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UNIT OF ALLIED HEALTH SCIENCES, UNIVERSITY OF JAFFNA, SRI LANKA
BACHELOR OF SCIENCE IN NURSING
THIRD YEAR FIRST SEMESTER EXAMINATION – AUGUST 2017
NURDT 3153 DIET THERAPY

Date: 25.08.2017

Time: 2 Hours

ANSWER ALL FOUR QUESTIONS

ANSWER PART 'A' AND 'B' IN SEPARATE BOOKLETS

PART A

1. A patient with stroke admitted to a medical ward. He has a history of Diabetes Mellitus and hypertension. As you are the admitting nurse:
 - 1.1. Describe the various types of diet therapeutics that can be applied to this patient before he had the stroke? (40 marks)
 - 1.2. How will you assess and introduce different types of feeding options for this patient immediately and after two weeks of stroke? (40 marks)
 - 1.3. List the steps in inserting a nasogastric tube to this patient? (20 marks)

2. A patient with cellulitis was prescribed to have crystalline penicillin injection by the ward doctor.
 - 2.1. Describe the various clinical manifestations of allergy? (30 marks)
 - 2.2. What are the things you will do before giving the injection to this patient? (20 marks)
 - 2.3. Discuss the different kind of diet approaches to a patient with common food allergy. (35 marks)
 - 2.4. How will you advice the patient on discharge after he has got anaphylaxis to the penicillin injection? (15 marks)

PART B

3.

3.1 List the common nutritional problems in Sri Lanka. (20 marks)

3.2 List the programmes available to prevent the common nutritional problems in pregnant mothers in Sri Lanka (30 marks)

3.3. Describe the methods and programmes available to assess the common nutritional problems in infants in Sri Lanka. (50 marks)

4. Write short notes on

4.1. Food pyramid (25 marks)

4.2. Breast feeding (25 marks)

4.3. Diet and Type 2 diabetes mellitus (25 marks)

4.4. Diet for elders (25 marks)