

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/04/6/A

CONDUCT NUTRITION CARE PROCESS

July/ August 2024



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of two sections; **A** and **B**
2. Answer **ALL** the question as guided in each section
3. Marks for each question are as indicated in the brackets
4. You are provided with a separate answer booklet to answer the questions
5. Do not write in this question paper

This paper consists of FOUR (4) printed pages

**Candidates should check the question paper to ascertain that all pages are printed as
indicated and that no questions are missing**

SECTION A: 40 MARKS

Answer ALL questions in this section

1. During nutrition assessment, data on medical history is collected to provide insight into nutrition related problems. Outline any **three** components of medical history (3 Marks)
2. Nutrition care process has four steps. Nutrition diagnosis is the second step in the process. State **three** components of a nutrition diagnostic statement. (3 Marks)
3. Clinical assessment involves physical examination of signs and symptoms of nutritional disorders. Enumerate any **four** clinical signs used to identify micronutrient deficiency during clinical assessment. (4 Marks)
4. Nutrition monitoring and evaluation is the fourth step in the nutrition care process. Identify any **three** strategies for monitoring and evaluating the effectiveness of nutrition and health interventions. (3 Marks)
5. Clinical assessment involves physical examination to detect nutritional deficiencies. Both signs and symptoms of an underlying health conditions are important in making a diagnosis. Distinguish between signs and symptoms. (2 Marks)
6. Nutrition interventions are purposefully planned actions designed with the intent to changing nutrition related behavior. Outline any **five** activities undertaken when planning a nutrition intervention when providing nutrition care. (5 Marks)
7. Nutritionists require skills when carrying out nutrition assessment so as to identify nutrition problems of a client. State any **four** critical thinking skills required. (4 Marks)
8. Dietary assessment is one of the methods used in nutrition assessment to identify nutritional deficiencies. Outline any **four** components of a patients' dietary history that should be collected during nutrition assessment (4 Marks)
9. You are a nutritionist in a health facility and are offering education to a nutrition care team. Explain the meaning of "coordination of nutrition care" as applied in nutrition practice. (2 Marks)
10. Biochemical assessment is an essential component of the assessment and management of all patients receiving nutrition support. State any **four** biochemical parameters significant in nutrition care. (4 Marks)
11. Food frequency questionnaire is a common tool for dietary assessment during nutrition surveys. Enumerate any **three** characteristics of the tool. (3 Marks)
12. Anthropometric equipment are used to measure various parameters. Determine the nutrition parameters measured by each of the following equipment;
 - a) MUAC tapes. (1 Mark)
 - b) Skinfold calipers. (1 Mark)

c) Stadiometer.

(1 Mark)

SECTION B: 60 MARKS*Answer any **three** questions in this section*

13. As a nutritionist intern hired by the county government for a period of one year at a level 5 hospital. During the first week you were oriented by the supervisor on expected responsibilities and daily routines as a nutritionist in the facility.
- Explain **five** categories of nutrition assessment data. (10 Marks)
 - Elaborate any **five** ways in which a nutritionist may uphold work ethics in nutrition practice. (10 Marks)
14. David is a 42-year-old man who has been admitted to the hospital. He was involved in a serious motor vehicle accident when returning from a work one week ago. He was 170 cm tall and weighed 88kg before the accident. As a nutritionist you learned that before the accident David had been using a commercial weight loss product and consumed approximately 400 kcal /day for 3 months in an attempt to lose weight. He was referred to you on weight management.
- Calculate David's Body Mass Index and determine his nutrition status. (4 Marks)
 - Discuss any **five** reasons for conducting nutrition assessment. (10 Marks)
 - Explain the significance of the following information when determining the nutrition risks of a patient;
 - Family medical history. (2 Marks)
 - Income. (2 Marks)
 - Religion. (2 Marks)
15. A 45-year-old secretary working in a busy law firm. She weighs 90 kg and 178 cm tall. She was recently diagnosed with hypertension. She was referred to your clinic for nutrition care. Upon being interviewed she revealed that she skips breakfast most days, and occasionally eats a donut and coffee with sugar. She works 8am to 6 pm daily hence spends most of the day sitting and finds no time to engage in physical exercise. She also smokes one pack of cigarettes per day and drinks alcohol occasionally on weekend with friends.
- Explain any **five** factors related to her lifestyle that may predispose her to hypertension. (10 Marks)
 - Elaborate any **two** importance of doing follow -up on her condition after discharge from the clinic. (4 Marks)

- c) Explain any **three** challenges that she may face while adhering to the recommended dietary and lifestyle changes. (6 Marks)
16. You are a community nutritionist and have been hired by an international NGO to assist in conducting nutrition intervention for a project on malnutrition in children aged 6-59 months.
- a) Explain **five** interventions suitable for this age group. (10 Marks)
- b) Discuss **three** components of nutrition interventions. (6 Marks)
- c) Describe any **two** objectives of nutrition intervention (4 Marks)

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