



Nutritional Assessment
CHS 435
Time: (2 hour)
(5 pages)

Final exam
Second semester 1432

A: True Or False :(20 marks)

- 1- A 24-hour recall or simple food frequency questionnaire cannot provide important data on usual eating patterns.()
- 2- Biochemical tests often can detect nutrient deficits before clinical signs and symptoms appear.()
- 3- Direct measurement of hepatic vitamin store cannot be used as indicator of vitamin A status.()
- 4- Animal products serve as the primary dietary source of vitamin B12.()
- 5- Kwashiorkor characterized by decreased concentration of serum protein.()
- 6- The ability to purchase and prepare food is one of the factors that should be considered in taking a pt. dietary history.()
- 7- The mini nutritional assessment is an effective instrument for screening the hospitalized elderly.()
- 8- the severity of PEM in children and adolescents can be classified using records of age and measurements of weight and height and length.()
- 9- Immunocompetence: Nutritional deficits can lead to impaired immunocompetence, infection, and inflammation, which in turn can have profound effects on nutrition and nutrient metabolism.()
- 10- Female with marginal folate status have a decreased risk of giving birth to infants with neural tube defects.()
- 11- Elevated serum levels of creatinin are seen when 20% or more of the kidney's nephrons are destroyed.()
- 12-1% of calcium is found in extracellular fluids, intracellular structures , and cell membrane.()
- 13- aspartate aminotranferase also known as serum glutamic oxalocetic transaminase.()

- 14- psychosocial factors include the patients educational level and marital status.()
- 15- the pattern of weight loss are not important in the SGA.()
- 16- The MNA is designed to provide health care professionals with a tool to identify teenager patients at nutritional risk.()
- 17- Tenderness is a clinical finding that caused by the deficiency of vitamin c.()
- 18- Chloride is the primary cation within intracellular fluid.()
- 19- Measurements of knee height are made on the right leg because this side was used by researchers in developing the equations .()
- 20- Screening should be done on all patients within the 72 hours following admission.()
- 21- Calf circumference in elderly men, it is significantly correlated with lean body mass.()
- 22- medical records can provide much relevant information from the physician's history and physical exam.()
- 23- arm muscle area (AMA) is used as index of bone and adipose tissue.()
- 24- patients who are nutritionally at risk need to be identified through a process known as nutritional screening.()
- 25- Low serum calcium can result from hyperthyroidism.()
- 26- Negative nitrogen balance can result from insufficient protein intake and catabolic states.()
- 27- The ability to purchase and prepare food is one of the factors that should be considered in taking a pt. dietary history.()
- 28- Kawshirkor characterized by decreased concentration of serum protein.()
- 29- Direct management of hepatic vitamin store cannot be used as indicator of vitamin A status. ()
- 30- Cigarette smoking may lower serum folate levels.()
- 31- Chloride It is often is measured along with sodium, potassium, and carbon dioxide.()
- 32- vitamin b6 group is composed of two only naturally occurring compounds related chemically metabolically and functionally.()

33- vitamin B12 or cobalamin is synthesized by bacteria accumulate in the tissue of animals that are then consumed by human.()

34- aspartate aminotranferase also known as serum glutamic oxalocetic transaminase.()

35- Elevated serum levels of creatinin are seen when 20% or more of the kidney's nephrons are destroyed.()

36- vitamin B12 or cobalamin is synthesized by bacteria accumulate in the tissue of animals that are then consumed by human.()

37- Protein-energy malnutrition (PEM), also known as protein calorie malnutrition, can be result of certain diseases and is clearly a pressing concern in many developing nations .()

38- The mini nutritional assessment is an effective instrument for screening the hospitalized elderly.()

39- Negative nitrogen balance can result from insufficient protein intake and catabolic states.()

40- the severity of PEM in children and adolescents can be classified using records of age and measurements of weight and height and length ()

B: Multiple choice: Select the best answer : (20 marks)

1-The most important measurement in physical examination :

