position.

C. Notify health care provider immediately.

D. Have the patient perform the Valsalva maneuver.

When a nurse suspects that a patient receiving parenteral nutrition has an air embolus, the priority intervention is to turn the patient to the left lateral decubitus position. This position helps trap any air that may have entered the bloodstream in the right atrium, preventing it from progressing into the pulmonary circulation where it would cause more severe complications. In this scenario, positioning the patient in the left lateral position can help facilitate the closure of the foramen ovale, a fetal remnant that can allow air to pass into the bloodstream. This action is crucial because it may significantly reduce the risk of severe ramifications from the air embolus, such as a stroke or pulmonary embolism, allowing time for further interventions to be implemented. Although notifying the healthcare provider and raising the head of the bed could be considered in some emergency situations, they are not the immediate actions that can help mitigate the risks posed by an air embolism. Performing the Valsalva maneuver can also be useful in some situations, but it is less effective in addressing an air embolus than the left lateral position, making it a secondary concern after ensuring the patient is appropriately positioned.

9. How many hours worth of formula should be filled in generic bags to prevent food poisoning?

A. 2 hours

B. 4 hours

C. 6 hours

D. 8 hours

To prevent food poisoning, it is crucial to manage the timing and storage of prepared formulas properly. Keeping prepared formula for up to 4 hours is considered safe because, after this time frame, the risk of bacterial growth increases significantly. At room temperature, bacteria can multiply quickly in food products, and when it comes to formula, this can pose serious health risks, especially for infants and vulnerable populations. The 4-hour guideline is based on recommendations from health agencies to ensure that any formula that is not consumed within that timeframe is discarded to minimize the risk of contamination. Preparing formula in quantities that can be consumed within this 4-hour window helps ensure that it remains safe for consumption. The other time frames exceed this safety guideline, meaning they could allow for bacterial development and increase the potential for foodborne illnesses. Thus, filling generic bags to last about 4 hours strikes a balance between convenience and safety in formula preparation.

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10. What type of lipid is made up of three fatty acids attached to a glycerol?

A. Triglycerides

B. Nitrogen balance

C. Polyunsaturated fatty acids

D. Resting energy expenditure (REE)

Triglycerides are a type of lipid composed of three fatty acids linked to a glycerol backbone. This structure makes triglycerides the most common form of fat found in the body, serving primarily as an energy storage molecule. When the body requires energy, it can break down triglycerides into their constituent fatty acids and glycerol, which can then be used for energy production. Understanding the components of triglycerides is essential, as they play critical roles in metabolism and energy balance. The body primarily stores triglycerides in adipose tissue, allowing for a reserve of energy that can be mobilized when needed. This function is vital for maintaining energy homeostasis, especially during periods of fasting or increased physical activity. Other answer choices relate to different concepts. Nitrogen balance pertains to the state of nitrogen in the body, particularly in relation to protein metabolism. Polyunsaturated fatty acids refer to a type of fatty acid that contains multiple double bonds, important for various physiological functions, but does not describe the structure of triglycerides. Resting energy expenditure (REE) is a measure of energy expenditure at rest and isn't a type of lipid. Understanding triglycerides' structure helps reinforce the role they play in nutrition and energy metabolism.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://nclexnutrition.examzify.com

We wish you the very best on your exam journey. You've got this!

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