

UNIVERSITY OF JAFFNA, SRI LANKA
FACULTY OF ALLIED HEALTH SCIENCES
Second Year First Semester Examination in BScHons(Nursing) – 2022/Proper 16th Batch

NURDT 2142 DIET THERAPY- PAPER II

Date: 19.12.2023

Time: 1 hour

ANSWER ALL THREE QUESTIONS

1.
 - 1.1. Define Balance Diet. (20 Marks)
 - 1.2. Briefly explain diet plan for a healthy person. (40 Marks)
 - 1.3. Briefly explain the nutritional assessment for hospitalized patients. (40 Marks)

2. A 40-year-old male diagnosed with end stage renal disease and low Hb level (8 mg/dl). His body weight and height are 90 kg and 162cm respectively and total energy intake is 2500kcal/ day.
 - 2.1. Comment on his energy intake. (20 Marks)
 - 2.2. List five (5) complications (diseases) related to end stage renal disease. (25 Marks)
 - 2.3. List five (5) micronutrient modifications needed for this patient. (25 Marks)
 - 2.4. Explain macronutrient modification for this patient. (30 Marks)

3. A 43-year-old newly diagnosed patient with hypertension attends the medical clinic. His blood pressure is 70/100 mm/Hg, blood cholesterol levels are TC – 250 mg/dl, HDL – 25 mg/dl, LDL- 150 mg/dl and BMI was 27 kg /m²
 - 3.1. List two (2) risk factors for developing high blood pressure for this patient. (10 Marks)
 - 3.2. Write the name of the diet therapy for control of hypertension. (10 Marks)
 - 3.3. List four (4) fatty food items beneficial for this patient. (20 Marks)
 - 3.4. Briefly explain the dietary modifications to control hypertension. (30 Marks)
 - 3.5. Prepare a sample diet plan for this patient. (30 Marks)

