

UNIVERSITY OF JAFFNA - SRI LANKA
BACHELOR OF SCIENCE IN NURSING
THIRD YEAR FIRST SEMESTER EXAMINATION – SEPT 2019
NURDT 3153 DIET THERAPY - PAPER II

Date: 29.10.2019

Time: 2 hours

ANSWER ALL FOUR QUESTIONS

Answer in separate booklets for part A & B

Part A

1. Malnutrition is a cause and consequence of ill health. This problem has now been increasing worldwide.
 - 1.1. List the common problems encountered in malnourished patients while they are in hospital. (15 Marks)
 - 1.2. What do you understand by Double burden of malnutrition (15 Marks)
 - 1.3. Discuss the factors contributing to the obesity (30 Marks)
 - 1.4. Discuss the different principles of advices you give to reduce the weight to an obese patient (25 Marks)
 - 1.5. What are the methods you use to assess the nutritional status of a patient when he got admitted to the ward (15 Marks)

2.
 - 2.1. Discuss the different diet therapeutics that can be applied to the following diseases
 - 2.1.1. Diabetes mellitus (20 Marks)
 - 2.1.2. Hypertension (20 Marks)
 - 2.2. Discuss the components of heart healthy diet (20 Marks)
 - 2.3. Outline the steps in performing following procedures in the ward
 - 2.3.1. Skin sensitivity test for Benzathine penicillin injection (20 Marks)
 - 2.3.2. Insertion of an NG Tube (20 Marks)

Part B

3. Nurses are playing vital role in maintaining the nutrition of the patients in the ward
- 3.1. List out five important nutrition related activities carry out by nurses in the wards. (20 Marks)
 - 3.2. Briefly describe the role of the nutritional activities mention in 1.1. in disease management of patients (40 Marks)
 - 3.3. Discuss the role of nutrition in healing of wound (40 Marks)
4. Write short notes on
- 4.1. Breast feeding (25 Marks)
 - 4.2. Anthropometric measurement (25 Marks)
 - 4.3. Vitamin A deficiency (25 Marks)
 - 4.4. Diet for elders (25 Marks)