

# CDR Advanced Practice Certification in Clinical Nutrition Examination



## Examination Tutorial

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## **Foreword**

This document contains a copy of the tutorial that candidates will see at the beginning of the CDR Advanced Practice Certification in Clinical Nutrition Examination.

Candidates are encouraged to review this document carefully prior to the examination to better understand the examination components and timing. The tutorial also contains three tutorial problems which provide insight into the manner in which the test items will appear.

## Tutorial

### Welcome to the CDR Advanced Practice Certification in Clinical Nutrition Examination.

You will have a total of 5 hours (300 minutes) to complete all of the components in this examination.

Examination items are organized into two parts - Part I and Part II. Each part is timed separately and there is a break between the two parts. Each examination part contains three sections, and each section is timed separately.

The table below indicates all of the examination components, the number and type of examination items in each section and the time (in minutes) for each component.

Examination Components			Time (Minutes)
Welcome Screen			2
Non-Disclosure Agreement			3
Tutorial			20
	Number of Items	Type of Items	
<b>Part I</b>			
Section 1	25	Single-answer	35
Section 2	16	Multiple-answer	35
Section 3	7	Case Management	50
<b>Break</b>			30
<b>Part II</b>			
Section 1	22	Single-answer	35
Section 2	22	Multiple-answer	50
Section 3	5	Case Management	35
Survey			5
<b>Total Time</b>			<b>300</b>

Select the **Next** button to continue.

## Non-Disclosure Agreement and General Terms of Use

You have 3 minutes to complete this screen. You must accept the terms stated below in order to continue with this examination. If you do not accept these terms or if you have not responded within 5 minutes, the test will shut down and will be considered delivered.

This exam in its entirety is the confidential material of the Commission for Dietetic Registration (CDR) and is protected by copyright and trade secret law. It is made available to you, the examinee, solely for the purpose of becoming a Registered Dietitian Nutritionist – Advanced Practitioner (RDN-AP) or a Registered Dietitian – Advanced Practitioner (RD-AP).

In sitting for this exam, you acknowledge and agree that you are expressly prohibited from disclosing, publishing, reproducing, or transmitting this exam, in whole or in part, in any form or by any means, verbal or written, electronic or mechanical, for any purpose. Any breach of this agreement will result in your disqualification from the Advanced Practice in Clinical Nutrition certification program and may result in loss of your existing CDR credential(s) and civil and/or criminal penalties.

Select “I ACCEPT” below and click on the Next button to symbolize your signature and acceptance of these terms. Select “I DO NOT ACCEPT” below and click on the **Next** button if you do not accept these terms. If you do not accept these terms, you will not be able to continue with the exam.

1. I Accept
2. I Do Not Accept

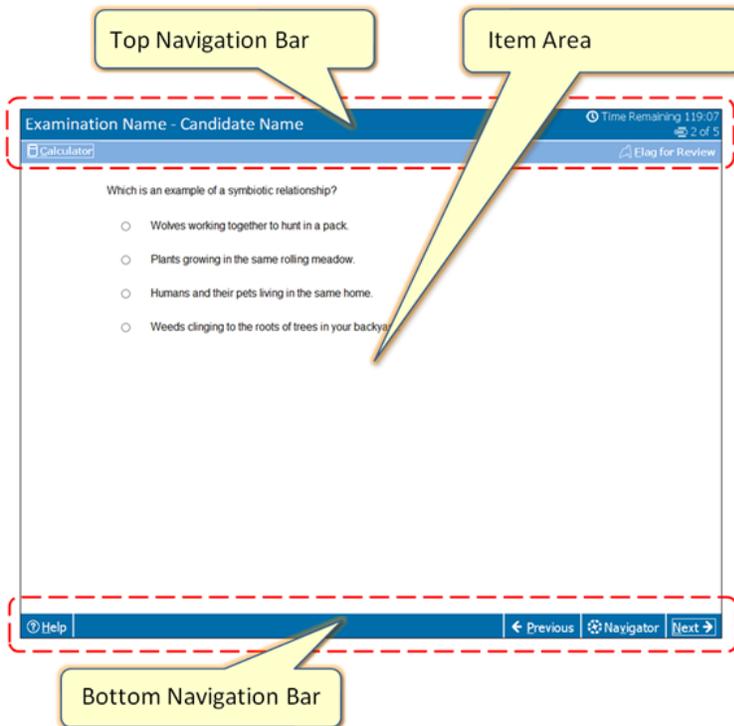
## Tutorial

The next screens will guide you through a tutorial explaining how to use the testing system to complete this examination. You will have 20 minutes to complete this tutorial. If you have a question as you go through the tutorial, please raise your hand for assistance from the Test Administrator. At the end of the tutorial, you will be presented with 3 practice items – 1 single-answer item, 1 multiple-answer item and 1 case management item. Time spent on these items is part of the time allotted for the tutorial.

