

## PN Learning System Medical-Surgical Gastrointestinal Practice Quiz Answer Key PDF

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**What is the primary function of the small intestine in the digestive system?**

- A. Protein digestion
- B. Nutrient absorption ✓**
- C. Bile production
- D. Waste elimination

**Which medication class is commonly used to reduce stomach acid production?**

- A. Antibiotics
- B. Antihistamines
- C. Proton pump inhibitors ✓**
- D. Diuretics

**Which diagnostic procedure is used to visualize the colon?**

- A. Endoscopy
- B. Colonoscopy ✓**
- C. Ultrasound
- D. MRI

**Which of the following are symptoms of inflammatory bowel disease (IBD)?**

- A. Abdominal pain ✓**
- B. Joint pain ✓**
- C. Skin rashes ✓**
- D. Frequent urination

**Explain the pathophysiology of Crohn's disease and how it differs from ulcerative colitis.**

The pathophysiology of Crohn's disease involves a dysregulated immune response leading to chronic inflammation that can affect any segment of the gastrointestinal tract, often resulting in transmural lesions, strictures, and fistulas. In contrast, ulcerative colitis is limited to the colon and rectum, characterized by continuous mucosal inflammation and ulceration, with a higher risk of colorectal cancer.

**Describe the preoperative and postoperative nursing care for a patient undergoing a cholecystectomy.**

Preoperative nursing care involves assessing the patient's health status, obtaining informed consent, and providing education about the procedure. Postoperative nursing care includes monitoring for complications, managing pain, encouraging early ambulation, and providing dietary guidance.

**Which of the following is a risk factor for developing gallstones?**

- A. High-protein diet
- B. Low-fat diet
- C. Obesity ✓**
- D. Regular exercise

**Which of the following are diagnostic tests for liver function?**

- A. ALT ✓**
- B. AST ✓**
- C. bilirubin ✓**
- D. Hemoglobin

**Which symptom is most commonly associated with gastroesophageal reflux disease (GERD)?**

- A. Constipation
- B. Heartburn ✓**
- C. Diarrhea
- D. Abdominal distension

**Which bacterium is most commonly associated with peptic ulcer disease?**

- A. E. coli
- B. H. pylori ✓**
- C. S. aureus
- D. C. difficile

**Which conditions can lead to gastrointestinal bleeding?**

- A. Peptic ulcers ✓**
- B. Diverticulosis ✓**
- C. Hemorrhoids ✓**
- D. Appendicitis

**What is the most common complication of cirrhosis?**

- A. Hypertension
- B. Ascites ✓**
- C. Diabetes
- D. Asthma

**What are common causes of pancreatitis?**

- A. Alcohol abuse ✓**
- B. Gallstones ✓**
- C. High cholesterol
- D. Viral infections

**How can a nurse educate a patient with cirrhosis about managing their condition and preventing complications?**

**The nurse should instruct the patient to follow a low-sodium diet, avoid alcohol, take prescribed medications as directed, attend regular follow-up appointments, and be aware of symptoms such as jaundice, swelling, or confusion that may indicate complications.**

**What is the primary function of the liver in the digestive system?**

- A. Protein digestion
- B. Bile production ✓**
- C. Vitamin absorption

D. Carbohydrate breakdown

**Identify and explain the significance of two liver function tests and what abnormal results might indicate.**

**Two significant liver function tests are alanine aminotransferase (ALT) and aspartate aminotransferase (AST). Elevated ALT levels typically indicate liver cell injury, while elevated AST levels can suggest liver disease or damage, but may also indicate issues with other organs.**

**Which lifestyle modifications can help manage GERD?**

- A. Eating large meals
- B. Elevating the head of the bed ✓**
- C. Avoid late-night snacks ✓**
- D. Smoking cessation ✓**

**What are the benefits of a high-fiber diet in managing IBS?**

- A. Reduces constipation ✓**
- B. Increases energy levels
- C. Stabilizes blood sugar
- D. Decreases abdominal pain ✓**

**Discuss the role of proton pump inhibitors in the treatment of peptic ulcer disease and potential side effects.**

**Proton pump inhibitors play a crucial role in the treatment of peptic ulcer disease by inhibiting gastric acid secretion, which aids in ulcer healing and symptom relief. Potential side effects include gastrointestinal issues, increased risk of Clostridium difficile infection, and long-term risks such as kidney disease and osteoporosis.**

**What lifestyle changes would you recommend to a patient diagnosed with GERD to help manage their symptoms?**

**I recommend the following lifestyle changes for a patient diagnosed with GERD: 1) Avoid large meals and eat smaller, more frequent meals; 2) Limit foods and beverages that trigger symptoms, such as spicy foods, citrus, chocolate, caffeine, and alcohol; 3) Maintain a healthy weight; 4) Avoid**

**lying down immediately after eating; 5) Elevate the head of the bed; 6) Quit smoking; 7) Wear loose-fitting clothing.**