



## **PAKISTAN NUTRITION & DIETETIC SOCIETY (PNDS)**

### **Continuing Nutrition Education Quiz key**

**Q # 1: A 65 years old lady diabetic for 25 years came to the Nephrology Clinic with complaint of swelling in her foot. Her laboratory investigations showed following:**

Urea 25mg/dl, Creatinine 1.9mg/dl, Potassium 4.5mEq/l, Sodium 145mEq/l, Urinary Proteins 0.5g/dl.

Which of the following investigation will predict her cardiovascular risk for ischemic heart disease?

- A. Serum Urea
- B. Serum Creatinine
- C. Urinary Protein
- D. Serum Sodium
- E. Serum Potassium

**Key: C. Urinary Protein.**

**Q # 2: A 30year sold gentlemen known to have CKD Stage V. His weight was 60kg, blood pressure 160/100, despite taking antihypertensive. He was asymptomatic except had mild swelling of the feet. The laboratory investigations showed following:**

Urea 92mg/dl, Creatinine 7.0mg/dl, Calcium 6.8mg/dl, Phosphorus 8.5mg/dl, Sodium 125mEq/l.

The best dietary advice for this patient will be;

- A. A high calcium and high sodium diet.
- B. Low calcium and low phosphate diet.
- C. A low calcium and low sodium diet.
- D. A low phosphate and low sodium diet.
- E. A high calcium and low sodium diet.

**Key: D. A low phosphate and low sodium diet.**

**Q # 3: Renal Osteodystrophy which leads to the calcification of the soft tissue is dangerous because it can cause;**

- A. Backbone fracture cause neurological problem
- B. Generalized body ache effecting quality of life
- C. Increase rick of fracture
- D. Increase risk of bone cancer.
- B. Narrow the coronary arteries

**Key: B. Narrow the coronary arteries.**

**Q # 4: A 50 years old gentleman diabetic came into the consulting clinic and has no symptoms, but has the following biochemistry.**

Urea 53mg/dl, Creatinine 4.5mg/dl, Calcium 9.5mg/dl, Phosphorus 8.5mg/dl, Parathyroid Harmon level 2,600ng/dl (50-150ng/dl)

What type of bone disease this patient has?

- A. A high turnover bone disease
- B. Osteoporosis
- C. A low turnover bone disease
- D. Osteopenia
- E. Renal Rickets

**Key: A. A high turnover bone disease.**

**Q # 5: Twins brothers both sufferings a congenital kidney disease. There ages were 40 years, and the weight of one brother was 110kg while the weight of second one was 50kg. There Serum Creatinine was 2.3mg/dl**

Which one of the following is correct in respect of their Creatinine clearance?

- A. 80ml/min and 50ml/min
- B. 54ml/min and 24ml/min
- C. 34ml/min and 80ml/min
- D. 40ml/min and 80ml/min
- E. 63ml/min and 33ml/min

**Key: B. 54ml/min and 24ml/min.**

**Q # 6: Dietary Phos restriction and use of \_\_\_\_\_ may help control PTH levels in Chronic Kidney Disease.**

- A. Active Vit D & its analogs
- B. Calcitriol
- C. Vit D analogs

**Key: A. Active Vit D & its analogs.**

**Q # 7: With Malnutrition mortality increases by**

- A. 18-70%
- B. 25-50%
- C. 15-60%

**Key: A. 18-70%**

**Q # 8: \_\_\_\_\_ is the major form of renal bone disease found in CKD-BMD**

- A. Osteitis Fibrosa Cystica
- B. Osteomalacia
- C. Adaynamic Bone Disease

**Key: A. Osteitis Fibrosa Cystica.**

**Q #9: To avoid metastatic calcification, calcium Phos product should be kept below**

- A. 45
- B. 55
- C. 75

**Key: B. 55**

**Q # 10: Early nutrition intervention in CKD-BMD may help prevent secondary**

**hyperparathyroidism and \_\_\_\_\_.**

- A. Vascular Calcification
- B. Vavular Calcification
- C. Bone Marrow Fibrosis

**Key: A. Vascular Calcification.**