

UNIVERSITY OF JAFFNA, SRI LANKA
FACULTY OF ALLIED HEALTH SCIENCES
THIRD YEAR FIRST SEMESTER EXAMINATION IN B.SC. (HONS.) IN NURSING - 2020

NURDT 3153 DIET THERAPY - PAPER II

Date: 02.12.2021

Time: 2 hours

ANSWER ALL FOUR QUESTIONS

Answer Part A & B in separate booklets

PART A

1.

- 1.1. List the nutritional problems in Sri Lanka. (20 Marks)
- 1.2. Briefly describe the factors affecting food and nutrition. (40 Marks)
- 1.3. Discuss “healthy eating pattern”. (40 Marks)

2.

- 2.1. List the delivery methods of feeding for the patient with NG tube. (15 Marks)
- 2.2. Describe the types of feeds commonly used for the patients with tube feeding. (30 Marks)
- 2.3. Briefly discuss the advantages and disadvantages of home blend formulas. (25 Marks)
- 2.4. Write short notes on “Hospital Diet”. (30 Marks)

PART B

3. A 49 year old female with diabetes mellitus for the past 12 years attended the medical clinic. Her usual diet contains approximately 21 'carbohydrate choices' per day. She is on oral medications to control blood sugar. But, her fasting and post prandial blood sugars are high. Her haemoglobin is low and she is on iron supplements.

3.1. What is a carbohydrate choice? (10 Marks)

3.2. Her energy requirement is 1700 kcal per day and protein requirement is 60 g per day:

3.2.1. How many carbohydrate choices can she eat for a day? (10 Marks)

3.2.2. List the food groups which contain carbohydrate. (05 Marks)

3.2.3. How many carbohydrate servings from each of these food groups will you recommend to her? (10 Marks)

3.2.4. Prepare a **diet plan** to provide her nutrient requirements. (35 Marks)

3.3. List the dietary advices you will give to improve her anaemia?

Include examples of specific foods available in Sri Lanka in your answer. (15 Marks)

3.4. List the dietary measures that can be taken to reduce the progression of the chronic kidney disease? (15 Marks)

4. A 55 year old male with chronic liver cell disease is admitted to the medical ward. His 24 hour dietary recall revealed that his energy intake was about 1100 kcal and protein intake was about 30g, which was mainly from the rice, on the previous day. He was undernourished. Severe muscle wasting and ascites were found on examination.

4.1. What are the possible reasons for his malnutrition? (20 Marks)

4.2. What is meant by 'accelerated starvation' in patients with chronic liver cell disease? (10 Marks)

4.3. List the measures that can be taken to improve his muscle mass? (35 Marks)

4.4. Mention, how much of salt will you give to this patient, and briefly describe the advices you will give to this patient to keep his salt intake within this limit. (20 Marks)

4.5. This patient underwent liver transplantation and was started on immunosuppressant. List the long term nutrient related problems he can develop. (15 Marks)