

NATIONAL UNIVERSITY OF LESOTHO
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NUTRITION
CLINICAL NUTRITION II - NUT3322
SEMESTER II EXAMINATIONS

MAY 2023

TIME: 3HRS

MARKS 100

Instructions:

Answer all questions.

This paper consists of two sections A and B.

Section A comprises multiple choice of 20 marks.

Section B has a total of 80 marks.

Section A: Choose the correct answers. (20)

1. Mme Maky has been diagnosed with type 2 diabetes mellitus since November 2020 and she has been struggling to keep her glucose levels under control. Which of the following dietary patterns will be good for effective blood glucose control?

- a. diet high in carbohydrates
- b. low –carbohydrate diet
- c. diet high in fat
- d. d. low-fat diet

2. In order for a patient with type 2 diabetes mellitus to reduce their risk of developing cardiovascular disease, which of the following dietary changes will you recommend?

- a. increasing intake of saturated fats
- b. reducing intake of fruits and vegetables
- c. increasing intake of fiber-rich foods
- d. increasing intake of sugary drinks

3. A patient with chronic kidney disease will have to modify his or her diet in order to help reduce the risk of further kidney damage. Which of these changes will you recommend as a nutritionist?

- a. Increasing intake of proteins
- b. Increasing intake of sodium
- c. limiting the intake of phosphorus
- d. limiting the intake of fluids

4. The immune cells most seriously damaged by HIV are

- a. B-cells
- b. T-cells
- c. Antigens
- d. immunoglobulins

5. People with HIV infections are most susceptible to _____.

- a. Diabetes
- b. Hypertension
- c. Heart attack
- d. Pulmonary diseases

6. Which of the following nutrients may need to be restricted in the diets of patients with end-stage renal disease (ESRD) who are receiving dialysis?

- a. protein
- b. carbohydrate
- c. fats
- d. vitamins

7. A patient using intensive insulin therapy is likely to follow a regimen that involves

- a. twice-daily injections that combine short intermediate and long acting insulin in each injection.

- b. a mixture of intermediate and long acting insulin in each injection.
 - c. multiple daily injections that supply basal insulin and precise insulin doses at each meal.
 - d. the use of both insulin and oral antidiabetic agents.
8. Which strategy would not help an underweight person who wishes to gain weight?
- a. exercise
 - b. drink plenty of water
 - c. eat snacks between meals
 - d. eat large portions of food.
9. Nutrition therapy for a person with respiratory failure includes;
- a. careful attention to providing enough, but not too much energy.
 - b. a generous fluid intake to facilitate mucus clearance.
 - c. a high fat intake to prevent weight loss.
 - d. a high carbohydrate intake to limit carbon dioxide production.
10. Dietary recommendations for patients with nephrotic syndrome include:
- a. a high protein intake
 - b. sodium restriction
 - c. potassium and phosphorus restriction
 - d. fluid restriction

Section B: Each question adds up to 20 marks.

Question 1

- a. A 6-year-old child who is severely anaemic has been referred to you.
- i. Discuss with the mother the likely causes of anaemia. **(5 marks)**
 - ii. Advise the mother on the foods that should be given to this child to reverse the anaemia. **(5 marks)**
- bi. List the causes of overweight and obesity. **(4 marks)**
- ii. Would you recommend any weight loss programs to obese/overweight patients? Yes or No and why? **(3 marks)**
- iii. Explain any **three (3)** weight loss strategies that can be adopted by severely obese patients. **(3 marks)**

Total: 20 marks

Question 2

- a. Why is weight management a concern for people with type 2 diabetes mellitus? **(3 marks)**
- b. Tabulate two acute complications and 2 chronic complications for type 1 diabetes mellitus. **(4 marks)**
- c. Outline the dietary recommendation for a type 1 diabetic mellitus patient on treatment. **(4 marks)**

- d. State the functions of the liver. (4 marks)
- e. Explain how chronic kidney diseases develop. (5 marks)

Total: 20 marks

Question 3

- a. Explain the term cancer cachexia. (3marks)
- b. State the four (4) factors that promote the development of cancer. (4 marks)
- c. Briefly explain how cancer treatment can cause alterations in food intake and metabolism and possibly lead to malnutrition. (7 marks)
- d. State the nutritional requirement for the various stages of HIV/AIDS infection. (6 marks)

Total: 20 marks

Question 4

- a. Mention the role diet and nutrition play in oral health. (5 marks)
- b. Outline the tooth decay process. (5 marks)
- c. State the two classifications for chronic obstructive pulmonary diseases. (2 marks)
- d. Describe any **four (4)** symptoms of chronic obstructive pulmonary diseases with nutritional impact. (8 marks)

Total: 20 marks