

# Cnsc Exam Questions

## CNSC Exam | questions and answers | 2024

PN initiation for refeeding risk - energy (kcal/kg) - 15-20  
PN initiation for refeeding risk - protein (max g/kg) - 1.5  
\*drink some water\* Advance PN by \_\_\_\_\_ calories per day for patients at refeeding syndrome risk - 200-300  
Zinc supplementation for high GI/fistula losses (mg per liter of loss) - 12-17  
\*you're crushing this\* protein needs for traumatic brain injury patients (g/kg) - 1.5-2  
Glutamine that may reduce complications/mortality in critically ill (g/kg/day) - 0.2  
Protein needs for post-surgery / trauma (g/kg) - 1.5-2  
Recommend PEG tube if EN is needed for more than \_\_\_\_\_ weeks - 4  
\*drink some water\* Begin EN if a patient with mild pancreatitis is unable to consume PO for \_\_\_\_\_ days - 5  
max aluminum allowed in PN (mcg/kg/day) - 5  
EFAD can occur in \_\_\_\_\_ weeks of lipid-free PN - 1-3  
minimum ILE required in PN to prevent EFAD deficiency - 500ml of 20% ILE once a week  
\*drink some water\* diagnosis of EFAD via triene : tetraene ratio of greater than - 0.4  
max phos (mmol/hr) in PN to prevent thrombophlebitis - 7  
Which drug can impair folate? - methotrexate  
\*you've got this\* Which nutrient does metformin impair absorption of? - B12  
Which minerals can ETOH increase excretion of? - calcium and magnesium  
Which essential nutrients besides B vitamins are water-soluble? - vitamin C and choline  
What are the essential trace minerals? - iron, zinc, copper, manganese, selenium, chromium  
\*drink some water\* Where is B12 absorbed? - ileum  
Fiber RDA (grams per 1000kcal) - 14  
Fiber RDA (children) - age +5  
Free water deficit calculation -  $TBW (kg) [(Na-140) / 140]$   
How long does the catabolic phase of critical illness last in days? - 7-10  
\*you've got this\* Half life of albumin in days - 14-20  
RQ for mixed diet - 0.85  
RQ for underfeeding - <0.82  
RQ for overfeeding - >1.0  
normal pH - 7.35-7.45  
hyponatremia (less than \_\_\_\_\_ mEq/L) - 135  
\*you're crushing this\* appropriate Na correction (mEq/L/day) - 10  
hypernatremia (greater than \_\_\_\_\_ mEq/L) - 145  
is D5W isotonic or hypotonic - Isotonic in the bag; hypotonic once metabolized  
What increases CO2 production and can worsen acidosis (underfeeding or overfeeding)? - overfeeding

**CNSC exam questions** are a pivotal aspect of preparing for the Certified Nutrition Support Clinician (CNSC) exam, which is essential for healthcare professionals specializing in nutrition support. The CNSC certification is offered by the National Board of Nutrition Support Certification (NBNSC) and demonstrates a clinician's proficiency in providing nutritional care to patients who require specialized nutrition support, including enteral and parenteral nutrition. This article will delve into the nature of CNSC exam questions, discuss effective study strategies, and provide insights into the exam structure and content.

# Understanding the CNSC Exam Structure

The CNSC exam is designed to assess the knowledge and skills of healthcare professionals in nutrition support. It consists of multiple-choice questions that cover a broad range of topics related to clinical nutrition, patient assessment, and nutrition support therapies.

## Exam Format

- Number of Questions: The exam typically consists of 175 multiple-choice questions.
- Duration: Candidates are usually given a total of three hours to complete the exam.
- Scoring: The passing score varies but is generally around 70%, depending on the exam's difficulty level.

## Content Areas

The CNSC exam questions are structured around several key content areas. These include:

1. Clinical Assessment: This section assesses the ability to evaluate a patient's nutritional status and needs, including anthropometric measurements, biochemical data, and clinical history.
2. Nutrition Support Therapy: Questions in this area focus on enteral and parenteral nutrition, including indications, contraindications, and the formulation of nutrition support plans.
3. Complications of Nutrition Support: Candidates need to demonstrate knowledge of potential complications arising from nutrition support therapies, including metabolic and gastrointestinal complications.
4. Ethics and Professional Practice: This section covers ethical considerations in nutrition support, including informed consent and interdisciplinary collaboration.
5. Quality Improvement and Research: Questions here evaluate understanding of best practices, evidence-based guidelines, and the importance of quality improvement in nutrition support.

## Types of CNSC Exam Questions

CNSC exam questions can be categorized into different types based on the skills they assess. Understanding these types can help candidates prepare more effectively.

### Knowledge-Based Questions

These questions assess a candidate's recall of facts and concepts related to nutrition support. They often

include:

- Definitions of key terms (e.g., what is enteral nutrition?).
- Identification of nutrient requirements based on clinical scenarios.
- Recognition of standard protocols in nutrition support.

