

UNIVERSITY OF JAFFNA, SRI LANKA.  
BACHELOR OF SCIENCE IN NURSING  
THIRD YEAR FIRST SEMESTER EXAMINATION - NOV- 2014  
NURDT 3104 DIET THERAPY - PAPER II

Date: 25.11.2014

Time: 01 Hour.

ANSWER ALL FOUR QUESTIONS.

PART A

1.
  - 1.1. What are the different manifestations of allergy? (15 Marks)
  - 1.2. List the treatment options available for allergy? (15 Marks)
  - 1.3. Describe about the diet therapy for patients with allergy? (50 Marks)
  - 1.4. How would you advise about "allergen prevention" for a patient who is discharged after being treated for food allergy? (20 Marks)
  
2. "Diet therapeutics plays a significant role in preventing and treating the major illnesses"
  - 2.1. Discuss the above statement? (60 Marks)
  - 2.2. List out different types of feeding methods? (10 Marks)
  - 2.3. A patient with severe dysphagia at your ward requiring a nasogastric tube insertion for feeding. Describe how would you carry out the procedure? (30 Marks)

P.T.O

**PART B**

3. Mr. P is a frail 82 year-old man admitted to hospital for assessment of his respiratory problems. His current weight is 50 kg and height is about 160 cms. When he attended clinic a couple of months ago he weighed 56 kg. His appetite is poor. He lives at home on his own and manages with the help and support of his friend's family who lives nearby.

3.1. List the problems of Mr.P? (20 Marks)

3.2. What is his BMI Score on admission? (10 Marks)

3.3. What percentage weight has he lost? (10 Marks)

3.4. List out the reasons for his weight loss? (20 Marks)

3.5. What would be your dietary care plan for Mr.P? (40 Marks)

4. Anju is a 5-month old baby who has been exclusively breastfed. Anju weighs 6.2 kg (Her birth weight was 2.9 Kgs). During Anju's well-child visit, Mrs. Ananthan (Anju's mother) tells the nurse that she may stop breastfeeding her baby when she returns to work full-time in about 2 weeks. Mrs. Ananthan has questions about whether she should start feeding Anju infant formula and solid foods.

4.1. What initial information have you gathered? (10 Marks)

4.2. What are the mother's nutrition concerns? (20 Marks)

4.3. What interview questions would you ask to gather more information? (20 Marks)

4.4. What screening and assessment would you conduct? (20 Marks)

4.5. Identify three areas of nutrition counseling that you would provide to the family and other care givers (30 Marks)