- a- Body weight and Stature
- b- Body weight and waist circumference
- c- Midarm circumference and stature
- d- All the above
- e- A &c

2-Protein energy malnutrition is :

- a- Known as protein calorie malnutrition
- b- Can be result of certain diseases
- c- Can be seen in person with cancer and AIDS
- d- All of the above
- e- None of the above

3-Functions of fibronectin include:

- a- Wound healing
- b- Homeostasis
- c- Macrophage function
- d- All of the above
- e- None of the above

4-Urinary calcium losses are increased when:

- a- Volume urine output is higher
- b- Inability of kidney to reabsorb calcium
- c- The diet is low in dietary protein
- d- A and B
- e- None of the above

5-Folate deficiency can be led to :

- a- Inhibition of DNA synthesis
- b- Impaired cell division
- c- Alterations in protein synthesis
- d- All of the above
- e- A and C

6-Which statement is wrong regarding the subjective global assessment (SGA):

- a- it's a clinical technique for assessing the dietary intake.
- b- it's a clinical technique for assessing the nutritional status.
- c- its based on the patient's history and physical examination.
- d- its based on the patient's features
- e- B and c

7-One of the types of Bulimia Nervosa:

- a- Basic type
- b- Common type
- c- purging type
- d- complicated type
- e- None of the above

8-Information on the use of medication will include:

- a- over the counter medication.
- b- the use of ointments
- c- vitamin and mineral supplements
- d- a&c
- e- All of the above

9-Follicular hyperkeratosis is a result of the deficiency of :

- a- Vitamin C
- b- Vitamin B
- c- Vitamin E
- d- Vitamin A
- e- All of the above

10-The adjust body weight can calculate by

- a- $(DBW-ABW) \times 0.25 + DBW$
- b- $(ABW- DBW) \times 0.25 + DBW$
- c- $(ABW - DBW) \times 25 + DBW$
- d- $(DBW-ABW) \times 0.25 + ABW$
- e- Non of the above

11-Component/S from the medical history must be considered in nutrition assessment....

- a- Surgeries.
- b- History of nutrition-related problems.
- c- Medications and their nutrient interactions.
- d- All of the above.
- e- B and c

12-Arm muscle area is :

- a- AMA is used as an index of fat mass in the body
- b- AMA is used as an index of lean tissue and fat in body
- c- AMA is used as an index of lean tissue or muscle in the body
- d- All the above
- e- None of the above

13-Sparse hair is a clinical nutrition resulting from:

- a- Protein, zinc def.
- b- Vitamin C def.
- c- Vitamin K def.
- d- Calcium def.
- e- None of the above

14-Common feature that can be seen in Maramus is :

- a- Hair changes
- b- Old man's face
- c- Moon face
- d- Edema
- e- None of the above

15- In B₁₂ deficient Stage III what is correct :

- a- called early negative B12 balance.
- b- The earliest abnormality seen in this stage is a decreased level of holohaptocorrin
- c- known as B12 deficient erythropoiesis
- d- both B and C
- e- None of the above

16-Potential approaches to assess calcium status can be categorized in three areas:

- a- bone mineral content measurement.
- b- Biochemical markers.
- c- And measures of calcium metabolism.
- d- all of the above
- e- None of the above

17- Elevated CO₂ is seen in:

- a- metabolic alkalosis
- b- metabolic acidosis
- c- And measures of calcium metabolism.
- d - all of the above
- e-None of the above

18-The conjunctival impression cytology test is limited by several factors on the following expect :

- a- It is difficult to get tissue samples from children under 3 years of age.
- b- It is difficult to get tissue samples from children under 10 years of age.
- c- The cytologists must follow standardized criteria in evaluating samples .
- d- A and B .
- e- None of the above

19-Midarm circumference (MAC):

- a- Is known the medium midarm circumference
- b- Is known the lower midram circumference
- c- Is known the upper midarm circumference
- d- None of the above
- e- A &b

20-Is the process of identifying characteristics known to be associated within nutrition problems:

- a- Nutritional Screening
- b- Nutritional Assessment**
- c- Physical Examination
- d- All of the above**
- e- None of the above

21- Decreased blood urine nitrogen can result from :

- a-liver disease
- b-overhydration
- c-malnutrition
- d- all of the above
- e-Non of the above

22- HIV wasting syndrome as defined by the U.S centers of disease control and prevention:

- a- involuntary weight loss of more than 10% of weight
- b- chronic diarrhea
- c- chronic vomitting
- d- a&b
- e- Non of the above

23-Functions of fibronectin include:

- a- Wound healing
- b- Homeostasis
- c- Macrophage function
- d- All of the above
- e- None of the above

24-The following states are right about hemoglobin Except:

- a- It is iron containing molecule found in RBC
- b- Used as screening test for iron deficiency anemia
- c- Essential for healthy bone and teeth
- d- Its values useful for defining anemia
- e- None of the above

25-Vitamin C is necessary for :

- a- Cell membrane integrity
- b- Formation of collagen
- c- Muscle contraction
- d- A and b
- e- None of the above

26-The body's somatic protein found in :

- a- Skeletal muscles
- b- Liver
- c- Kidney
- d- Erythrocytes
- e- None of the above

27-Which weight change is considered significant?

- a- >50%
- b- <10%
- c- >10%
- d- >20%
- e- >30%

28-Factor/s that should be considered in taking a pt. dietary history..

- a- Wt. changes
- b- Allergies
- c- Previous diet restrictions
- d- All of the above
- e- None of the above

29- Growth failure can result from:

- a- Inadequate nutrient intake
- b- Nutrient malabsorption
- c- Increased nutrient losses
- d- All of the above
- e- None of the above

30- Function of potassium:

- a- Maintenance of acid base balance
- b- Maintenance of the body's fluid balance
- c- Act as antioxidant
- d- A and B
- e- None of the above

31- Serum albumin level is determined by several factors:

- a-The rate of synthesis.
- b- Its distribution in the body.
- c- The rate at which it is catabolized,
- d- Abnormal losses from the body,
- e-all of the above

32- The end product of protein metabolism and is formed in the liver and excreted by kidneys in the urine is:

- a-albumin
- b- urea
- c-transferrin
- d-potasium
- e- none of the above

33-Folate deficiency can be led to :

- a- Inhibition of DNA synthesis
- b- Impaired cell division
- c- Alterations in protein synthesis
- d- All of the above
- e- None of the above

34- Techniques can be used in indirect calorimetry are:

- a- Close circuit calorimetry
- b- Open circuit calorimetry
- c- Medium circuit calorimetry
- d- All the above
- e- A &b

35-What is the correct about phosphor :

- a- The serum level of phosphorus is closely correlated with serum calcium level .
- b- (hypophosphatemia) is seen in renal failure, hypoparathyroidism, hyperthyroidism.
- c- hyperphosphatemia) can be seen in hyperparathyroidism, rickets, osteomalacia
- d- use of antacids containing druges does not affect in phosphor level.
- e- None of the above

36-Low serum phosphorus can be seen in:

- a- hyperparathyroidism
- b- rickets
- c- osteomalcia
- d- all of the above
- e- Non of the above

37-Prealbumin synthesized in:

- a- liver
- b- muscle
- c- kidney
- d- Spleen
- e- None of the above

38-Nutritional screening initiative(NSI):

- a- Nutritional intake and nutritional screening
- b- Nutrition care and nutritional intake
- c- Nutrition care and nutritional screening
- d- All the above
- e- Non of the above

39-The serum level of phosphorus is closely correlated with serum

- a-iron
- b-calcium
- c-selenium
- d-zinc
- e-Non of the above

40-Decreased blood urine nitrogen can result from

- a-liver disease
- b-overhydration
- c-malnutrition
- d- all of the above
- e-Non of the above

GOOD LUCK ☺