Select the **Next** button to continue.

## How to Navigate Though the Exam

Examination screens contain three sections - a top navigation bar, an item area, and a bottom navigation bar.



### Navigating

Help, Previous, Navigator and Next buttons appear in the bottom navigation bar and will be available throughout the exam.

Help — Provides information about how to use the testing system

Next — Moves you one screen forward

Navigator — Shows the status of all items in a section (not available for case management problems)

Previous — Moves you one screen backward

The navigation buttons and functions can be selected by either:

- Clicking on the icon with the left mouse button, or
- Holding down the ALT key and pressing the letter on the keyboard that corresponds to the underlined letter on the button (for example ALT+N for **Next**)

## **Scrolling**

Some exam items may not fit on the screen. For these items, a scroll bar will appear along the portion of the screen that can be scrolled. To view the rest of the item, either use the mouse to click and drag the scroll bar, or click on the arrows on either end of the scroll bar.

If you are unsure how to operate the mouse, please raise your hand for assistance from the Test Administrator.

Select the **Next** button to continue.

## Calculator, Time Remaining, Item Number, and Flag for Review

The screenshot shows an examination interface with a blue header bar. The header bar contains the text "Examination Name - Candidate Name" on the left, a clock icon and "Time Remaining 119:02" on the right, and a "Calculator" icon on the left and a "Flag for Review" icon on the right. Below the header bar, the question text "Which is an example of a symbiotic relationship?" is displayed, followed by four radio button options: "Wolves working together to hunt in a pack.", "Plants growing in the same rolling meadow.", "Humans and their pets living in the same home.", and "Weeds clinging to the roots of trees in your backyard." At the bottom of the interface, there is a blue bar with "Help", "Previous", "Navigator", and "Next" buttons. Four callout boxes provide instructions: 1. "Click on the **Calculator** icon to open the pop-up calculator" (points to the Calculator icon). 2. "The **Time Remaining** icon displays the number of minutes remaining in the current test section. Click on the icon to minimize or display the reminder." (points to the clock icon). 3. "The **Item Number** icon displays the number of the current test item and the number of items remaining in the current test section. Click on the icon to minimize or display the reminder." (points to the "2 of 5" icon). 4. "Click on the **Flag for Review** icon to set a reminder to review this item. Click on the icon a second time to clear the reminder." (points to the Flag for Review icon).

A pop-up box will alert you when there are 10 minutes remaining to complete a section. When you have 5 minutes remaining in a section, the time remaining will automatically appear even if you have minimized it previously.

### Notes

Candidates may NOT bring anything into the testing room. This includes paper, pencils, calculators, cell phones, etc. The testing system includes a pop-up, four-function calculator. The Test Administrator will provide you with a white board and marker for taking notes during the exam. The white board must remain in the examination room at the conclusion of the test.

Select the **Next** button to continue.

## Single-Answer Items

The items in this section contain a question followed by four answer choices. For each question select the one best answer. To select your response, click on the circle to the left of your answer choice, or click on the answer itself. The circle to the left of the answer choice you have chosen will be filled in. To remove your selection, click on the answer choice again. To change your selection, click on a different answer choice.

You can only select one answer for these items.

When you are ready to move to the next item, click Next. Once you click Next you WILL be able to go back to review items you have previously seen.

Select the **Next** button to continue.

## Multiple-Answer Items

The items in this section provide a question followed by four or more answer choices. Immediately following the question is an instruction indicating the number of answer choices that you must select to respond to the question. For example, the instruction may indicate “SELECT TWO”; or “SELECT THREE”; etc.

To select your responses, click on the circles to the left of your answer choice, or click on the answers themselves. The circles to the left of the answer choices you have chosen will be filled in.

