



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

MAIN PAPER

**SECOND YEAR SECOND SEMESTER EXAMINATIONS
FOR THE DEGREE
OF
BSC. HUMAN NUTRITION AND DIETETICS**

COURSE CODE:HND 208

COURSE TITLE: GENERAL DIETETICS

DATE: 27TH APRIL 2022 TIME: 3.00PM- 5.00PM

INSTRUCTIONS TO CANDIDATES

Answer ALL Questions in section A and B
Answer ONLY TWO questions in section C

TIME: 2Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 3 Printed Pages. Please Turn Over.

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SECTION A: MULTIPLE CHOICE QUESTIONS

(10 MARKS)

(Choose the correct answer in multiple choice questions 1 - 10. Each question attracts 1 mark.)

1. Long-term glycemic control is usually evaluated by?
 - A. Self-monitoring of blood glucose
 - B. Testing urinary ketone levels
 - C. Measuring glycated hemoglobin.
 - D. Testing urinary protein levels (albuminuria).
2. The most effective meal-planning strategy for managing diabetes is:
 - A. Carbohydrate counting
 - B. An eating plan based on food lists created for persons with diabetes
 - C. Following menus and recipes provided by a registered dietitian
 - D. The approach that best helps the patient control blood glucose levels
3. The metabolic changes that often accompany cancer include all of the following *except*:
 - A. Increased triglyceride breakdown
 - B. Increased protein turnover
 - C. Increased muscle protein synthesis
 - D. Insulin resistance
4. To prevent cryptosporidiosis, a person with HIV infection may need to?
 - A. Wash his or her hands carefully before meals
 - B. Avoid consuming undercooked meat, poultry, and eggs
 - C. Consume a high-kcalorie, high-protein diet
 - D. Boil drinking water for one minute
5. What is a common treatment for hyperkalemia.
 - A. Eliminating potassium from the diet
 - B. Using potassium-wasting diuretics to increase potassium losses
 - C. Increasing fluid intake to maintain a high urine volume
 - D. Using potassium-exchange resins, which bind potassium in the GI tract
6. Which dietary assessment method does a health practitioner use to conduct a calorie count?:
 - A. Direct observation
 - B. 24-hour recall interview

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- C. Food frequency questionnaire
 - D. Food record
7. A nurse on duty notices some food on a patient's tray and she is not sure if the food is allowed on the patient's diet. What action would the nurse take?
- A. Check the diet manual
 - B. Ask the patient where that is his/her food
 - C. Check the diet order
 - D. Call the nutritionist in charge
8. A person with chronic kidney disease who has been following a renal diet for several years begins hemodialysis treatment. an appropriate dietary adjustment would be to:
- A. Reduce protein intake.
 - B. Consume protein more liberally
 - C. Increase intakes of sodium and water
 - D. Consume potassium and phosphorus more liberally
9. Dietary lipids with the strongest LDL cholesterol-raising effects are:
- A. monounsaturated fats
 - B. Plant sterols
 - C. saturated fats.
 - D. All fat types contribute to a stronger LDL cholesterol
10. Hemorrhagic stroke:
- A. Is the most common type of stroke
 - B. Results from obstructed blood flow within brain tissue.
 - C. Comes on suddenly and usually lasts for up to 30 minutes.
 - D. Results from bleeding within the brain, which damages brain tissue.

SECTION B: SHORT ANSWER QUESTIONS

(30 MARKS)

11. Define the following terms

- A. Metabolic Stress **(2 mark)**
- B. Atherosclerosis **(2 mark)**
- C. Carbohydrate counting **(2 mark)**

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12. Enumerate **FOUR (4)** consequences of biliary obstruction disease (6 marks)
13. Describe the **four (4)** key nutrition modifications in management of chronic hepatic disease (6 marks)
14. Describe the nutrition therapy for pancreatitis disease (6marks)
15. Enumerate **FOUR (4)** differences between Type 1 diabetes and type 2 diabetes mellitus focusing on major defects, risk factors, insulin secretion and symptoms (6 marks)

SECTION C: LONG ANSWER QUESTIONS (30 MARKS)

16. Patient X presents to the facility chronic renal failure;
- A. Describe the characteristics of chronic renal disease (3 marks)
 - B. Discuss the nutritional treatment of chronic renal disease (12 marks)
17. Mr. Kiptimtim was admitted to Moi Teaching and referral hospital with the following symptoms: hypoglycaemia, nausea, vomiting, bloating, cramping, diarrhoea, dizziness and fatigue three hours after consuming a meal. Kiptimtim's medical record showed that he had just had a gastrectomy.
- A. Identify the problem? (1 mark)
 - B. As a nutritionist/dietician, what steps would you take to prevent and manage the condition?(9 marks)
18. Catherine Owen is a 42-year-old office manager admitted to the hospital's ICU. She was first seen in the emergency room with severe edema, headache, nausea and vomiting, and a rapid heart rate. She reported an inability to pass more than minimal amounts of urine in the past 2 days. Her domestic manager who brought her to the hospital revealed that she seemed confused and unusually tired. The laboratory tests revealed elevated serum creatinine, blood urea nitrogen, and potassium levels. Her medical history also revealed that she had begun taking penicillin earlier in the week.
- A. Determine the most appropriate problem/diagnosis of Catherine Owen. (2 marks)
 - B. What concerns should be kept in mind when determining Catherine's energy, protein, fluid, and electrolyte needs with reference to her diagnosis? (3 marks)