

 جامعة طنطا كلية الصيدلة	<b>Tanta University Faculty of Pharmacy</b> <b>Department of Clinical Pharmacy</b>			
	Examination For (5 <sup>th</sup> level credit hour system) Students			
	Course Title:	Clinical Nutrition		Course Code:PP909
Date 2/1/2020	First Term	Total Marks 50	Total Page 6	Time: 1 hr

The exam consists of (50 questions = 50 points)

- For each question, select only one answer and transfer it into your answer sheet in shaded form.

1-Energy imbalance may results in:

- A-obesity                      B-Emaciated, thin                      C- Weakness  
 D- Both B&C                      E- All of the above

2-Basal energy expenditure' (BEE), expressed as

- A- kcal                      B-Kcal/24 h                      C-Kcal/hr

3- The minimum and maximum carbohydrate amounts required by humans

- A- Not > 35% and not <than 20% of total energy intake  
 B-100-400 gm/day                      C- 20-35 g/day                      D- 10-13 g/ 1000 kcal

4-All are factors influence how much energy the human body requires EXCEPT:

- A-Body size      B- Physical activity      C- Development state  
 D-Illness, surgery                      E-None of the above

5- Ketogenesis occurs as a result of

- A- High fat intake      B- High Carbohydrate intake                      C- Low fat intake  
 D- Low carbohydrate intake                      E- None of the above

6- The increase in blood glucose in response to carbohydrate intake is defined as

- A-Hyperglycemic index      B-Glycemic index      C- Hypoglycemic index

7- Cellulose is considered all of the following EXCEPT

- A- Simple sugar      B- Complex sugar      C- Polysaccharide      D- Dietary fiber

8-All of the following is considered essential fatty acid EXCEPT

- A-Omega-3      B- Omega-6      C- Omega-9      D- Linolenic acid      E-Linoleic acid

9-The source of Omega-9 is

- A-Olive oil      B- Canola oil      C- Corn oil      D-Flaxseed oil

10-Ranking fatty acid from the WORST to the HEALTHIEST

- A- Saturated, trans-Fatty acid, PUFA, MUFA  
 B- PUFA, MUFA, Trans-Fatty acid, Saturated  
 C-Trans Fatty acid, Saturated, MUFA, PUFA                      D-None of the above

- 11- Dietary cholesterol should be limited to..... and obtained from.....**  
 A-300 mg/day, shrimp      B-25-30 mg/day, citrus      C- 100mg/day, honey
- 12-Pumpkin is a source of**  
 A-Vit D                      B- Vit A                      C- Vit B                      D- Vit C
- 13- Chromium is important for..... and found in.....**  
 A-Wound healing, grain and nut                      B-Bone and teeth, dairy products  
 C- Blood glucose regulation, yeast and liver  
 D-maintenance of metabolism, sea food
- 14- Zinc is important for..... and found in.....**  
 A-Wound healing, grain and nut                      B-Bone and teeth, dairy products  
 C- Blood glucose regulation, yeast and liver  
 D-maintenance of metabolism, sea food
- 15- Considering the Mediterranean Diet Pyramid, we find fruits, meat and sweets**  
 A- The base                                      B- The top                                      C- The middle
- 16- Kwashiorkor can result in all the following Except:**  
 A- Hypoalbuminemia                      B- Anemia                      C- Weight loss.                      D- Edema
- 17-The major variable that limits the usefulness of weight as indicators of nutritional assessment is**  
 A- Water retention                      B-Obesity                      C-Age                      D-Sex
- 18-Mid-arm circumference test is used to measure:**  
 A- Fat store                                      B- Skeletal muscle (somatic) protein  
 C- Visceral protein                                      D- All of the above
- 19- Iron deficiency therapy can interfere with the results of**  
 A- Serum albumin                                      B- Transferrin                                      C-Prealbumin
- 20-Total Lymphocyte Count is increased with**  
 A- Infection                                      B- Leukemia                                      C-Malnutrition  
 D-Both A&B                                      E- All of the above
- 21-Edema interfere with results of the following EXCEPT:**  
 A- Mid-arm circumference                                      B- Weight  
 C- Creatinine-height index                                      D- None of the above
- 22-The regulation of leptin levels is a mechanism of.....contribute in obesity**  
 A-Dietary carbohydrate                                      B- Dietary Protein                                      C- Dietary Fat
- 23-Concerning the role of carbohydrate intake in the development of obesity**  
 A- Simple carbohydrate produces an imbalance on the blood glucose levels  
 B- Simple carbohydrate decreases lipid level and decrease appetite  
 C- Simple carbohydrates produce greater satiety and weight loss