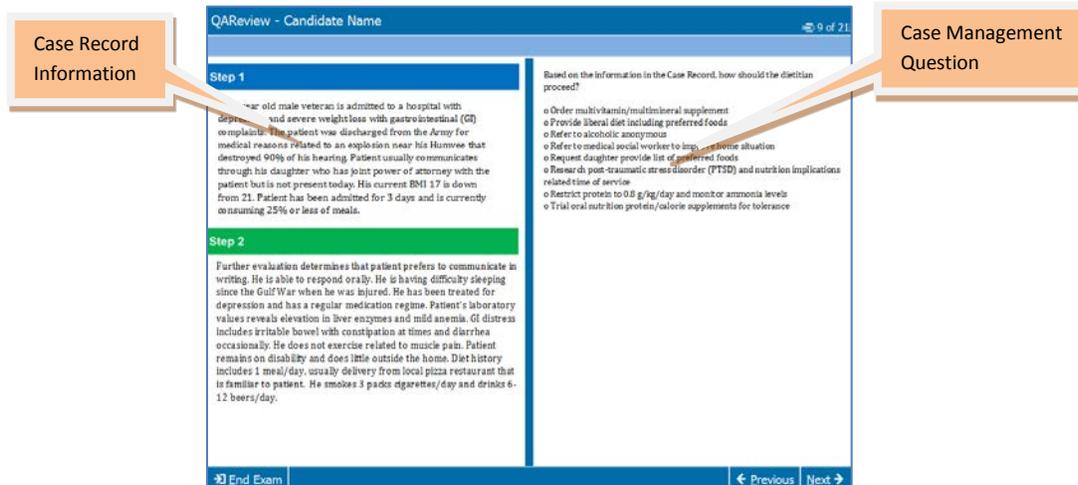
To remove a selection, click on the answer choice again. Clicking on another answer choice will NOT remove any previous answer choices. Make sure that you select as many answer choices as stated in the instruction.

Multiple-answer items are scored as correct or incorrect. There is no partial credit for selecting some but not all of the correct answer choices. After you respond to an item and click Next, you WILL be able to go back to items you have previously seen.

Select the **Next** button to continue.

## Case Management Problems

These items assess your ability to manage situations that may be encountered by advanced practice (AP) clinical dietitians. Each case has three or more steps. In each step, a Case Record on the left side of the screen provides information about the case. A case management question appears on the right side of the screen.



Additional information is added to the case record at each step in the case. The information from previous steps is also shown.

The information in the case record DOES NOT change based on the actions you select in a step. For example if you select a step that requests a lab study, the results of that study may or may not appear in the next case record.

For each step in a case management problem, indicate all the actions that should be taken by the advanced practice dietitian based on all of the information available at that point in the case. Select as many actions as are needed to manage the case, but select only actions that are necessary; do not indicate actions that are optional.

To select an action, click on the circle to the left of the action, or click on the action itself. The circle to the left of the action you have chosen will be filled in completely. To remove your selection, click on the action again.

Case management problems are scored on a point basis and each step is scored independently of the previous or subsequent steps. For each step, points are awarded for selecting an appropriate action and points are deducted for selecting an action that is inappropriate or not necessary based on the information provided. Failing to select an appropriate action means that you will not earn the points available for that action.

You MUST select at least one action before you will be able to move to the next step. After you respond to a step in a case management problem and click Next, you WILL NOT be able to go back to steps you have previously seen.

Select the **Next** button to continue.

## Tutorial Items

The next screens display tutorial items: 1 single-answer item; 1 multiple-answer item; and 1 case management problem with 2 steps. These items allow you the opportunity to experience the testing system before beginning your exam. The practice items function like real items in the test but they do NOT count toward your score.

Select the **Next** button to continue.

## Tutorial Single-Answer Item

For each item select the one best answer.

Which nutrient recommendations should be made for a 78-year-old male with end stage renal disease (ESRD) on dialysis; type 2 diabetes; and a stage 4 ulcer, 12% unintentional weight loss and laboratory value for Hemoglobin A1C 9.0?

