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DHA Clinical Dietitians (NUTRO)

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Question: 1

According to Maslow, which of the following is the second set of needs that must be met in order for one to be motivated?

- A. Biological and physiological.
- B. Safety.
- C. Social.
- D. Esteem.

Answer: B

Explanation:

According to Abraham Maslow's hierarchy of needs, a psychological theory that categorizes human needs into a five-tier model of priority levels, the correct answer to which need comes second in this hierarchy is "Safety." This model is often depicted as a pyramid, with the most fundamental levels of needs at the bottom and the need for self-actualization at the top.

The first level of Maslow's hierarchy consists of "Biological and Physiological" needs. These are the basic life-sustaining necessities such as food, water, air, shelter, warmth, and sleep. These needs represent the physical requirements for human survival. If these physiological needs are not satisfied, the human body cannot function optimally, and the higher needs in the hierarchy begin to lose their importance. Once the physiological needs are adequately met, the second tier of needs, "Safety," comes into focus. Safety needs include personal security, employment, resources, health, and property. These needs can be fulfilled through living in a safe area, medical insurance, job security, and accessible resources. This level of needs is more about feeling secure and less about physical survival compared to the physiological needs.

Maslow argued that individuals need to feel a sense of security and safety before they can experience or pursue the higher levels of the hierarchy. Without a predictable, orderly environment, individuals may experience levels of anxiety, fear, or stress that can hinder further fulfillment of higher-level needs. Understanding this hierarchy is crucial in fields such as psychology, education, and management, as it can help to identify what motivates people. By ensuring that lower-level needs are met, individuals can be motivated to achieve higher-level needs such as belongingness, esteem, and ultimately, self-actualization.

Question: 2

The level of Bloom's taxonomy at which a person can use information which he has learned is known as which of the following?

- A. Knowledge.
- B. Comprehension.
- C. Application.

D. Evaluation.

Answer: C

Explanation:

The correct level of Bloom's taxonomy at which a person can use information that he has learned is known as "Application."

Bloom's taxonomy is a framework that categorizes educational learning objectives into levels of complexity and specificity. This framework, created by Benjamin Bloom and his colleagues in 1956, is a significant tool used in education to help teachers design learning activities and assess students' understanding. Bloom's taxonomy consists of six levels, starting from the simplest to the most complex: Knowledge, Comprehension, Application, Analysis, Synthesis, and Evaluation.

The "Application" level, as the third level of Bloom's taxonomy, emphasizes the ability to use learned material in new and concrete situations. This may involve applying rules, methods, concepts, principles, laws, and theories to practical situations to achieve a specific outcome or solve a problem. For instance, in a classroom setting, a student might learn a mathematical formula and apply it to solve problems in a different context or situation than the one in which they originally learned it.

The importance of the Application level lies in its relevance to real-world scenarios. It is not just about knowing content or understanding it theoretically but being able to practically implement this knowledge. This ability is crucial in many fields and professions where individuals must apply their academic knowledge to practical tasks, such as in engineering, healthcare, software development, and more.

In summary, at the Application level of Bloom's taxonomy, the focus is on using and applying knowledge effectively rather than just recalling or understanding it. This practical application is what distinguishes it from the lower levels (Knowledge and Comprehension) and sets the stage for more complex thinking skills explored in the higher levels (Analysis, Synthesis, and Evaluation).

Question: 3

Rapid delivery of 60 ml of feeding into the GI tract by syringes is which of the following types of feeding?

- A. PEG
- B. bolus
- C. drip
- D. all of the above

Answer: B

Explanation:

The correct answer to the question regarding the type of feeding that involves the rapid delivery of 60 ml of feeding into the GI tract by syringes is "bolus" feeding. Bolus feeding is a method commonly used for patients who have a stable clinical condition and a functional stomach. This type of feeding allows for a relatively large volume of nutritional formula to be administered quickly, typically through the use of a syringe.

In bolus feeding, the nutritional formula is delivered directly into the stomach, mimicking more natural eating patterns, such as regular meals. This method is suitable for individuals whose gastrointestinal

tract can handle larger volumes of food at once. Typically, a bolus feed involves administering about 60 ml of formula at a time, and a patient with normal gastric function can often tolerate up to 500 ml of formula per feeding session.

