

Certified Specialist in Geriatric Nutrition Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. Which dietary change is recommended to help manage belching according to palliative care guidance?**
 - A. Reduce beer and carbonated beverages**
 - B. Increase beer consumption to aid digestion**
 - C. Increase consumption of beans and broccoli**
 - D. Avoid all dairy products**

- 2. What does PACE stand for?**
 - A. Program of All-Inclusive Care for the Elderly**
 - B. People aging with coordinated effort**
 - C. Private and community elder care**
 - D. Planned aging and care environment**

- 3. Which of the following are risk factors for malnutrition in long-term care facilities?**
 - A. Dependence for eating, depression, poor intake, impaired mobility, insufficient staffing**
 - B. Regular exercise, high mobility, good appetite**
 - C. Adequate staffing and independence**
 - D. Excessive supplementation leading to overnutrition**

- 4. Which are signs of intolerance during enteral tube feeding?**
 - A. Emesis, bloating/distention, constipation, nausea, diarrhea, abdominal pain.**
 - B. Increased appetite and energy.**
 - C. Rash and itching.**
 - D. Headache only.**

- 5. What threshold is used to flag indicators for inclusion in the survey selection process?**
 - A. Greater than 75% of the national average**
 - B. Greater than 50% of the national average**
 - C. Equal to the national average**
 - D. Less than 75% of the national average**

- 6. According to MDS guidelines, a clinically significant weight gain is defined as which threshold?**
- A. 5% in 1 month**
 - B. 2% in 1 month**
 - C. 5% in 3 months**
 - D. 15% in 6 months**
- 7. Which of the following is a risk factor for developing pressure ulcers?**
- A. Immobility**
 - B. Balanced Nutrition**
 - C. Regular Exercise**
 - D. Adequate Hydration**
- 8. What is the vitamin C dosage specified for renal disease?**
- A. 60-100mg/dL**
 - B. 60-100mg/d**
 - C. 100-200mg/d**
 - D. 1000-2000ml/d**
- 9. Which statement best describes the elements required in the comprehensive care plan for the RD according to OBRA CFR?**
- A. Problem; resident strengths; realistic/measurable goals and times of completion with designated party responsible; interventions with party responsible; implementation; evaluation/re-evaluation; discharge plan**
 - B. Problem and interventions only**
 - C. Discharge plan and evaluation only**
 - D. Resident strengths and goals only**
- 10. Which condition must an indicator meet to be used in the Quality Measure Reports as described?**
- A. It must be flagged as greater than 75% of the national average.**
 - B. It must be newly added in the current year.**
 - C. It must be a measure of patient satisfaction.**
 - D. It must be derived from internal audits only.**

Answers

SAMPLE

1. A
2. A
3. A
4. A
5. A
6. A
7. A
8. A
9. A
10. A

SAMPLE

Explanations

SAMPLE

1. Which dietary change is recommended to help manage belching according to palliative care guidance?

- A. Reduce beer and carbonated beverages**
- B. Increase beer consumption to aid digestion**
- C. Increase consumption of beans and broccoli**
- D. Avoid all dairy products**

Belching is often caused by excess gas in the stomach. Carbonated beverages and beer introduce additional carbon dioxide, which increases the amount of gas and the urge to burp. Cutting back on these drinks directly lowers the gas load and reduces belching, providing symptom relief in palliative care. The other options don't target the gas source as effectively: beans and broccoli tend to increase intestinal gas, while avoiding all dairy helps only if lactose intolerance is present and isn't a universal solution for belching. So the best dietary change is to reduce beer and carbonated beverages.

2. What does PACE stand for?

- A. Program of All-Inclusive Care for the Elderly**
- B. People aging with coordinated effort**
- C. Private and community elder care**
- D. Planned aging and care environment**

PACE stands for Program of All-Inclusive Care for the Elderly. It's a coordinated, community-based system of care for older adults who need a high level of care but prefer to stay at home. The program brings together medical and social services—primary and specialty care, rehab, home and community-based services, transportation, and meals—through a single organization, funded through Medicare and Medicaid, with the goal of keeping people independent and in the community while reducing unnecessary hospitalizations and nursing home placement. The other options don't reflect the official name or scope of the program.

3. Which of the following are risk factors for malnutrition in long-term care facilities?

- A. Dependence for eating, depression, poor intake, impaired mobility, insufficient staffing**
- B. Regular exercise, high mobility, good appetite**
- C. Adequate staffing and independence**
- D. Excessive supplementation leading to overnutrition**

In long-term care, malnutrition risk rises when a resident's ability to obtain and consume adequate nutrients is compromised by functional and psychosocial factors, as well as the care environment. Dependence for eating means staff must assist with meals; if help is inconsistent or insufficient, intake drops. Depression can blunt appetite and interest in eating. Poor intake directly reduces nutrient consumption. Impaired mobility can hinder getting to meals, positioning, or feeding, further limiting intake. Insufficient staffing means less time and attention at meal times, slower response to needs, and less monitoring of how much is eaten, all increasing the chance of undernourishment. Together, these factors create a situation where energy and nutrients aren't being consumed in adequate amounts. The other options describe scenarios that tend to protect against malnutrition or address different concerns: regular exercise, high mobility, and good appetite support adequate intake; adequate staffing with independence reduces barriers to eating; and excessive supplementation could risk overnutrition rather than undernutrition. Therefore, the combination of dependence for eating, depression, poor intake, impaired mobility, and insufficient staffing best identifies the malnutrition risk in this setting.

