

## NURS 6512

### Wk 6 Midterm Review Questions

1. Mrs. Raymonds is a 24-year-old patient who has presented for a routine concern over her current weight. In your patient teaching with her, you explain the importance of macronutrients. Which of the following is a macronutrient?

**Answer:** Fat

Carbohydrates, protein, and fat are referred to as macronutrients because they are required in large amounts. Iron, thiamine, and calcium are minerals.

2. Your patient presents with symptoms that lead you to suspect acute appendicitis. Which assessment finding is **least** likely to be associated with this condition **early** in its course? (tricky question). (Similar to question #63, but with a few words changed, each have different answers)

**Answer:** Obturator muscle test. (because it's a late sign not an early sign).

Obturator muscle test. Psoas sign, McBurney point pain, and periumbilical pain that migrates to the right lower quadrant are signs of appendicitis. Conditions that cause irritation of the obturator muscle are **late findings** usually associated with a ruptured appendix or pelvic abscess.

3. Mr. Jones is a 45-year-old patient who presents for a physical examination. On examination, you note costochondral beading, an enlarged skull, and bowed legs and diagnose him with rickets. A deficiency of which fat-soluble micronutrient can result in rickets?

**Answer:** Vit D

4. When assessing abdominal pain in a college-age woman, one must include:

**Answer:** the first day of the last menstrual period.

5. Mrs. Hartzell is a 34-year-old patient who has presented for nutritional counseling because she is a vegetarian. Deficiency of which of the following is a concern in the vegetarian diet?

**Answer:** Vit B12

The nutrients that may be deficient in a vegetarian diet, if not carefully planned, include proteins, calcium, iron, vitamin B12, and vitamin D.

6. Which of the following formats would be used for visits that address problems not yet identified in the problem-oriented medical record (POMR)?

**Answer:** Brief SOAP note.

7. When examining a patient with tense abdominal musculature, a helpful technique is to have the patient...

**Answer:** flex his or her knees