Bolus feeding can be particularly beneficial for patients who do not require continuous feeding and who prefer not to be attached to a feeding pump for extended periods. It allows more flexibility and can be more convenient for both the patient and the caregiver, as it generally takes less time and can be easily scheduled around daily activities.

It's important to note that bolus feeding is not suitable for every patient. Factors such as gastric emptying rate, risk of aspiration, and overall digestive health must be considered. Healthcare providers typically recommend this type of feeding only for those who are assessed to be capable of handling larger volumes of food in their stomach without complications like reflux or aspiration pneumonia.

Question: 4

The PES statement should reflect which of the following?

- A. Nutrition recommendations.
- B. Progress towards nutrition goals.
- C. Major symptoms.
- D. Main nutritional problem and its root cause.

Answer: D

Explanation:

The PES statement, which stands for Problem, Etiology, and Signs/Symptoms, is a structured and standardized approach used by dietitians to diagnose and articulate nutrition-related issues. This method helps in clearly identifying not just the nutritional problem but also its underlying cause, and where applicable, its symptoms. Here's a detailed explanation of each component and the importance of focusing on the main nutritional problem and its root cause in a PES statement:

****Problem**** - This is the nutrition diagnosis that identifies what the main issue is. It succinctly describes the alteration in the patient's nutritional status that requires intervention or management. For instance, the problem could be "inadequate oral intake" or "excessive energy intake".

****Etiology**** - This refers to the root cause or contributing factors that lead to the nutritional problem. It essentially answers the question, "Why is this problem occurring?" Understanding the etiology is crucial because it directs the nutrition intervention strategies. For example, the etiology for inadequate oral intake could be "due to difficulty swallowing following a stroke" or for excessive energy intake, it could be "related to frequent consumption of high-calorie foods".

****Signs and Symptoms**** - While not directly asked about in the question, this component forms the 'S' part of the PES statement. It includes observable data, clinical changes, and symptoms reported by the patient that validate the presence of the nutrition problem. Examples could include weight loss, muscle wasting, or increased blood glucose levels.

The correct focus of a PES statement, as highlighted in the question and answer, is on the main nutritional problem and its root cause. This focus is essential because it not only helps in accurately defining the problem but also in strategizing an effective treatment plan. By identifying the etiology, dietitians can tailor interventions that address the specific factors contributing to the nutritional issue, rather than just treating symptoms. This approach enhances the likelihood of improving the patient's nutritional status and overall health.

It's also worth noting that while the signs and symptoms are important for confirming the diagnosis and monitoring progress, they are not the primary focus of the PES statement. The core of the statement should revolve around the problem and its direct causes, as these are the aspects that will most directly influence the intervention strategies and outcomes.

In summary, the PES statement's main utility lies in its ability to encapsulate the critical components of a nutritional issue — the problem itself and why it has occurred. This clarity not only guides the dietitian's clinical decisions but also communicates key information to other members of the healthcare team, ensuring a coordinated and effective approach to patient care.

Question: 5

Molds can easily grow on improperly stored cheeses, grains, nuts, and vegetables. Which harmful substance can aspergillus mold produce?

- A. Mycotoxins.
- B. Trichinella.
- C. botulinum.
- D. Salmonella.

Answer: A

Explanation:

Mycotoxins are toxic compounds that are naturally produced by certain types of molds, including the *Aspergillus* species. These molds can grow on a variety of different substrates including improperly stored foods such as cheeses, grains, nuts, and vegetables. When these foods provide a suitable environment (like warm, damp conditions), *Aspergillus* molds can proliferate and produce mycotoxins. One of the most notorious mycotoxins produced by *Aspergillus* molds is aflatoxin. Aflatoxin is especially prevalent in improperly stored peanuts, corn, and cottonseed meal, but can also be found in other crops and foodstuffs under suitable conditions. Aflatoxins are highly toxic and among the most carcinogenic substances known. They have a profound effect on the liver and can cause liver cancer in humans as well as in other animals.

Exposure to mycotoxins like aflatoxins can occur through direct consumption of contaminated food, through inhalation of spore-containing dust, or through skin contact. The risks associated with mycotoxin contamination have led to the establishment of strict regulatory standards for aflatoxin levels in food products in many countries.

