Learner Feedback Questions #327

1. According to the World Health Organization, what percentage of various cancers can be prevented if a person’s nutrition is optimal?
   a. less than 10 percent
   b. 10-20 percent
   c. 30-50 percent
   d. 50-90 percent

2. A nutraceutical is a food, food component or natural material that has been shown to have a(n):
   a. preventive effect on disease
   b. curative effect on disease
   c. beneficial effect on health beyond basic nutrition
   d. anti-aging effect

3. FDA regulations related to nutraceuticals require manufacturers to do all of the following EXCEPT:
   a. list ingredients on labels
   b. list the name and location of manufacturer, packer and distributor
   c. grant approval for marketing
   d. identify the product as a supplement

4. CARDS is a computer database that lists:
   a. dietary supplements currently being used
   b. interactions of dietary supplements with prescription and over-the-counter drugs
   c. indications for the use of food supplements
   d. federally funded studies on use of dietary supplement dating back to 1994

5. A nurse performing a neurological exam on a patient should ask if the patient takes which of the following nutraceuticals?
   a. valerian root
   b. omega-3 acids
   c. glucosamine
   d. ginseng

6. The most important teaching point for patients taking nutraceuticals is:
   a. If you eat a balanced diet, there is no need to take nutraceuticals.
   b. Most nutraceuticals cannot be combined with prescription medications.
   c. They are expensive and, with most, the cost overrides the benefits.
   d. Tell your clinician the nutraceuticals you take, along with prescribed and OTC drugs.

7. When assessing a patient who takes nutraceuticals, the nurse also does a nutrition assessment. Which of the following is NOT indicated on a nutrition assessment?
   a. Have you gained or lost 10 pounds in the past 6 months?
   b. Do you consume alcohol, caffeine or tobacco?
   c. Do you eat fortified foods?
   d. Do you have the economic means to buy food for you and your family?

8. Nutraceuticals are intended to:
   a. prevent disease
   b. cure disease
   c. substitute for food in the diet
   d. supplement a dietary nutrient or food

9. If a patient has an interaction involving a nutraceutical, it should be reported to:
   a. Department of Agriculture
   b. FDA
   c. FDA MedWatch
   d. National Center for Complementary and Alternative Medicine

10. In the telephone survey conducted by AARP and the National Center for Complementary and Alternative Medicine about the use of CAM, the outcome was:
    a. Patients and physicians do not discuss the use of CAM with each other.
    b. Physicians do not recommend their patients use CAM.
    c. Most patients have never used CAM.
    d. Patients over 65 had better results from CAM than younger patients.

Evaluation

1. I can describe the concept and current state of use for nutraceuticals.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can identify the legislation, agencies and associations relevant to use and regulation of nutraceuticals.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can describe methods to assess patient use of nutraceuticals.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

Nutraceuticals
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Registration/Answer Form #327

Before July 3, 2014, print this page, complete the multiple choice questions by circling the correct answer and mail or fax to: ADVANCE for Nurses, Learning Scope, 2900 Horizon Dr., King of Prussia, PA 19406; 610-278-1426.

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○ Nursing Administrator
○ Nursing Faculty
○ Private Practice
○ Staff Development
○ Staff Nurse
○ Program Director

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○ Manager/Supervisor
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○ Ambulatory
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○ Chemical Dependency
○ Critical Care
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○ ED/ER
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○ Gynecology
○ Home Health
○ Hospice
○ ICU
○ Infection Control
○ IV Therapy
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○ Oncology
○ OR/ACU
○ Orthopedics
○ Pediatrics
○ Psychiatric
○ Public Health
○ Rehab
○ Research
○ Sales/Marketing
○ School Nurse
○ Student
○ Subacute
○ Support Staffing
○ Travel Nursing
○ VA/QA

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