**24-Concerning the role of water in the treatment of obesity**

- A- It increases the metabolic rate, and induces thermogenesis
- B- It regulates the intestinal function
- C- It must be taken before meals
- D-All of the above

**25- Concerning the characteristics of an ideal weight-loss diet**

- A-High protein and low fat content
- B-High protein and low carbohydrate content
- C- Contain all the food groups, without excluding any of them with limit.
- D-None of the above

**26- It's healthy for overweight or obese people with diabetes to eat :**

- A-Potato
- B-White bread
- C- Corn flakes
- D-short-grain rice
- E- None of the above

**27- It is recommended that people with diabetes consume**

- A-Pectin and gum
- B-Cellulose and hemicellulose

**28- Concerning protein requirement in overweight or obese diabetic patients, It's advisable to**

- A- Have similar protein requirements as the general population
- B- Have higher protein requirements as the general population
- C- Have less protein requirements

**29-The best nutritional approach for the prevention and treatment of metabolic syndrome**

- A-Moderate-carbohydrate, high-monounsaturated fatty acid diet
- B- Low-carbohydrate, high-monounsaturated fatty acid diet
- C- High-carbohydrate, high-monounsaturated fatty acid diet

**30-The total reduction in calories should not exceed ..... in order to achieve a weight loss of 0.5–1 kg/week**

- A-5–10 kcal/day
- B-50–100 kcal/day
- C- 500-1000 kcal/day

**31. Essential fatty acids are required by both mother and fetus. They are necessary for prostaglandin synthesis and normal fetal protein development:**

- A. True
- B. False

**32. Short-term access EN has any of the following :**

- A. The most frequently used routes are those accessed by inserting a tube thorough the nose and passing the tip into the stomach
- B. These tubes are used in the hospitalized patients when the anticipate tube feeding duration is shorter than 4 to 6 weeks
- C. Is generally easier, less invasive, and less costly
- D. Both A and B
- E. All the above

**33. Nutritional support in pregnancy meets any of the following:**

- A. A weight gain of approximately 11.5-16 kg should be the desired goal in women with normal pregnancy body mass index
- B. PN glucose system and lipid system formulations can both be used
- C. Blood glucose levels should be kept at approximately 100 mg/dl during prolonged continuous PN or EN infusion since chronically decreased maternal glucose levels can result in fetal anomalies, increased risk of miscarriages and stillbirth
- D. Both A and B
- E. All the above

**34. Long-term enteral access options include esophagostomy, pharyngostomy, gastrostomy, and jejunostomy. A gastrostomy is the most common type of short-term enteral access:**

- A. True
- B. False

**35. Any of the following are elemental fat nutrient:**

- A. Long-chain triglycerides
- B. Medium-chain triglycerides
- C. Polyunsaturated fatty acids
- D. Oils
- E. All the above

**36. A patient in the intensive care unit on a ventilator was placed on a glucose system parenteral nutrition formulation. Which of the following is correct to its condition:**

- A. The patient is receiving adequate glucose calories and an adjustment in the program is not necessary
- B. The PN formulation should be switched to a lipid system formulation
- C. The daily protein intake has to be decreased
- D. Both B and C
- E. All the above

**37. Which of the following methods of PN support would be most appropriate in severely protein calorie malnourished patient with acute renal failure with dialysis on a regular basis:**

