

EDAPT PRACTICE

WEEK 1

Altered Hormone

The nurse is caring for a client with fluid volume deficit. Which hormone is most likely affecting fluid balance?

Growth hormone (GH)

Luteinizing hormone (LH)

Antidiuretic hormone (ADH)

Thyroid stimulating hormone (TSH)

The nurse is caring for a client with extreme tachycardia, diarrhea, weight loss, hypertension, and intolerance to heat. Which hormone is most likely affecting the client's metabolic rate?

Triiodothyronine (T3)

Melanocyte-stimulating hormone (MSH)

Adrenocorticotrophic hormone (ACTH)

Somatostatin

Primary causes of altered hormonal regulation originate from another organ dysfunction within the gland in question. Secondary causes of altered

hormonal regulation originate from another organ dysfunction within the gland in question.

The nurse is caring for a client who is prescribed an MRI with contrast to evaluate the pituitary gland. Which lab value must the nurse review before testing can occur?

Creatinine level

Magnesium level

Platelet count

Glucose level

Altered Glucose

A client is in the clinic to have a laboratory test to evaluate long-term glycemic control. Which test does the nurse anticipate the provider will prescribe?

Fasting blood glucose test

Glycosylated hemoglobin

Oral glucose tolerance test

Water deprivation test

The nurse is planning a teaching session about nutrition at a community health fair. Which information should be included about carbohydrates? Select all that apply.

Excessive fat breakdown leads to hypoglycemia.

Consumption of simple carbohydrates aids in maintaining a stable blood glucose level.

Screening for adequate glucose metabolism includes a fasting blood glucose analysis. The nurse should instruct the client to fast for at least how many hours prior to the test?

12 hours

2 hours

8 hours

4 hours

The nurse is providing education to a client who is newly diagnosed with diabetes mellitus type 2. The client asks why insulin is important in the body. Which response by the nurse is appropriate?

Insulin increases blood sugar by stimulating glycogenolysis.

Insulin moves glucose across the cell membrane.

Pancreatic alpha cells release insulin when protein is ingested.

Insulin is stored in the liver and released when needed.

The nurse is caring for a client who is prescribed a hemoglobin A1C test. How should the nurse best explain this laboratory test to the client?

“This test determines whether altered glucose regulation is due to insulin insufficiency or resistance.”

“This test is used to screen for diabetes mellitus type 1 but is not useful in diagnosing type 2.”

“This test measures the ability of insulin to manage blood glucose in between meals.”

Which meal, if selected by the client after nutrition education, indicates a need for further instruction?

Whole wheat toast with avocado and black pepper

Spinach salad with baked chicken breast and olive oil

Low-fat Greek yogurt with strawberries and bananas

Bacon, egg, and cheese sandwich with cream cheese

How does the endocrine system respond to a meal with high protein and no carbohydrates?

Insulin is not released, but glucagon is released to promote gluconeogenesis.

Insulin and glucagon release are inhibited because there is no change in blood glucose levels.

Glucagon is released to promote gluconeogenesis, and insulin is released to facilitate the movement of amino acids into muscle cells.

Insulin is released to facilitate the breakdown of amino acids into glucose, but glucagon is inhibited.

A nurse is providing a routine screening at a community health fair. A young male client is found to have a fasting serum glucose of 132 mg/dL. The nurse recommends a follow-up visit with a healthcare provider in one week. Which laboratory values at the follow-up visit would indicate a diagnosis of diabetes mellitus type 1? Select all that apply.

Fasting blood glucose (FBG) 138 mg/dL

Glycosuria 3+

Random blood glucose 126 mg/dL

A nurse is observing a client mixing regular insulin and intermediate acting insulin in the same syringe. Which action by the client indicates that additional teaching is needed?

Removes any air bubbles after withdrawing the regular insulin

Injects air equal to the intermediate acting dose into the vial

first

Withdraws the intermediate acting dose into the syringe first

Adds air equal to the insulin dose into the regular vial and withdraws the dose

A nurse is providing discharge teaching for a client newly diagnosed with diabetes mellitus type 1. Which information should the nurse include related to nutrition therapy?

Eliminate simple carbohydrates from the diet.

Nonnutritive sweeteners should be avoided.

Limit dietary cholesterol to 400 mg/day.

The nurse is caring for a client diagnosed with diabetes mellitus type 1 who is prescribed insulin aspart before each meal. Which action taken by the nurse is appropriate?

Check the client's blood glucose immediately after breakfast.

Clarify the prescription because insulin aspart should not be administered before meals.

Hold breakfast for 1 hour after insulin aspart administration.

Administer the insulin aspart when the breakfast tray arrives.

The nurse is preparing to administer regular and intermediate-acting insulin to a client who is diagnosed with diabetes mellitus type 1. Upon

inspection of the intermediate-acting insulin, the solution in the vial appears cloudy. Which action taken by the nurse is appropriate?

Return the vial to the pharmacy and request a new vial.

Gently roll the vial to agitate the solution.

Shake the vial vigorously to mix the solution.

Throw away the vial because it is contaminated.

A nurse is caring for a client with a diagnosis of type 1 diabetes and a blood glucose of 278 mg/dL at 07:30 a.m. The provider has prescribed glargine and regular insulin to be administered. Which action taken by the nurse is appropriate?

Draw up the glargine then the regular insulin in the same syringe for administration.

Administer the regular insulin, wait 8 hours, then administer the glargine insulin.

Contact the healthcare provider to question the prescription.

A nurse is caring for a client who has a prescription for 5 units of regular insulin and 10 units of intermediate-acting insulin (such as NPH) to mix together and administer subcutaneously.

Place the steps for this procedure in the correct order. Start from the first step to the last step.

Place the anticipated interventions for treating hypoglycemia in the correct order the nurse should perform them.