

## Chapter 1 – Role of the Dietitian in the Health Care System

### Multiple Choice

**An. Type**    **Page(s)**

Note: Under Type, K = knowledge and A = application.

- |   |   |   |  |
|---|---|---|--|
| c | K | 3 | 1. A hospital that is owned by a community religious organization and not a group of share holders is classified as:<br>a. private profit.<br>b. veterans/military.<br>c. private not for profit.<br>d. public not for profit.                   |
| a | K | 5 | 2. Reviewing productivity reports, hiring and training employees, and developing policies are all major tasks of the:<br>a. clinical nutrition manager.<br>b. food service personnel.<br>c. clinical dietitian.<br>d. diet technician.           |
| d | K | 5 | 3. Processing diet orders, checking menus against standards, and setting up standard nourishment are all major tasks of the:<br>a. diet technician.<br>b. food service personnel.<br>c. clinical dietitian.<br>d. diet clerk.                    |
| c | A | 5 | 4. I work in an ICU where patients require nutritional support. What credentials are likely after my name?<br>a. CSP<br>b. CSR<br>c. CNSD<br>d. CDE  |
| d | A | 5 | 5. My job entails educating diabetics on controlling their blood glucose levels through healthy nutrition. What credentials are likely after my name?<br>a. CSP<br>b. CSR<br>c. CNSD<br>d. CDE   |
| b | A | 6 | 6. If you are assessing a patient who reports that it is challenging to eat because she cannot pick up the fork or knife, you would consult the:<br>a. speech-language pathologist.<br>b. occupational therapist.<br>c. nurse.<br>d. diet clerk. |
| b | A | 6 | 7. In a neurological setting, where swallowing problems are common, the dietitian would have to work closely with which allied health professional?<br>a. pharmacist<br>b. speech-language pathologist<br>c. occupational therapist<br>d. nurse  |

- |   |   |     |   |
|---|---|-----|---|
| c | A | 6   | 8. Which of the following would you work closely with if you were changing the amount of nutrients that were delivered via parenteral nutrition support?<br>a. nurse<br>b. occupational therapist<br>c. pharmacist<br>d. speech language pathologist  |
| b | A | 6-7 | 9. A doctor has requested that a patient learn how to quit smoking. The health professional that would be consulted is the:<br>a. social worker.<br>b. pharmacist.<br>c. respiratory therapist.<br>d. nurse.  |
| c | A | 7   | 10. If your patient is terminally ill and the family is having a hard time dealing with this, you would consult the:<br>a. nurse.<br>b. chaplain.<br>c. social worker.<br>d. caregiver.   |
| a | K | 7   | 11. Approximately what percentage of the U.S. population does not have health insurance?<br>a. 16%<br>b. 31%<br>c. 52%<br>d. 5%   |
| b | K | 7   | 12. For which of the following diagnoses are an RD's services not covered by Medicare?<br>a. non-dialysis kidney disease<br>b. anemia<br>c. type 1 diabetes<br>d. gestational diabetes  |
| c | A | 7   | 13. Which of the following statements is true?<br>a. When providing nutritional care, the patient's oral intake is the primary concern.<br>b. The knowledge that is obtained in school is more important than the knowledge from experience and practice.<br>c. Critical thinking skills and problem solving skills are vital to being a good practitioner.<br>d. The RD rarely collaborates with the allied health team. |
| d | K | 8   | 14. Which of the following is not essential to critical thinking?<br>a. experience<br>b. competence<br>c. attitudes<br>d. confidence  |
| a | K | 8   | 15. The dietitian's continuing education and career reflection are examples of which component of critical thinking?<br>a. specific knowledge base<br>b. experience<br>c. competence<br>d. attitudes  |

- |   |   |     |  |
|---|---|-----|--|
| b | K | 8   | 16. Learning from patients, observations, and interactions with other health professionals is an example of which component of critical thinking?<br>a. specific knowledge base<br>b. experience<br>c. competence<br>d. attitudes  |
| c | K | 8   | 17. The ability to identify problems and make decisions regarding the most appropriate solutions is an example of which component of critical thinking?<br>a. specific knowledge base<br>b. experience<br>c. competence<br>d. attitudes  |
| d | K | 8   | 18. Which of the following is not part of the scientific method?<br>a. identify a phenomenon<br>b. collect data<br>c. form a hypothesis<br>d. review the phenomenon  |
| b | A | 8-9 | 19. You have completed an assessment on a patient, determined that he is not meeting his intake needs, and prescribed a nutritional supplement. A few days later, you visit him to see if he is drinking the supplement you provided. During your visit you are:<br>a. testing the hypothesis.<br>b. evaluating the hypothesis.<br>c. formulating the hypothesis.<br>d. describing a phenomenon. |
| c | K | 9   | 20. The incorporation of systematically reviewed scientific evidence into food and nutrition practice can be termed:<br>a. scientific method.<br>b. research method.<br>c. evidence-based practice.<br>d. continuing education.  |
| a | K | 9   | 21. A systematically developed statement based on scientific evidence to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances is a:<br>a. guideline.<br>b. practitioner point.<br>c. problem solving approach.<br>d. scientific method approach.  |
| c | K | 9   | 22. A series of clinical judgments that result in an informal judgment or a formal diagnosis can be termed:<br>a. problem solving.<br>b. decision making.<br>c. diagnostic reasoning.<br>d. critical thinking.   |