In addition to aflatoxins, *Aspergillus* molds can produce other types of mycotoxins, such as ochratoxin, fumonisin, and zearalenone, each having their specific health impacts. These mycotoxins can lead to a variety of health problems ranging from acute poisoning to long-term effects such as immune deficiency and cancer.

It is important for food producers, handlers, and consumers to take preventive measures against mold growth and mycotoxin production. This includes proper food storage, controlling humidity and temperature, and ensuring that food products are sourced from reputable suppliers adhering to food safety standards. Regular monitoring and testing for mycotoxin contamination in susceptible food products are also critical steps in preventing mycotoxin-related health risks.

Question: 6

Too much zinc leads to a _____ deficiency.

- A. Calcium.
- B. B12.
- C. Copper.
- D. Magnesium.

Answer: C

Explanation:

Too much zinc leads to a copper deficiency. This is because zinc and copper compete for absorption in the body. Zinc, a trace element essential for many biological functions, is typically absorbed in the small intestine. However, when consumed in high amounts, zinc can interfere with the absorption of copper, another essential trace mineral.

Zinc's ability to interfere with copper absorption is linked to its influence on a protein known as metallothionein. Metallothionein binds various heavy metals and helps regulate their levels within the body. High levels of zinc stimulate the production of metallothionein in the intestinal cells. While metallothionein has a higher binding affinity for copper than zinc, an abundance of zinc means that more metallothionein is available to bind copper, thereby reducing its absorption.

This disruption in copper absorption can lead to copper deficiency, which may manifest in several health issues. Copper is vital for the production of red blood cells, maintaining healthy bones, nerves, and immune function, as well as in iron metabolism. A deficiency in copper can result in anemia, bone abnormalities, and other metabolic disturbances.

Therefore, it is crucial to maintain a balance between zinc and copper intake. Consuming excessively high doses of zinc supplements can inadvertently lead to reduced copper levels and associated health problems. It is recommended to consult healthcare providers before starting any supplement regimen, especially if it involves high doses, to avoid nutrient imbalances and potential negative health effects.

Question: 7

What is a high gauge cooking pan?

- A. One that is at least 5 years old.
- B. One that is made of thin metal.
- C. One that is made of glass.
- D. One that is made of thick metal.

Answer: D

Explanation:

The term "high gauge" in reference to cooking pans pertains to the thickness of the metal used to construct the pan. In the context of metal gauges, a higher gauge number indicates a thinner piece of metal. Therefore, a high gauge cooking pan is made from thin metal.

The primary advantage of using high gauge pans lies in their heating properties. Thin metal heats up quickly, which can be beneficial for cooking processes that require rapid heat changes or for dishes that

do not need prolonged cooking times. However, it's important to note that while they heat up quickly, high gauge pans can also lose heat just as fast and may not distribute heat as evenly as thicker pans, which can sometimes lead to hot spots and uneven cooking.

High gauge pans are particularly well-suited for certain cooking methods. For example, they are ideal for baking in an oven where the quick conduction of heat helps in crisping or browning the exterior of baked goods. Similarly, when using a broiler, the intense and direct heat works well with the quick heat-up properties of thin metal, making high gauge pans suitable for broiling tasks.

Despite their advantages in specific scenarios, high gauge pans may not be the best choice for every cooking method. For tasks that require sustained, even heat, such as simmering or slow-cooking, thicker pans (low gauge) might be preferable due to their ability to hold and distribute heat more steadily and evenly. Therefore, when selecting a cooking pan, it's essential to consider both the material's gauge and the intended cooking method to ensure optimal results.

Question: 8

Which of the following types of study examines variables over an extended period of time?

- A. Correlational study.
- B. Longitudinal study.
- C. Long-term study.
- D. Cross-sectional study.

Answer: B

Explanation:

The correct answer to the question of which type of study examines variables over an extended period of time is a longitudinal study. Longitudinal studies are research methods that involve repeated observations of the same variables (such as individuals, groups, or data) over long periods of time, often many decades. They are particularly valuable in understanding how certain traits or aspects of a subject change over time, and they can help identify long-term trends and effects.

Unlike cross-sectional studies, which analyze data from a population at a specific point in time, longitudinal studies provide insights into the dynamics of change and development. By observing the same subjects over a prolonged period, researchers can detect developments or changes in the variables of interest and establish sequences of events.

