

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/02/6

Conduct Nutrition Care Process

November/December 2025



**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 questions in section **A** and **ANY THREE** (3) questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet
5. Do not write on the 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)

Attempt ALL the questions in this section.

1. Measuring body dimensions helps evaluate growth, weight, and nutritional status. Name FOUR anthropometric measurements commonly used in nutrition assessment. (4 Marks)
2. Laboratory tests provide objective evidence of nutrient deficiencies or metabolic changes. Give FOUR biochemical indicators used in nutritional assessment. (4 Marks)
3. During a nutrition consultation, the dietitian needs to gather specific details from the client to evaluate their dietary habits. State FOUR types of information that should be collected during dietary assessment. (4 Marks)
4. Understanding the client's existing nutritional status is essential for planning appropriate care. List FOUR factors that can indicate an underlying nutritional condition from the patient's file. (4 Marks)
5. Understanding the cause of a nutrition problem is essential for effective intervention planning. Outline FOUR possible etiologies of malnutrition that can be identified from patient history. (4 Marks)
6. Addressing the highest-priority nutrition needs first improves recovery and overall health outcomes. State FOUR sources of information used to prioritize nutrition needs. (4 Marks)
7. Physical signs indicate possible nutrient deficiencies before laboratory confirmation. List FOUR clinical signs indicating vitamin A deficiency. (4 Marks)
8. Monitoring a patient's response ensures interventions are effective and any issues are identified promptly. Give FOUR aspects of patient intake or response that are routinely monitored. (4 Marks)
9. Evaluating the nutrition care process ensures that interventions meet patient needs and achieve desired outcomes. Name FOUR aspects assessed when evaluating the nutrition care process. (4 Marks)
10. Accurate assessment of nutritional status relies on well-defined indicators that guide interpretation and decision-making in nutrition care. Outline FOUR characteristics of nutrition assessment indicators. (4 Marks)

SECTION B (60 MARKS)

Attempt Any THREE Questions in This Section

11. Nutrition prescription is a personalized statement of the patient's nutrient and dietary needs, formulated after the nutrition diagnosis, and serves as the foundation for planning and implementing nutrition interventions.
- a. Describe FOUR factors to consider when prioritizing nutrition needs of a client after nutrition diagnosis. (8 Marks)
 - b. Explain FOUR types of nutrition interventions. (8 Marks)
 - c. Discuss TWO factors that determine individual dietary needs. (4 Marks)
12. Monitoring nutrition care involves continuously and systematically tracking a patient's uptake, progress, and response to nutrition interventions, allowing evaluation of effectiveness and guiding any necessary adjustments.
- a. Discuss FOUR ways a nutritionist can adjust an intervention plan based on patient monitoring data. (8 Marks)
 - b. Outline THREE importance of documenting patient intervention plans. (6 Marks)
 - c. Describe FOUR ways of evaluating effectiveness of a nutrition intervention. (6 Marks)
13. Conducting nutrition diagnosis involves identifying the client's nutrition problem, its cause, and related signs and symptoms using history, records, and guidelines. The diagnosis is finalized by integrating data from anthropometric, biochemical, clinical, dietary, socioeconomic, and functional assessments.
- a. Describe FOUR key steps in conducting nutrition diagnosis. (8 Marks)
 - b. Explain THREE sources of information used in identifying etiology of a nutrition problem. (6 Marks)
 - c. Discuss THREE critical thinking skills applied in determining nutrition diagnosis of a patient. (6 Marks)

14. A 35-year-old woman with HIV/AIDS is enrolled in a nutrition support program alongside her ART regimen. She attends regular follow-up visits to assess her overall well-being and response to interventions. As a nutrition professional, you are required to determine how her progress is monitored, the methods used to gather relevant information, and potential challenges encountered during care.

- a. Discuss FIVE parameters you would monitor during her follow-up visits.

(10 Marks)

- b. Outline FIVE challenges you may face when monitoring nutrition care in clients.

(10 Marks)

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