- 2.0 gm protein/kg; zinc supplementation; liberalized carbohydrate
- 0.6 gm protein/kg; B12 supplementation; carbohydrate counting
- 3.0 gm protein/kg; Vitamin K supplementation; 30% of diet coming from carbohydrate
- 0.4 gm protein/kg; Vitamin A supplementation; 50% of diet coming from carbohydrate

Select the **Next** button to continue.

## Tutorial Multiple-Answer Item

For each item select as many answers as is indicated. You **MUST** select the number of answers indicated before you can move to the next item.

A 24-year old female wanted nutrition advice on specific diets for her food sensitivities. She finds a dietitian on the internet and makes an appointment. The client presented with high anxiety, a fear of certain foods, nervousness and fast-talking during the session. She has a BMI of 17.2 and exercises about 1-2 hours per day, 6-7 days a week. No laboratory values were provided during the session and her detailed three day food log shows low calorie meals of primarily fruits and vegetables. She avoids processed foods, meat and dairy products and only eats organic foods. She is very interested in a high protein, low carbohydrate diet as recommended by her personal trainer.

Which are the best initial approaches to nutrition counseling? (SELECT TWO.)

- Assess knowledge and beliefs towards food.
- Discourage client from taking nutrition advice from a personal trainer.
- Recommend client reduce physical activity.
- Refer the client for psychotherapy.
- Use positive client centered counseling techniques.

Select the **Next** button to continue.

## Tutorial Case Management Problem - Step 1

For each step select as many actions as are needed (but only the actions needed) to manage the case.

### Case Record

**Step 1:** A 48-year-old male veteran is admitted to a hospital with depression and severe weight loss with gastrointestinal (GI) complaints. The patient was discharged from the Army for medical reasons related to an explosion that destroyed 90% of his hearing. The patient usually communicates through his daughter who has joint power of attorney with the patient but is not present today. His current BMI of 17 is decreased from his previous BMI of 21. The patient has been admitted for 3 days and is currently consuming 25% or less of meals.

### Case Management Question – Step 1

Based on the information in the Case Record, how should the dietitian proceed?

- Add protein/calorie nutrition supplement
- Ask diet aides to monitor tray and only send foods patient is eating
- Change to soft diet to alleviate GI distress
- Contact patients daughter for additional information
- Determine the optimal way to communicate with this patient
- Read past medical history and base diet on previous admissions
- Recommend tube feeding

Select the **Next** button to continue. You will NOT be able to return to this step.

## Tutorial Case Management Problem - Step 2

### Case Record

**Step 1:** A 48 year old male veteran is admitted to a hospital with depression and severe weight loss with gastrointestinal (GI) complaints. The patient was discharged from the Army for medical reasons related to an explosion near his Humvee that destroyed 90% of his hearing. Patient usually communicates through his daughter who has joint power of attorney with the patient but is not present today. His current BMI 17 is down from 21. Patient has been admitted for 3 days and is currently consuming 25% or less of meals.

**Step 2:** Further evaluation determines that patient prefers to communicate in writing. He is able to respond orally. He is having difficulty sleeping since the Gulf War when he was injured. He has been treated for depression and has a regular medication regime. Patient's laboratory values reveals elevation in liver enzymes and mild anemia. GI distress includes irritable bowel with constipation at times and diarrhea occasionally. He does not exercise related to muscle pain. Patient remains on disability and does little outside the home. Diet history includes 1 meal/day, usually delivery from local pizza restaurant that is familiar to patient. He smokes 3 packs cigarettes/day and drinks 6-12 beers/day.

### Case Management Question - Step 2

Based on the information in the Case Record, how should the dietitian proceed?

- Order multivitamin/multimineral supplement
- Provide liberal diet including preferred foods
- Refer to alcoholic anonymous
- Refer to medical social worker to improve home situation
- Request daughter provide list of preferred foods
- Research post-traumatic stress disorder (PTSD) and nutrition implications related time of service
- Restrict protein to 0.8 g/kg/day and monitor ammonia levels
- Trial oral nutrition protein/calorie supplements for tolerance

Select the **Next** button to continue. You will NOT be able to return to this step.

## **End Tutorial**

This concludes the examination tutorial. You may continue to review the information in this tutorial until the time for the tutorial expires.

Select the **Previous** button to go back and review this tutorial.

Select the **Next** button to begin the examination. You will NOT be able to return to the tutorial once you begin the examination.