- A. PN formulations are low-nitrogen, high-caloric density formulas (e.g., 2% amino acid/47% dextrose)
- B. Standard glucose system formulations (4.25% amino acid/25% dextrose)
- C. PN enriched in branched-chain amino acids and dextrose
- D. Both B and C

**38. High fat-low carbohydrates adult enteral feeding are specific nutrient for:**

- A. Pulmonary disease patient
- B. Metabolic stress patient
- C. Diabetic disease patient
- D. Both A and C
- E. Both A and B

**39. Non-haem iron:**

- A. Is inorganic iron, very abundant in vegetable foods and in fortified foods
- B. Its bioavailability depends on several dietary and physiological factors
- C. Its absorption can range from 8 to 40%
- D. Both A and B
- E. All the above



**40. The main components of the dietary advice that should be given to patients with iron-deficiency anemia include all the following except:**

- A. Consume up to three cups of milk or yogurt per day, as generally advised with items rich in iron
- B. Consume sources of vitamin C in every meal
- C. Consume food items with haem iron in every meal if possible
- D. Avoid the consumption of large amounts of tea and coffee, especially with meals

**41. Causes of folate deficiency:**

- A. Insufficient dietary intake
- B. Malabsorption
- C. Increased needs and increased urinary losses
- D. Both A and B
- E. All the above

**42. Standard glucose system formulations (4.25% amino acid/25% dextrose) is particularly useful in severely malnourished patients because it can provide adequate protein to attain positive nitrogen balance, which is not possible with renal failure PN:**

- A. True
- B. False

**43. Any of the following are related to EN formulations for Cardiac Failure patient:**

- A. Infusion of enteral tube feedings should begin at one-third to one-half the strength and gradual increase in concentration
- B. Maintaining high infusion rate
- C. The goal in these patients is to meet metabolic needs while restricting fluid and sodium intake
- D. Both A and C
- E. All the above

**44. The goal of nutritional support in severe acute pancreatitis is:**

- A. To rest the pancreas by limiting exocrine stimulation
- B. PN is generally favored over EN
- C. Lipid system PN has been shown to be safe and effective
- D. Both A and C
- E. All the above

**45. EN, using chemically defined (elemental), low-fat formulas administered into the duodenum, results in minimal pancreatic stimulation and has been used safely in severe acute pancreatitis:**

- A. True
- B. False

**46. Any of the following are related to Compatibility of the various components of PN formulations:**

- A. Compatibility is determined by several factors, including their concentration and solution pH
- B. Compatibility is determined by several factors, including temperature and the order of admixture
- C. The most common compatibility concern is in regards to the addition of calcium and magnesium salts to PN solutions
- D. Both A and B
- E. All the above

**47. Home parenteral nutrition (HPN):**

- A. Indications for HPN include short bowel syndrome, radiation enteritis, and malignancies
- B. The patients and family can assume the responsibility and training needed for safe and successful HPN
- C. Clinical monitoring and follow-up are done periodically
- D. Both A and B
- E. All the above

**48. Which of the following statements regarding the monitoring of nutritional support is true:**

- A. Monitoring transferrin is a more sensitive and accurate visceral protein marker for assessing nutritional progress in acute renal failure
- B. Albumin appears to be the preferred biochemical marker to assess protein status in pregnancy
- C. Serum electrolyte monitoring and adjustment are imperative in cardiac failure patients receiving PN, particularly when potent diuretics are used concurrently
- D. Both A and C
- E. All the above

**49. Patients with end-stage liver disease:**

- A. generally have increased levels of branched-chain amino acids and decreased levels of aromatic amino acids
- B. Should be placed on a low-branched chain, high aromatic amino acids parenteral nutrition solution
- C. Can tolerate adequate NPC with a 20-40 g/day protein load
- D. Require glutamine-enriched amino acid solutions

**50- Folic acid and vitamin K need to be added to the daily PN formulation in pregnancy:**

- A. True
- B. False

**END OF YOUR QUESTIONS.....GOOD LUCK**