

NATIONAL UNIVERSITY OF LESOTHO
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NUTRITION
DIETETIC & NUTRITION PROFESSION- NUT4311
SEMESTER II EXAMINATION

JUNE 2023

TIME: 3HRS

MARKS: 100

Instructions:

- The paper consists of two (2) sections; section A (50 marks) and section B (50 marks).
- Attempt all the questions.
- Write each question on a separate page.
- Answer questions orderly.
- Outline your points clearly.

SECTION A

QUESTION 1

- 1.1 How can the nutrition profession be strengthened in Lesotho? Discuss two points. **[4 marks]**
- 1.2 Discuss any two challenges of the changing world that influence the nutrition practice negatively. **[6 marks]**
- 1.3 Discuss the steps that the nutritionist takes in developing a marketing plan. **[7 marks]**

QUESTION 2

The Quthing area nutritionist refused to wear a mask and urged patients to remove theirs, saying they actually did harm. He told them the COVID pandemic was a media-driven hoax designed to profit the likes of Bill Gates, that COVID test results were being sold to China for DNA sequencing and that parents should sue schools if they make their kids wear face coverings. He posted on his social media that “vaccines don’t prevent COVID deaths or hospitalizations.”

- 2.1 Is this described as an ethical issue? Justify your answer. **[6 marks]**
- 2.2 Is this described as malfeasance in healthcare practice? Justify your answer. **[3 marks]**
- 2.3 What principle(s) of the Code of Ethics does it relate to and how/why? **[6 marks]**

QUESTION 3

A video of two nutritionists, working for the state Nutrition Rehabilitation Centre located at Mafeteng, is trending on social media. In the video, these nutritionists were seen making obscene gestures about children with severe acute malnutrition. A video shows a female nutritionist in gloves and medical scrubs holding the child by the armpit, moving the arms and body as music played in the background. The video caption reads: “How I currently feel about these mini skeletal.”

- 3.1 Is the situation described as an ethical issue? Justify your answer. **[4 marks]**
- 3.2 What principle(s) of the Code of Ethics does it relate to and how/why? **[6 marks]**

QUESTION 4

A Nutritionist colleague voices his opinion about organic versus conventional produce on several occasions. During an outpatient counseling session, you overhear this colleague strongly encouraging a client to use only organic produce, over the client’s protest that organic produce is either unavailable or extremely expensive in her nearby grocery store. As the conversation evolves, the Nutritionist suggests that the client purchase small amounts of produce so that the family budget will allow the purchase of organic varieties.

4.1 Is the situation described as an ethical issue? Justify your answer. **[2 marks]**

4.2 What principle(s) of the Code of Ethics does it relate to and how? **[6 marks]**

SECTION B

QUESTION 5

5.1 Discuss the roles and level of prevention for the following:

a) Community nutritionist

b) Clinical dietician

[10 marks]

QUESTION 6

Read the following scenarios and decide if a dietary supplement is warranted in these situations.

6.1 Rakhoba is a 21-year-old nutrition major involved in lady soccer. She is very aware that nutrition plays an important role in the way she feels, so she is careful to eat well-balanced meals. In addition, Rakhoba takes megadoses of vitamins and minerals daily. She is convinced they will enhance her physical performance. Is a supplement warranted in this case? Why or why not? **[3 marks]**

6.2 While shopping at the mall, Mosuhli notices a kiosk selling “Hypermetabolite,” a weight-loss product that guarantees you’ll lose 5 kg a week without dieting. Having gained 10 kg since she started working full time, Mosuhli decides to try it. Her examination of the product’s label reveals that an ephedra derivative and Asian ginseng are major ingredients. Should Mosuhli take Hypermetabolite for weight loss? Why or why not **[3 marks]**

6.3 Mphomotseng works part time and takes a full load of classes. Like many college students, she is always on the go, often grabbing something quick to eat at fast food restaurants or skipping meals altogether. Nevertheless, Mphomotseng feels confident her health will not suffer, because she takes a daily vitamin and mineral supplement. Is a supplement warranted in this case? Why or why not? **[3 marks]**

6.4 Flora is a 23-year-old student diagnosed with iron-deficiency anemia. She has learned in her nutrition class that it is preferable to get vitamins and minerals from food instead of supplements. Therefore, instead of taking the iron pills her doctor has prescribed, Flora has decided to counteract the anemia by increasing her consumption of iron-rich foods. Is a supplement warranted in this case? Why or why not? **[3 marks]**

6.5 Manti feels constipated. She visits a pharmacy and is given senna herbal supplements by the pharmacist. Manti has never taken herbs before and is not sure how her body will react

to it, or if it will work. Should Manti try the senna supplements, ask for a non-herbal supplement, or take another action? (Assume they cost the same.) What's the rationale for this decision? **[3 marks]**

QUESTION 7

- 7.1 Mention any **five (5)** modes of marketing dietary supplements globally and in Lesotho. **[5 marks]**
- 7.2 Describe any five ways in which you can identify misleading and unscientific information regarding nutrition. **[5 marks]**
- 7.3 Discuss the general problem of the use of unscientific information for the marketing of untested and unproven treatments, especially herbal treatments, in developing countries. **[10 marks]**
- 7.4 . What is the role of nutrition professionals in combating the problem of nutrition misinformation? **[5marks]**