

**THE PRESBYTERIAN UNIVERSITY OF EAST AFRICA**

**SEPTEMBER TO DECEMBER 2011 SEMESTER EXAMS**

**DIPLOMA OF IN CLINICAL MEDICINE**

**COURSE CODE: MNH 131**

**INSTRUCTION: ANSWER ALL QUESTIONS IN SECTION A AND ONLY ONE QUESTION IN SECTION B**

**Section A**

1. Describe briefly the composition of food and give an example for each (4 marks)
2. State the factors that promote good nutrition in a community (4 marks)
3. Cholesterol is completely dangerous, useless and is not required at all in the diet and in the human body. Discuss briefly this statement? (4marks)
4. Outline the function of water in the body. (4marks)
5. Explain briefly the factors that affect the absorption of minerals in the body. (4marks)
6. Outline the functions of potassium in the body. (4marks)
7. State the health tips to prevent diabetes mellitus. (4marks)
8. A part from pharmacological management, what are other ways of managing the hypertension (4 marks)
9. List the risk factors in cancer development (4 marks)
10. a) Define obesity (1mark).

b) Mr. Macharia was attending the patients in DOPC. A young adult complained of polyuria, polydipsia, anorexia and on probing further, Mr. Macharia noted in the father of the young adult had Diabetes Mellitus. On examination, he was in fair general condition; BP= 160/95, Temperature - 36.6oC, Pulse rate – 80, Weight – 90kg and Height – 151cm.

i. What do you think the young adult is suffering from? (1mark)

ii. What are the investigations should order to confirm the diagnosis? (1mark)

iii. Calculate the BMI of the young adult and comment. (1mark)

11. Outline the nutritional challenges in elderly (4 marks)

12. State the essential diagnostic criteria for Anorexia Nervosa (4 marks)

**Section B**

1. a) State the roles of vitamin A in the body. (4marks)

b) Discuss the Vitamin B group of vitamin and explain their deficiency. (10marks)

c) Describe the factors that affect the absorption of calcium. (8marks)

1. a) What is obesity? (2marks)

b) Discuss the risk factors of obesity. (10marks)

c) Explain the complications of obesity. (10marks)

1. a) What is exclusive breast feeding? (2marks)

b) Discuss the reasons why exclusive breast feeding is advised to mother to feed an infant up to 6 months. (10marks)

c) State the guidelines to fulfill the principles that guide the complementary feeding in a practical feeding. (10marks)