

1 Multiple Choice

1. Which of the following is a systematic problem-solving method that dietitians use critical-thinking skills to make evidence-based decisions addressing the nutrition-related problems of their patients?

- A. Nutritional assessment
- B. Nutritional screening
- C. The nutrition care process
- D. Nutrition monitoring

Ans: C

2. Which of the following is the first step in the Nutrition Care Process?

- A. Nutrition monitoring and evaluation
- B. Nutrition assessment
- C. Nutrition diagnosis
- D. Nutrition intervention

Ans: B

3. Which of the following is at the center of the Nutrition Care Process Model?

- A. The dietitian's strengths and abilities
- B. The four steps of the Nutrition Care Process
- C. Environmental factors impacting the patient's ability to benefit from the Nutrition Care Process
- D. The relationship between the dietitian and the patient

Ans: D

4. Which of the following is the basis for establishing the nutrition diagnosis?

- A. The medical diagnosis
- B. Nutritional assessment data
- C. The patient's signs and symptoms
- D. The patient's medical history

Ans: B

5. In the Nutrition Care Process, the selection of the intervention is driven by _____.

- A. the medical diagnosis
- B. nutritional assessment data
- C. the patient's signs and symptoms
- D. the nutrition diagnosis and its etiology

Ans: D

6. The identification and descriptive labeling of a nutrition problem that the dietetics practitioner is responsible for independently addressing is known as _____.

- A. the medical diagnosis
- B. the nutrition diagnosis
- C. the patient's signs and symptoms
- D. the patient's medical history

Ans: B

7. Nutrition diagnostic terms that describe problems related to inadequate, excessive, or inappropriate food or nutrient consumption are part of the _____ domain.

- A. behavioral-environmental
- B. clinical
- C. intake
- D. intervention

Ans: C

8. Nutrition diagnostic terms that describe nutritional problems related to specific medical or physical diseases or conditions are part of the _____ domain.

- A. behavioral-environmental
- B. clinical
- C. intake
- D. intervention

Ans: B

9. Nutrition diagnostic terms that describe nutritional problems related to nutrition knowledge, attitudes, and beliefs about food and nutrition, the physical environment, access to food, and food safety are part of the _____ domain.

- A. behavioral-environmental
- B. clinical
- C. intake
- D. intervention

Ans: A

10. The planning and implementation of strategies to change nutritional intake, nutrition knowledge and behavior, and environmental conditions to improve the nutrition problem is known as _____.

- A. nutrition assessment
- B. nutrition diagnosis
- C. nutrition intervention
- D. nutrition monitoring and evaluation

Ans: C

11. The step in the Nutrition Care Process that involves objectively determining whether and to what extent the goals of the intervention have been met is known as _____.

- A. nutrition assessment
- B. nutrition diagnosis
- C. nutrition intervention
- D. nutrition monitoring and evaluation

Ans: D

True/False

12. The Nutrition Care Process is intended to help standardize the process of delivering nutrition-related care, but is not intended to standardize the actual nutrition care that different patients receive.

Ans: True

13. Nutritional assessment is a one-time, isolated event that occurs at the beginning of a patient's nutrition-related care.

Ans: False

14. The medical diagnosis and the nutrition diagnosis are the same.

Ans: False

15. The nutrition diagnosis is written in terms of a patient's problem for which nutrition-related activities provide the primary intervention.

Ans: True

16. In the Nutrition Care Process, the nutrition intervention should target etiology of the problems identified in the medical diagnosis.

Ans: False

17. The recommendations of the nutrition intervention should be patient-driven and have measurable goals that are established in collaboration with the patient.

Ans: True

18. PES statements are intended to clarify the specific nutrition problem and link the nutrition diagnosis to the nutrition intervention.

Ans: True

19. An example of a reference standard for food and nutrient intake against which an estimate of the patient's nutrient intake can be compared is the Dietary Guidelines for Americans.

Ans: True

20. Although noncommunicable diseases such as coronary heart disease and type 2 diabetes are becoming more prevalent, the World Health Organization estimates that by the year 2020 communicable or infectious diseases will continue to be the leading causes of death worldwide.

Ans: False

21. While the term epidemic is typically used to describe a marked increase in the number of cases of an infectious or communicable disease over a certain period of time, the term can appropriately be used to describe a marked increase in noncommunicable diseases or other adverse health conditions such as obesity.

Ans: True

22. Data on food and beverage intake based on information provided by a patient or a member of the patient's family are considered to be objective information.

Ans: False

23. Nutritional screening precedes nutritional assessment.

Ans: True

Fill-in-the-Blank

24. The process of identifying an individual who is malnourished or who is at risk for malnutrition to determine if a detailed nutrition assessment is indicated is known as _____.

Ans: nutritional screening

25. A systematic method for obtaining, verifying, and interpreting data needed to identify nutrition-related problems, their causes, and their significance is known as _____.

Ans: nutritional assessment

26. The format used in the Nutrition Care Process to write a nutrition diagnosis is known as a _____.

Ans: PES Statement

27. Nutrition diagnostic terms are divided into three _____.

Ans: domains

28. A clinical approach for assessing nutritional status that relies on information collected by the clinician through observation and interviews at the patient's bedside is known as _____.

Ans: Subjective Global Assessment

29. The term _____ has been coined to identify what many epidemiologists consider to be a global epidemic of obesity.

Ans: globesity

30. The activities necessary to provide timely information about the contributions of food and nutrient consumption and nutritional status to the health of a population group or nation are known as _____.

Ans: nutrition monitoring