- |   |   |      |   |
|---|---|------|---|
| b | A | 9    | 23. Your patient has cirrhosis of the liver and you have planned specific nutrition interventions for him. You continue to monitor him and observe for clinical and laboratory values that are consistent with cirrhosis. This type of thinking is:<br>a. evidence based.<br>b. diagnostic reasoning.<br>c. problem solving.<br>d. decision making. |
| a | A | 9    | 24. You attend a nutrition conference and a dietitian presents his/her research in the area in which you work. You then implement what you have learned in your practice. This is an example of:<br>a. evidence-based practice.<br>b. outcomes research.<br>c. nutritional diagnosis.<br>d. the nutrition care process.                             |
| d | K | 9-10 | 25. The dietitian's values, fairness, and responsibility in reaching solutions is an example of which component of critical thinking?<br>a. specific knowledge base<br>b. experience<br>c. diagnostic reasoning<br>d. attitudes   |
| a | K | 9-10 | 26. The dietitian should ensure that a nutritional diagnosis is _____ and _____ with the assessment data collected.<br>a. plausible, consistent<br>b. easy, complying<br>c. reliable, consistent<br>d. plausible, opposed   |
| d | K | 9-10 | 27. Admitting your limitations, rethinking a situation, and seeking additional knowledge are examples of which component of critical thinking?<br>a. specific knowledge base<br>b. experience<br>c. diagnostic reasoning<br>d. attitudes  |
| b | K | 3,10 | 28. Evaluation of care that focuses on the status of participants after receiving care is termed:<br>a. evidence-based practice.<br>b. outcomes research.<br>c. nutritional diagnosis.<br>d. the nutrition care process.  |

## Case Study Multiple Choice

Ms. Lopez is a widowed 68-year-old Nicaraguan woman, an immigrant who has lived in the United States for ten years. She lives in a second-floor walk-up apartment with her daughter and son-in-law and their four children. Ms. Lopez is admitted to the hospital and is diagnosed with a stroke and has weakness in her left side. She complains of coughing when she drinks and feels that food sometimes gets caught in her throat. She has diabetes and high blood pressure and is on several oral medications. She does not check her sugar because she does not feel comfortable pricking her finger. Her body mass index (BMI) is 33. Ms. Lopez is undocumented and uninsured.

- |   |   |      |   |
|---|---|------|---|
| a | K | 6    | 29. Assessing whether Ms. Lopez's left-sided weakness is affecting her ability to perform activities of daily living is the job of which member of the healthcare team? |
|   |   |      | a. occupational therapist   |
|   |   |      | b. nurse  |
|   |   |      | c. social worker  |
|   |   |      | d. speech-language pathologist  |
|   |   |      |   |
| d | K | 6    | 30. Assessing whether Ms. Lopez has any difficulty swallowing is the job of which member of the healthcare team?  |
|   |   |      | a. occupational therapist   |
|   |   |      | b. nurse  |
|   |   |      | c. social worker  |
|   |   |      | d. speech-language pathologist  |
|   |   |      |   |
| c | K | 6    | 31. Assessing whether Ms. Lopez's oral medications have any potential drug-nutrient interactions would be the job of which member of the healthcare team?               |
|   |   |      | a. nurse  |
|   |   |      | b. occupational therapist   |
|   |   |      | c. pharmacist   |
|   |   |      | d. social worker  |
|   |   |      |   |
| d | A | 7    | 32. Assisting Ms. Lopez with her documentation and insurance status is the role of which member of the healthcare team?   |
|   |   |      | a. nurse  |
|   |   |      | b. occupational therapist   |
|   |   |      | c. pharmacist   |
|   |   |      | d. social worker  |
|   |   |      |   |
| a | K | 6    | 33. Assisting Ms. Lopez in her recovery process is the job of which member of the healthcare team?  |
|   |   |      | a. nurse  |
|   |   |      | b. medical doctor   |
|   |   |      | c. social worker  |
|   |   |      | d. occupational therapist   |
|   |   |      |   |
| b | A | 7-10 | 34. How does the information gathered from the above disciplines assist the registered dietitian in his/her assessment of the patient?                                  |
|   |   |      | a. It assists the RD in identifying his/her scope of practice.  |
|   |   |      | b. The RD utilizes critical thinking skills and incorporates the information gathered from the health care team to problem solve and make decisions.                    |
|   |   |      | c. The RD does not use much of the above information other than that of the nurse.  |
|   |   |      | d. The RD uses the information gathered only when consulted.  |

**Matching****An. Page(s)**

g	3	1. evidence-based dietetics practice	a. a health professional who has earned a post-bachelor degree of doctor of medicine (MD) or doctor of osteopathy (DO)
f	3	2. speech-language pathologist	b. a health care worker who assists patients in activities related to maintaining or recovering health
c	3	3. licensed pharmacist	c. a licensed health professional who compounds and dispenses medications
a	3	4. medical doctor	d. a health professional who helps individuals with mentally, physically, developmentally, or emotionally disabling conditions improve their ability to perform tasks in their daily living and working environments
b	3	5. nurse	e. a professional who provides persons, families, or vulnerable populations with psychosocial support, advises family caregivers, counsels patients, and helps plan for patients' needs after discharge
d	3	6. occupational therapist	f. a health professional who assesses, diagnoses, treats, and helps to prevent speech, language, cognitive, communication, voice, swallowing, fluency, and other related disorders
h	3	7. outcomes research	g. dietetics practice in which systematically reviewed scientific evidence is used to make food and nutrition practice decisions
e	3	8. social worker	h. evaluation of care that focuses on the status of participants after receiving care

**Discussion****Page(s)**

2	1. Discuss how the knowledge and skills that are required of registered dietitians have emerged over the last 4 decades.
3-7	2. Give a scenario of a patient admitted into the hospital. List all members of the allied health team that will come in contact with this patient and why.
8	3. Give an example of the scientific method in practice for a stroke patient with swallowing problems.
9-10	4. Give an example of a decision that would need to be made related to patient care. Outline the steps that would be necessary to make this decision regarding your patient.
9-10	5. Discuss the importance of critical thinking attitudes in nutritional assessment of older adults.