

KENYA METHODIST UNIVERSITY

**FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NURSING
FIRST TRIMESTER EXAMINATION
COURSE TITLE: CLINICAL NUTRITION AND DIETETICS
COURSE CODE: HSC1 104
TIME: 3 HOURS**

**Answer all the questions in this examination paper in the provided booklet
PART 1: MCQs**

1. In Anorexia nervosa,
 - a) The patient suffers from a persistent lack of appetite
 - b) The patient suffers from deliberate self starvation in order to control their overweight state
 - c) The patient suffers a psychological disorder characterized by deliberate self starvation
 - d) The patient selectively avoids high calorie foods but feeds normally on the low calorie foods
2. Low cholesterol diet for patients with hyperlipidemia include;
 - a) Cereals, whole milk and fruits
 - b) Egg white, fish and legumes
 - c) Whole grain bread, skimmed milk and egg yolk
 - d) Cheese, fruits and arrowroots
3. Sodium restricted diet is necessary in the management of the following conditions, **EXCEPT**.
 - a) Ascites in liver cirrhosis
 - b) Hypertension
 - c) Acute glomerulonephritis
 - d) Peptic ulcer disease
4. The following are consequences of malnutrition in pregnancy;
 - a) Intrauterine growth retardation and neural tube defects of the fetus
 - b) Still births and down's syndrome of the fetus
 - c) Low birth weight new born and maternal growth retardation
 - d) Brain damage and cleft palate of the fetus
5. Dietary principles used to increase food consumption in an anorexic cancer patient include;
 - a) Using the client preferences in selection of the meal type and feeding time
 - b) Encouraging the client to try hot foods rather than cold foods
 - c) Encouraging the client to take large meals when the appetite is good
 - d) Setting a meal schedule for nutritious foods

6. The following are fat soluble vitamins
 - a) Vitamins A,B, E and K
 - b) Vitamins A,C,E and K
 - c) Vitamins A,D,E and K
 - d) Vitamins A, B,C and D

7. Strategies to reduce occurrence of dental caries include the following, **EXCEPT**.
 - a) Avoiding high sugar foods that stay in the mouth a long time
 - b) Brushing teeth promptly after eating
 - c) Chewing gums sweetened with sugar alcohols after eating
 - d) Regularly brushing the teeth with non fluoridated calcium rich toothpaste

8. Nutrients important for wound healing and recovery include the following **EXCEPT**;
 - a) Water and protein
 - b) Vitamin C and vitamin D
 - c) Calories and thiamine
 - d) Vitamin A and folic acid

9. The following statement is **TRUE** about a patient with extensive burns;
 - a) Oral diet is the most preferred method of feeding
 - b) Fluid replacement may be needed in the immediate postburn period
 - c) The nutrients of most concern are fluid, calories and proteins
 - d) Nutritional requirements increase as the wound healing progresses

10. A patient in borderline nutrition status;
 - e) Is well nourished with adequate nutritional reserves
 - f) Has signs of malnutrition due depleted nutritional reserves
 - g) Withstands added physiologic demands with the nutritional reserves
 - h) Lacks nutritional reserves to meet any added physiologic demands

(10mks)

PART 11; MATCHING QUESTIONS

Match the conditions on the column A with the corresponding statements in column B

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| 1. Pernicious anemia | A. A condition resulting from deficiency in calcium, characterized by bone mineral loss and the remaining bone is brittle and breaks easily |
| 2. Fluorosis | B. The enlargement of the thyroid gland as a result of deficiency in iodine |
| 3. Cretinism | C. A condition resulting from the deficiency of niacin characterized by diarrhea, dermatitis and dementia |
| 4. Osteoporosis | D. A severe chronic deficiency of vitamin B ₁ characterized by muscle weakness, pain, anorexia and mental disorientation |
| 5. Kwarshiokor | E. This is a condition caused by deficiency of cobalamin/ vitamin B ₁₂ |

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| 6. Pellagra | F. A state of marked severe, intermittent spastic contractions of the muscle and muscular pain caused by deficiency in calcium. |
| 7. Scurvy | G. A condition caused by too much of fluoride which replaces some of the calcium making the bone and teeth weaker and may stain brown |
| 8. Beriberi | H. A condition caused by an inadequate protein intake (protein deficiency) with reasonable caloric (energy) intake, characterized by edema |
| 9. Osteomalacia | I. A condition which develops in the fetus from iodine deficiency during pregnancy and is characterized by mental retardation and dwarfism |
| 10. Goiter | J. A condition in adults caused by deficiency in vitamin D resulting in soft demineralised easy to fracture bones K. A condition caused by vitamin C deficiency characterized by inflammation of connective tissue, bruising and hemorrhaging L. A condition caused by vitamin A deficiency in which the cornea becomes dry and thickens |

(5mks)

PART 111: SHORT ANSWER QUESTIONS (30mks)

1. a) Define the term nutritional anemia (1mk)
b) State **four** likely causes of nutritional anemia (2mks)
c) Describe **two** preventive measures of one of the named causes of anemia (2mks)
2. a) State **four** conditions that may prompt diet modification (2mks)
b) Explain with examples **three** ways in which diet could be modified (3mks)
3. Explain **four** dietary principles that you would advise a newly diabetic type 11 patient to observe (4mks)
4. a) Define parenteral nutrition (1mk)
b) Describe the role of a nurse in the administration and monitoring a patient on parenteral nutrition (4mks)
5. Explain **four** effects of medications on foods and nutrients (4mks)
6. a) Define cancer cachexia (2mks)
b) Discuss **five** potential impact of cancer on nutrition (5mks)

PART IV: LONG ANSWER QUESTIONS (35mks)

1. Ken a 30 year old manager, has a weight of 87.2kilograms and a height of 172cm.
 - a) Calculate and interpret his BMI (2mks)
 - b) State and explain **two** likely health risks that Ken is exposed to based on his BMI (5mks)
 - c) Describe **four** approaches towards managing Ken's state (8mks)

2. Undernutrition is a widespread problem in developing countries in the world and the children are the most hit.
 - a) Define malnutrition (1mk)
 - b) Using a flow diagram explain the malnutrition-infection cycle (4mks)
 - c) Discuss **five** causes of malnutrition in a community (15mks)