

Detailed Answer Key

HW 14 - Ingestion Digestion Absorption Elimination

1. A nurse is reinforcing dietary instructions for a client who has episodes of biliary colic from chronic cholecystitis. Which of the following should the nurse reinforce in the teaching plan?

A. An acid-ash diet

Rationale: The nurse understands an acid-ash diet does not affect the episodes of biliary colic.

B. A high fiber diet

Rationale: The nurse understands a high fiber diet does not affect the episodes of biliary colic.

☒ C. A low fat diet

Rationale: The nurse understands a low fat diet should be included in the dietary instruction and does decrease episodes of biliary colic. The client with chronic cholecystitis has intolerance to fatty foods.

D. A low sodium diet

Rationale: The nurse understands a low sodium diet does not affect the episodes of biliary colic.

2. A nurse is reinforcing teaching for a client on how to follow a low-purine diet as prescribed by the provider for the management of gout. Which of the following statements indicates the client understands the teaching?

A. "I will need to limit the number of fruit servings each day."

Rationale: Clients who have gout should include fruit servings as part of a healthy diet.

☒ B. "Liver must be eliminated from my diet."

Rationale: The nurse should encourage the client who has gout to avoid organ meats - such as liver - due to high levels of purine.

C. "I can drink only white wine."

Rationale: Clients who have gout should avoid alcohol intake which can trigger an exacerbation.

D. "I should choose red meat instead of poultry."

Rationale: Clients who have gout should limit the intake of red meats.

Digestion Ingestion Answer Key

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