4. Which are signs of intolerance during enteral tube feeding?

- A. Emesis, bloating/distention, constipation, nausea, diarrhea, abdominal pain.**
- B. Increased appetite and energy.**
- C. Rash and itching.**
- D. Headache only.**

Signs of intolerance to enteral tube feeding are GI-related symptoms that show the gut isn't handling the nutrition well. Vomiting, bloating and abdominal distention, nausea, diarrhea, constipation, and abdominal pain reflect irritation, motility problems, or osmotic effects from the formula. When these occur, they indicate the need to reassess the feeding plan—consider slowing the rate, altering the formula, checking for high gastric residuals, or evaluating for issues like delayed gastric emptying or ileus. By contrast, increased appetite and energy aren't typical signs of intolerance, while rash or itching may point to an allergy or skin reaction, and a headache on its own isn't a classic indicator of feeding intolerance.

5. What threshold is used to flag indicators for inclusion in the survey selection process?

- A. Greater than 75% of the national average**
- B. Greater than 50% of the national average**
- C. Equal to the national average**
- D. Less than 75% of the national average**

The main idea here is using a relative benchmark to decide which indicators deserve a closer look. Setting the threshold at greater than 75% of the national average means we only flag indicators that rise above three quarters of the typical level, treating that portion of the distribution as worth prioritizing for inclusion. This approach prioritizes stronger signals and avoids pulling in small or random fluctuations, which helps focus the survey on measures that truly stand out from the norm. In the context of geriatric nutrition, it ensures attention goes to indicators that show a meaningful departure from the national pattern and are more likely to indicate a real risk or need for intervention. A lower threshold would cast a wider net and include less distinctive signals, while an equal-to-national-average criterion would rarely flag anything, and a threshold of less than 75% would shift focus in a less consistent way.

6. According to MDS guidelines, a clinically significant weight gain is defined as which threshold?

- A. 5% in 1 month**
- B. 2% in 1 month**
- C. 5% in 3 months**
- D. 15% in 6 months**

Weight change is used in MDS nutrition assessment to flag meaningful shifts in a resident's status that may require investigation. A gain of about 5% in one month is the threshold because this amount is large enough to exceed typical measurement error and normal day-to-day fluctuation, yet rapid enough to signal a true change in body weight or fluid balance. In older adults, such a shift can reflect edema or fluid retention, but it can also indicate other acute changes like illness, medication effects, or changes in intake. Detecting a 5% gain within 30 days prompts timely assessment and possible intervention to prevent complications. Smaller changes are more likely to be noise, and waiting for a larger change over several months may delay needed action.

7. Which of the following is a risk factor for developing pressure ulcers?

- A. Immobility**
- B. Balanced Nutrition**
- C. Regular Exercise**
- D. Adequate Hydration**

Immobility increases risk for pressure ulcers because constant pressure over a body area—especially over bony prominences—reduces blood flow to the tissues. When someone cannot shift position or relieve pressure, the skin and underlying tissues become ischemic, and with time, tissue breakdown can occur. This is why turning and repositioning regularly, using pressure-relieving supports, and maintaining movement are key preventive strategies. The other factors listed—balanced nutrition, regular exercise, and adequate hydration—actually help prevent ulcers by supporting skin health, circulation, and tissue resilience, not by causing ulcers. They contribute to stronger tissue and better healing, which is why immobility stands out as the risk factor in this scenario.

8. What is the vitamin C dosage specified for renal disease?

- A. 60-100mg/dL**
- B. 60-100mg/d**
- C. 100-200mg/d**
- D. 1000-2000ml/d**

In renal disease, vitamin C is kept at a modest daily amount to support antioxidant status without risking accumulation that the kidneys can't clear. A typical target is about 60 to 100 milligrams per day. This range provides enough vitamin C for physiological needs while minimizing the potential for excess conversion to oxalate, which can burden the kidneys. The other options either use an inappropriate unit for dosing (per day is the usual way to express vitamin C intake, not per deciliter), or suggest daily amounts that are too high or not relevant to dosing.

9. Which statement best describes the elements required in the comprehensive care plan for the RD according to OBRA CFR?

- A. Problem; resident strengths; realistic/measurable goals and times of completion with designated party responsible; interventions with party responsible; implementation; evaluation/re-evaluation; discharge plan**
- B. Problem and interventions only**
- C. Discharge plan and evaluation only**
- D. Resident strengths and goals only**

The main idea is that OBRA CFR requires a comprehensive, individualized care plan that covers more than just listing problems. The plan should start from the assessment and include the resident's problems as well as their strengths to guide care and support motivation. It must establish realistic, measurable goals with clear completion times and designate who is responsible for each goal. For every goal, there should be specific interventions and the party responsible for carrying them out. The plan then needs to be implemented and continuously evaluated or re-evaluated to track progress and make revisions as needed. Finally, a discharge plan is included to ensure a smooth transition after leaving the facility. This combination keeps care targeted, accountable, and coordinated across all staff and stages of care. Options that cover only problems and interventions lack goals, timelines, evaluation, or discharge planning, while others that focus only on discharge or only on strengths and goals omit essential elements of action, accountability, and ongoing assessment.

10. Which condition must an indicator meet to be used in the Quality Measure Reports as described?

- A. It must be flagged as greater than 75% of the national average.**
- B. It must be newly added in the current year.**
- C. It must be a measure of patient satisfaction.**
- D. It must be derived from internal audits only.**

In Quality Measure Reports, you want indicators that show a meaningful level of performance when compared to a broad standard. Requiring that an indicator be flagged as greater than 75% of the national average means the measure demonstrates performance that clearly surpasses the national norm, making it reliable enough to report and interpret across settings. This threshold helps ensure the measure reflects a substantial, stable difference rather than random variation or trivial improvements, so those indicators are more actionable for quality improvement. The requirement does not depend on whether the indicator is newly added, whether it concerns patient satisfaction, or whether it comes solely from internal audits.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://geriatricnutritionspecialist.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE