



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

MAIN PAPER

2023/2024 ACADEMIC YEAR

THIRD YEAR FIRST TRIMESTER EXAMINATIONS

FOR THE DEGREE OF

BSC. HUMAN NUTRITION AND DIETETIC

COURSE CODE: HND 305

COURSE TITLE: NUTRITION CARE PROCESS

DATE: 11TH MONDAY DECEMBER, 2023 TIME: 12.00- 2.00PM

INSTRUCTIONS TO CANDIDATES

There are three sections in the paper, answer questions in **ALL** the three sections.

1. **Section A** comprises of 10 multiple choice questions.
2. **Section B** comprises of 5 short answer questions.
3. **Section C** comprises of 3 essay type questions. Answer **ONLY TWO**

TIME: 2Hours

MMUST observes ZERO tolerance to examination cheating.

This Paper Consists of 5 Printed Pages. Please Turn Over

1. SECTION A: MULTIPLE CHOICE QUESTIONS (10 MARKS)

Choose the correct answer in multiple choice questions 1 - 10. Each question is 1 mark.

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 kcalorie count?:

- A. Direct observation
 - B. 24-hour recall interview
 - 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. Differentiate between the following terms
- i. Ideal body weight and usual body weight
 - ii. Food records and food diary
 - iii. Nutrition diagnosis and medical diagnosis

(6marks)

12. Explain why an a clinical nutritionist will request biochemical tests for a patient diagnosed with iron deficiency anaemia?

(6 marks)

13. Describe any 4 nutrition Interventions in Kenya that aim at addressing health and nutrition of patients in hospitals? **(6 marks)**

14. Explain why you need critical thinking skills in nutrition assessment and nutrition diagnosis

(6marks)

15. In your own opinion, what programmes has the Government of Kenya put in place to address food and nutrition security in the communities? **(6 marks)**

SECTION C: LONG ANSWER QUESTIONS . EACH 15 MARKS. ANSWER ONLY TWO. (30 MARKS)

16. Patient X presents to the facility chronic renal failure;

A. Describe 3 nutrition diagnosis of chronic renal disease **(3 marks)**

B. Discuss the nutritional intervention options for chronic renal disease **(12 marks)**

11. 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 gastrostomy.

A. Identify the problem? **(3mark)**

B. As a nutritionist/dietician, what nutrition interventions would you conduct to prevent and manage the condition? **(12 marks)**

12. 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?

(13 marks)