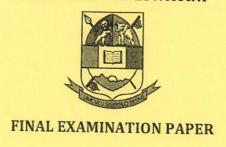
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2<sup>ND</sup> SEM. 2018/19

#### UNIVERSITY OF ESWATINI



PROGRAMME:

BACHELOR OF SCIENCE IN FOOD SCIENCE, NUTRITION AND

**TECHNOLOGY** 

COURSE CODE:

FSNT404/FNS406

TITLE OF PAPER: CLINICAL NUTRITION

TIME ALLOWED: TWO (2) HOURS

INTRUCTIONS:

ANSWER QUESTION ONE (1) AND ANY OTHER TWO (2)

QUESTIONS.

DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR.

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# QUESTION 1 (COMPULSORY)

(a)	Define	the	following	abbreviations:
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i. HTN

ii. PES

iii. PO

iv. Hb

v. NAS

vi. DASH

vii. MFP

viii. FBS

ix. AFASS

x. TPN

(10x1=10 Marks)

- (b) Differentiate between the following terms:
  - i. Nutrition screening vs nutritional assessment
  - ii. Somatic and visceral protein
  - iii. Serum fluid vs plasma fluid

(3x4=12 Marks)

- (c) Mrs Gule, is a 50 year old woman who just started using antihypertensive medication. She comes into your office as a RD, asking for information on possible interactions between the following classes of medications and nutrients. What advice would you give Mrs Gule regarding the effects of these drugs on nutritional status?
  - i. Loop Diuretics
  - ii. Potassium-sparing diuretics

(2x5=10 Marks)

(d) The DASH has been shown by numerous studies to help treat HTN. In what ways does this particular diet help in lowering blood pressure?

(4x2=8 Marks)

[TOTAL MARKS=40]

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## **QUESTION 2**

(a) D	iscuss <b>four (4)</b> possible causes/ risk factors of obesity, and give examples of ossible biological mechanisms.			
	(5x2=10 Marks)			
(b) D	iscuss the goals of MNT for Diabetes.			
	(5x2=10 Marks)			
(c) Tl	he angiotensin-aldosterone system plays an important role in blood pressure ontrol. Can you describe the effects of this system in relation to blood pressure?			
	(5x2=10 Marks)			
	[TOTAL MARKS=30]			
QUESTION 3				
(a) Fill in the correct word(s)/phrase (s). Write your answer on the answer sheet. DO NOT write the whole sentence/phrase. e.g. a) i. Excess fat				
	iis a medical condition in which excess body fat has			
	accumulated to the extent that it may have an adverse effect on health.			
i	icompares CHO containing foods according to the rise			
	they produce in blood glucose concentration, relative to the glucose response produced by a standard CHO load.			
ii	15 UldidLELIZED DV ARRIV Morning hymonatyras and			
	caused by a surge of glucagon and growth hormone release during sleep.			
iv.	gastress is the most common cause of vitamin B12 deficiency so			
	deficiency anemia. anemia is the most common form of vitamin B12			
V	is a collection of diseases characterized by loss of normal cell regulatory mechanisms, which leads to inappropriate malignant "neoplasms" that form in various body tissue sites.			

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(5x2=10 Marks)

(b) You are a dietician at the Mbabane government hospital, and you have been tasked to provide a diet plan for Mrs Silindza, a 38year old patient with CHF. Discuss the important factors you would consider when developing a nutrition care plan for this patient.

(10x2=20 Marks)

[TOTAL MARKS=30]

### **QUESTION 4**

(a) Discuss the components of the ADIME format, providing a brief description and examples of what the different parts entail.

(4x5=20 Marks)

(b) Hunger hormones have been shown to play a significant role in weight regulation. Define the hormones in question and describe their role in controlling energy/food intake i.e. discuss their biological mechanisms.

(2x5=10 Marks)

[TOTAL MARKS=30]