

UNIVERSITY OF JAFFNA, SRI LANKA
FACULTY OF ALLIED HEALTH SCIENCES
Second Year First Semester Examination in BScHons (Nursing) – 2020

NURDT 2142 DIET THERAPY- PAPER II

Date: 23.06.2022

Time: 1 hour

ANSWER ALL THREE QUESTIONS

Answer Part A & B in separate booklets

PART A

1. A 42-year-old male who is a patient with hypertension attended the medical clinic. His blood pressure was 160/100 mmHg. His body weight was 106 kg and the BMI was 36 kg/m². His waist circumference was 95 cm.
His lipid profile showed high LDL, high triglyceride and Low HDL.
- 1.1. Comment on his anthropometric parameters. (15 Marks)
- 1.2. List the dietary advice you would give this patient to manage the blood lipid abnormalities. (40 Marks)
- 1.3. Briefly describe the advice you would give to this patient to keep his salt intake within the recommended limit. (30 Marks)
- 1.4. What would you advise on his physical activity? (15 Marks)
2. A 66-year-old female labourer with oesophageal cancer is awaiting surgery. She has difficulty in swallowing solids. But she is able to swallow semisolids and liquids. Her 24- hour dietary recall revealed that her energy intake was about 800 kcal and her protein intake was about 25 g on the previous day. Her body weight was 40 kg and her BMI of 16.2 kg/m².
- 2.1. List the possible reasons for malnutrition in this patient. (10 Marks)
- 2.2. List the risks of malnutrition in hospitalized patients. (15 Marks)
- 2.3. How much of energy and protein will she need? Give reasons for your answer. (20 Marks)
- 2.4. Prepare a diet plan for this patient. (40 Marks)
- 2.5. If she is unable to take adequate amounts of nutrients through the diet, what can be done to provide the required nutrients? (15 Marks)

PART B

- 3.
- 3.1.
- 3.1.1. Define therapeutic diet. (10 Marks)
- 3.1.2. List common types of therapeutic diets. (20 Marks)
- 3.1.3. Briefly explain any five (5) type of therapeutic diets which you mentioned in 3.3.2. (30 Marks)
- 3.2. Write a note on “meal planning”. (40 Marks)