One of the key strengths of longitudinal studies is their ability to study causal relationships and determine the direction and magnitude of changes. This type of study is commonly used in psychology, sociology, education, and health sciences. For example, in medicine, longitudinal studies can track the progression of a disease in a patient over time, leading to better understanding and treatment strategies.

However, despite their advantages, longitudinal studies can be challenging to conduct due to their complexity, high cost, and the time required to see meaningful results. They also face potential problems such as participant dropout, which can lead to biased outcomes if the individuals who continue participating differ significantly from those who do not.

In conclusion, longitudinal studies are crucial for understanding how situations, characteristics, or behaviors develop over time. They are an essential tool in many scientific disciplines, providing insights that are not possible through other study designs. However, they require significant resources and careful planning to overcome the challenges they present.

Question: 9

Of the following, which is not a substance secreted by the GI tract?

- A. Mucus.
- B. Fundus.
- C. Enzymes.
- D. Electrolytes.

Answer: B

Explanation:

The gastrointestinal (GI) tract secretes a variety of substances that aid in the digestion and absorption of nutrients. These secretions include mucus, enzymes, and electrolytes, each playing a crucial role in the digestive process. Mucus, produced by the mucous membranes lining the GI tract, serves as a protective barrier and lubricant, helping to shield the lining of the stomach and intestines from harsh digestive juices and facilitating the smooth passage of food. Enzymes, secreted by cells in the stomach, pancreas, and small intestine, are vital for breaking down complex molecules like proteins, carbohydrates, and fats into smaller, absorbable components. Electrolytes, such as sodium, potassium, and chloride, are released into the digestive tract to help maintain fluid balance and pH levels, which are essential for proper digestive enzyme function.

Fundus, on the other hand, does not refer to a substance but rather to a specific anatomical part of the stomach. Located above and to the left of the esophageal opening, the fundus forms the upper curve of the stomach. It serves as a temporary storage area for undigested food and also participates in the mechanical digestion process through peristaltic movements, which help in churning and mixing food with gastric juices. Unlike mucus, enzymes, and electrolytes, the fundus does not secrete substances but is an integral part of the stomach's structure and function.

Thus, when asked to identify which of the listed items is not a substance secreted by the GI tract, the correct answer is "Fundus." It is a part of the stomach's anatomy rather than a secretory substance involved in digestion. This distinction is important for understanding both the anatomy of the GI tract and the physiological processes of digestion and absorption.

Question: 10

What may an elderly person with a functional disability benefit from?

- A. Meals on wheels.
- B. Nutrition assessment.
- C. Living alone.
- D. Daily weighing.

Answer: A

Explanation:

****Meals on Wheels Programs:**** Meals on Wheels is a program designed to deliver prepared meals directly to the homes of elderly individuals who may not be able to purchase or prepare their own meals. This service is particularly valuable for those with functional disabilities.

****Benefits of Meals on Wheels:**** For elderly people with functional disabilities, cooking can be a challenging task due to various limitations such as reduced mobility, diminished strength, or other physical impairments. Meals on Wheels ensures that they receive nutritious meals regularly, which is vital for maintaining their health and well-being. This service not only provides necessary nutrition but also helps in monitoring the safety and general health of the recipients, as the volunteers or staff often check on the welfare of the individuals when delivering the meals.

****Impact on Independence and Quality of Life:**** Meals on Wheels helps elderly individuals maintain a degree of independence in their living environment. By receiving meals, they can continue to live in their own homes rather than moving to a facility. This can have a significant positive impact on their emotional and psychological health, as remaining in a familiar environment can enhance their quality of life and overall satisfaction.

****Social and Emotional Benefits:**** Additionally, the interaction with Meals on Wheels volunteers provides a social benefit, reducing feelings of isolation and loneliness which are common among the elderly, especially those with disabilities. These social interactions, although brief, are important for mental health and can provide a sense of connectedness and community.

****Nutritional Assessment and Customization:**** Many Meals on Wheels programs also offer nutrition assessment services to tailor the meal plans according to specific dietary needs and medical conditions of the elderly, ensuring that they receive the appropriate nutrients needed to manage their health conditions effectively.

****Conclusion:**** In conclusion, Meals on Wheels is a critical service for elderly individuals with functional disabilities, providing not only necessary sustenance but also offering emotional support, social contact, and a means to live independently. This program plays a crucial role in helping them manage their dietary needs and maintain a higher quality of life.

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