

MID TEST SEMESTER

COURSE : ADULT NURSING VI
PROGRAM : EKSTENSI 2016
DATE : 5 APRIL 2017
TIME : 75 MENIT (45 MCQ)

INSTRUCTIONS:

1. Write the full name, student number, and class on each page of the MCQ answer sheet.
 2. Read the questions carefully. Choose the appropriate answer for the choice questions A, B, C, D, and E
 3. For multiple choice questions, choose:
 - A. If choices 1, 2, 3 are correct;
 - B. If choices 1 and 3 are correct;
 - C. If choices 2 and 4 are correct;
 - D. If choice 4 is correct; and
 - E. If all choices are correct
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1. The process of forming glucose from a non-carbohydrate source is called

- a. Gluconeogenesis
- b. Glycogenolysis
- c. Glycolysis
- d. Glycogenesis
- e. Glucagon

2. In the process of lipolysis, fraction of Triacylglycerol compounds that will be formed back into glucose in the liver are:

- a. Triglycerides
- b. Glycerol
- c. Fatty acid
- d. Pyruvic Acid
- e. Cholesterol

3. A 38-year-old woman came to the clinic with a diagnosis of type II DM medical. Based on the results of the study found BB 60 Kg and height 165 cm. Daily activities are trading at his home. The calorie needs needed based on the above case are

- a. 1462.5 kcal
- b. 1608.75 kcal
- c. 1755 kcal
- d. 1930.5 kcal
- e. 1579.5 kcal

5. A patient has a weight of 65 kg and is 150 cm tall. How many results of the patient's BMI?

- a. 28,88
- b. 43,33
- c. 23.07
- d. 24.07
- e. 27,88

6. A patient is treated in the internal ward with Hepatic Cirrhosis. Based on the results of the laboratory data, his albumin: 2.5 g / dl. The following below is one of the sources of food that is one of the diet menus based on the patient's conditions above are:

- A. Milk
- B. Know
- C. Egg white
- D. Corn
- E. Chicken Meat

7. Here is NOT the form of a method to get data related to dietary history in patients:

- a. 24 hours food recall
- b. Food frequency record
- c. Food diary
- d. Food documentation
- e. Diet history

8. The appearance and smell of food is a stimulus that will be processed and forwarded by the nervous system, thus activating the feeding center. Where is the hungry center?

- A. The hypothalamic ventromedial nucleus
- B. The lateral nucleus of the hypothalamus
- C. The medial nucleus of the hypothalamus
- D. Hypothalamic ventral nucleus
- E. Nucleus suprachiasma

9. A woman, 48 years old, was treated for sudden weakness and blurred vision. Before being treated, clients lost 17 kg in 6 months (current BB is 75 kg, TB = 155cm), besides that clients also often feel hungry, often drink in large quantities and are sweet and often urinate especially at night day. The results of laboratory tests showed the fasting blood sugar level of the client was 395 mg / dl while the blood sugar after eating was 475 mg / dl. The client said that he was very happy to eat coconut milk and savory-savory. Now the client looks calm, the infusion is installed and there are no signs of dehydration.

What are the main nursing problems for these women?

- A. Nutritional imbalance: less than needed
- B. Lack of knowledge about disease management
- C. High risk of skin integrity disorders
- D. Unstable blood sugar levels
- E. Risk of lack of fluid volume

10. A man, 47 years old, has been diagnosed with coronary heart disease. What diet is right for this patient?

- A. Low fat cholesterol diet is limited
- B. A diet low in low-salt protein
- C. Low-residual high-calcium diets
- D. Low-calorie balanced diet
- E. A high-protein high-calorie diet

11. A woman, 47 years old, was treated in the Marwah room with a diagnosis of chronic kidney failure. Both hands and feet appear swollen and pitting edema (++). What diet is right for the woman?

- A. High intake of high-protein calories
- B. Low intake of low salt protein
- C. Low intake of low purine salt
- D. Low-salt low-fat intake
- E. Low calories limit potassium

12. Which of the following is a catabolic reaction?

- 1. Glycolysis
- 2. Gluconeogenesis
- 3. Glycogenolysis
- 4. Glycogenesis

13. Which products are protein catabolism?

- 1. Urea
- 2. Ammonia Salt
- 3. creatinine
- 4. Gout

14. What is the effect of a high-protein diet more than needed?

- 1. Addition of muscle mass
- 2. Increased urea excretion
- 3. Balance positive nitrogen
- 4. Increased BB

15. Which of the following biochemical indicator for nutritional status?

- 1. Transfer
- 2. Platelets
- 3. Albumin
- 4. SGOT-SGPT

16. What health promotion should be given to prevent diabetes mellitus?

- 1. Teach a healthy diet since children
- 2. Encourage teens to reduce calorie intake
- 3. Encourage each family to exercise regularly
- 4. Teach your family not to consume sugar

17. What are the complications of DM in the body's metabolic process?

- 1. Hyperlipidemia
- 2. Hyperproteinemia
- 3. Ketoacidosis
- 4. Hypoalbuminemia

18. A 25-year-old pregnant mother comes to the community health center and is given additional vitamins. This vitamin is very needed during pregnancy. This vitamin deficiency can result in a neural tube defect. What vitamins are needed?

- A. Vitamin A
- B. Vitamin B12
- C. Vitamin D
- D. Vitamin B9 (Asamfolat)
- E. Biotin

19. A nurse is giving health education to DM patients. The nurse explained about the calorie distribution needs derived from carbohydrates. What is the distribution of calories needed for carbohydrates?

- A. 45% - 65%
- B. 50% -70%
- C. 30% -40%
- D. 20% -30%
- E. 10% -20%

20. A nurse will conduct a study of nutritional status, which assessment is NOT part of how to assess a person's nutritional status?

- A. Anthropometric measurements
- B. Laboratory tests
- C. 24-hour food recall
- D. Physical examination
- E. Treadmill test