

# Chapter 40-44 Nursing Management

## Obesity practice questions and answers

Which statement by the nurse is most likely to help a morbidly obese 22-year-old man in losing weight on a 1000-calorie diet? - ANSWER-c. "You are likely to notice changes in how you feel with just a few weeks of diet and exercise."

Motivation is a key factor in successful weight loss and a short-term outcome provides a higher motivation.

After the nurse teaches a patient about the recommended amounts of foods from animal and plant sources, which menu selections indicate that the initial instructions about diet have been understood? - ANSWER-b. 3 oz of roasted pork, a cup of corn, and a cup of carrot sticks

This selection is most consistent with the recommendation of the American Institute for Cancer Research that one third of the diet should be from animal sources and two thirds from plant source foods.

Which nursing action is appropriate when coaching obese adults enrolled in a behavior modification program? - ANSWER-b. Asking the adults about situations that tend to increase appetite

Behavior modification programs focus on how and when the person eats and de-emphasize aspects such as calorie counting.

The nurse is coaching a community group for individuals who are overweight. Which participant behavior is an example of the best exercise plan for weight loss? - ANSWER-a. Walking for 40 minutes 6 or 7 days/week

Exercise should be done daily for 30 minutes to an hour. Exercising in highly aerobic activities for short bursts or only once a week is not helpful and may be dangerous in an individual who has not been exercising.

A few months after bariatric surgery, a 56-year-old man tells the nurse, "My skin is hanging in folds. I think I need cosmetic surgery." Which response by the nurse is most appropriate? - ANSWER-c. "Cosmetic surgery is a possibility once your weight has stabilized."

Reconstructive surgery may be used to eliminate excess skinfolds after at least a year has passed since the surgery. Skinfolds may not disappear over time, especially in older patients.

After vertical banded gastroplasty, a 42-year-old male patient returns to the surgical nursing unit with a nasogastric tube to low, intermittent suction and a patient-controlled analgesia (PCA) machine for pain control. Which nursing action should be included in the postoperative plan of care? - ANSWER-d.

Support the surgical incision during patient coughing and turning in bed.

The incision should be protected from strain to decrease the risk for wound dehiscence.

The nurse will be teaching self-management to patients after gastric bypass surgery. Which information will the nurse plan to include? - ANSWER-a. Drink fluids between meals but not with meals.

Intake of fluids with meals tends to cause dumping syndrome and diarrhea. Food choices should be low in fat and fiber.

Which assessment action will help the nurse determine if an obese patient has metabolic syndrome? - ANSWER-b. Check the patient's blood pressure.

Elevated blood pressure is one of the characteristics of metabolic syndrome.

When teaching a patient about testing to diagnose metabolic syndrome, which topic would the nurse include? - ANSWER-a. Blood glucose test

A fasting blood glucose test  $>100$  mg/dL is one of the diagnostic criteria for metabolic syndrome.

What information will the nurse include for an overweight 35-year-old woman who is starting a weight-loss plan? - ANSWER-c. Low carbohydrate diets lead to rapid weight loss but are difficult to maintain.

The restrictive nature of fad diets makes the weight loss achieved by the patient more difficult to maintain.

Which adult will the nurse plan to teach about risks associated with obesity? - ANSWER-b. Man with a 42 in waist and 44 in hips

The waist-to-hip ratio for this patient is 0.95, which exceeds the recommended level of  $<0.80$ .

A 61-year-old man is being admitted for bariatric surgery. Which nursing action can the nurse delegate to unlicensed assistive personnel (UAP)? - ANSWER-c. Assist with IV insertion by holding adipose tissue out of the way.

UAP can assist with IV placement by assisting with patient positioning or holding skinfolds aside.

After successfully losing 1 lb weekly for several months, a patient at the clinic has not lost any weight for the last month. The nurse should first - ANSWER-c. ask the patient whether there have been any changes in exercise or diet patterns.

The initial nursing action should be assessment of any reason for the change in weight loss.

Which finding for a patient who has been taking orlistat (Xenical) is most important to report to the health care provider? - ANSWER-b. The patient is pale and has many bruises.

Because orlistat blocks the absorption of fat-soluble vitamins, the patient may not be receiving an adequate amount of vitamin K, resulting in a decrease in clotting factors.

A 40-year-old obese woman reports that she wants to lose weight. Which question should the nurse ask first? - ANSWER-a. "What factors led to your obesity?"

The nurse should obtain information about the patient's perceptions of the reasons for the obesity to develop a plan individualized to the patient.

The nurse is caring for a 54-year-old female patient on the first postoperative day after a Roux-en-Y gastric bypass procedure. Which assessment finding should be reported immediately to the surgeon? - ANSWER-c. Emesis of bile-colored fluid past the nasogastric (NG) tube

Vomiting with an NG tube in place indicates that the NG tube needs to be repositioned by the surgeon to avoid putting stress on the gastric sutures.

Which information will the nurse prioritize in planning preoperative teaching for a patient undergoing a Roux-en-Y gastric bypass? - ANSWER-b. Instructing the patient on coughing and breathing techniques

Coughing and deep breathing can prevent major postoperative complications such as carbon monoxide retention and hypoxemia.

After bariatric surgery, a patient who is being discharged tells the nurse, "I prefer to be independent. I am not interested in any support groups." Which response by the nurse is best? - ANSWER-b. "Tell me what types of resources you think you might use after this surgery."

This statement allows the nurse to assess the individual patient's potential needs and preferences.

To evaluate an obese patient for adverse effects of lorcaserin (Belviq), which action will the nurse take? - ANSWER-c. Ask about bowel movements.

Constipation is a common side effect of lorcaserin.

1. Which statement by the nurse is most likely to help a morbidly obese 22-year-old man in losing weight on a 1000-calorie diet?

a.

"It will be necessary to change lifestyle habits permanently to maintain weight loss."

b.

"You will decrease your risk for future health problems such as diabetes by losing weight now."

c.

"You are likely to notice changes in how you feel with just a few weeks of diet and exercise."

d.

"Most of the weight that you lose during the first weeks of dieting is water weight rather than fat." -

ANSWER-ANS: C

Motivation is a key factor in successful weight loss and a short-term outcome provides a higher motivation. A 22-year-old patient is unlikely to be motivated by future health problems. Telling a patient that the initial weight loss is water will be discouraging, although this may be correct. Changing lifestyle habits is necessary, but this process occurs over time and discussing this is not likely to motivate the patient.

2. After the nurse teaches a patient about the recommended amounts of foods from animal and plant sources, which menu selections indicate that the initial instructions about diet have been understood?

a.

3 oz of lean beef, 2 oz of low-fat cheese, and a tomato slice

b.

3 oz of roasted pork, a cup of corn, and a cup of carrot sticks

c.

Cup of tossed salad and nonfat dressing topped with a chicken breast

d.

Half cup of tuna mixed with nonfat mayonnaise and a half cup of celery - ANSWER-ANS: B

This selection is most consistent with the recommendation of the American Institute for Cancer Research that one third of the diet should be from animal sources and two thirds from plant source foods. The other choices all have higher ratios of animal origin foods to plant source foods than would be recommended.