## **Application Questions**

Application questions require candidates to apply their knowledge to solve clinical problems. These may include:

- Analyzing a case study to determine the appropriate nutrition support strategy.
- Interpreting laboratory results to make clinical decisions regarding a patient's nutrition.
- Developing a comprehensive nutrition support plan based on specific patient needs.

## **Analysis and Synthesis Questions**

These questions assess higher-order thinking skills. Candidates may be asked to:

- Compare and contrast different nutrition support methods.
- Evaluate the efficacy of various nutrition interventions based on recent research.
- Propose modifications to a nutrition support plan based on changing patient conditions.

## **Effective Study Strategies for the CNSC Exam**

Preparing for the CNSC exam requires a strategic approach. Here are some effective study strategies to enhance your exam readiness.

### **Review the Exam Blueprint**

Familiarize yourself with the exam blueprint provided by the NBNSC, which outlines the content areas and their respective weightings. This will help you prioritize your study efforts.

## Utilize Study Guides and Resources

- Textbooks: Reference textbooks on clinical nutrition and nutrition support. Some recommended titles include:
  - "Clinical Nutrition: A Functional Approach"
  - "Nutrition Support for the Critically Ill Patient"
- Online Courses: Consider enrolling in online review courses specifically designed for the CNSC exam.
- Practice Questions: Utilize practice exams and question banks to assess your knowledge and identify areas needing improvement.

## Create a Study Schedule

Develop a realistic study schedule that allocates time for each content area. Make sure to include:

- Regular review sessions.
- Time for practice questions.
- Breaks to avoid burnout.

## Join a Study Group

Collaborating with peers can enhance your understanding of complex topics. Consider forming a study group where you can discuss case studies, quiz each other, and share resources.

## Common CNSC Exam Questions Themes

While the specific questions on the CNSC exam will vary, certain themes tend to recur. Familiarizing yourself with these themes can help you anticipate the types of questions you may encounter.

## Nutritional Assessment Techniques

Expect questions that require you to identify appropriate assessment tools and methods for evaluating a patient's nutritional status. This might include:

- Anthropometric measurements (e.g., BMI, waist circumference).
- Laboratory tests (e.g., serum albumin, prealbumin levels).
- Dietary assessments (e.g., 24-hour recall, food frequency questionnaire).

# Enteral and Parenteral Nutrition Guidelines

Questions related to the formulation of enteral and parenteral nutrition solutions are common. Be prepared to answer questions about:

- Macronutrient composition and calorie needs.
- Indications for different types of nutrition support.
- Administration techniques and protocols.

## Management of Complications

Understanding potential complications associated with nutrition support therapies is critical. Expect questions on:

- Recognizing signs of refeeding syndrome.
- Managing gastrointestinal complications (e.g., diarrhea, constipation).
- Troubleshooting issues with feeding tubes.

## Conclusion

In summary, CNSC exam questions are a vital component of the certification process for nutrition support clinicians. By understanding the exam structure, types of questions, and effective study strategies, candidates can better prepare themselves for success. A thorough grasp of clinical nutrition concepts, attention to detail in patient assessment, and familiarity with nutrition support protocols are essential for passing the exam and excelling in the field of nutrition support. With dedication and the right preparation, aspiring CNSC professionals can confidently approach the exam and advance their careers in this critical area of healthcare.

## Frequently Asked Questions

### What is the purpose of the CNSC exam?

The CNSC exam is designed to assess the knowledge and competencies of candidates seeking certification in clinical neurophysiology, ensuring they meet the standards required to practice in the field.

## **What topics are commonly covered in CNSC exam questions?**

Common topics include neuroanatomy, neurophysiology, clinical procedures, instrumentation, and interpretation of neurophysiological data.

## **How can candidates best prepare for the CNSC exam?**

Candidates can prepare by studying relevant textbooks, attending review courses, taking practice exams, and gaining hands-on experience in clinical settings.

## **Are there any recommended study materials for the CNSC exam?**

Recommended study materials include CNSC exam review books, online courses, and resources provided by professional organizations in neurophysiology.

## **What is the format of the CNSC exam?**

The CNSC exam typically consists of multiple-choice questions that evaluate both theoretical knowledge and practical application in clinical neurophysiology.

## **How often is the CNSC exam offered?**

The CNSC exam is usually offered multiple times a year, but specific dates and availability may vary, so candidates should check the official website for the latest information.

## **What is the passing score for the CNSC exam?**

The passing score for the CNSC exam is determined by the certifying body and may vary; candidates should refer to the official guidelines for the specific score needed to pass.

## **Can I retake the CNSC exam if I fail?**

Yes, candidates can retake the CNSC exam if they do not pass, but they must adhere to the retake policies set by the certifying organization.

## **What are the benefits of obtaining CNSC certification?**

Obtaining CNSC certification can enhance professional credibility, improve job prospects, and demonstrate a commitment to ongoing education and excellence in the field of neurophysiology.

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