

UNIVERSITY OF JAFFNA, SRI LANKA

BACHELOR OF SCIENCE IN NURSING
THIRD YEAR FIRST SEMESTER EXAMINATION – SEPT 2018

NURDT 3153 DIET THERAPY - PAPER II

Date: 26 .09.2018

Time: 2 Hours

ANSWER ALL FOUR QUESTIONS

Answer part A and B in separate booklets.

Part A

1.
 - 1.1. What is meant by the term nutritional status? (30 Marks)
 - 1.2. List the common nutritional problems in Sri Lanka. (20 Marks)
 - 1.3. Describe the different nutrition assessment methods available to assess the common nutritional problems in a Sri Lankan individual? (50 Marks)
2.
 - 2.1. List five common causes of obesity in childhood? (30 Marks)
 - 2.2. How will you advice to a mother on the timing and approach to be taken in introducing complementary foods to infants? (30 Marks)
 - 2.3. List out the school-based interventions available for the establishment of healthy eating practices in children? (40 Marks)

Part B

3.
 - 3.1. Briefly describe the available appropriate diet therapy for the patients with following diseases
 - 3.1.1. Diabetes mellitus.
 - 3.1.2. Obesity.
 - 3.1.3. Chronic and Acute kidney disease. (60 Marks)
 - 3.2. Describe the basic components of diet and how these components are helpful to keep a person healthy? (40 Marks)
4.
 - 4.1. How do you assess the nutritional status of a patient on admission to the ward? (30 Marks)
 - 4.2. Describe the different kind of feeding methods? (40 Marks)
 - 4.3. Prepare a 24-hour menu for an obese patient who has newly diagnosed with hypercholesterolaemia and is planned to be discharged from the ward? (30 Marks)