



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2015/2016
CITY CAMPUS

THIRD SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE
HFN 811: NUTRITION THERAPY

DATE: WEDNESDAY 3RD AUGUST 2016

TIME: 5.30 P.M. - 8.30 P.M.

INSTRUCTIONS:

ANSWER QUESTION ONE 20 POINTS

CHOOSE TWO OTHER QUESTIONS 20 POINTS EACH

1. The following health issues and or conditions reflect malfunctioning of some processes and or mechanisms in a body organ or system. Nutrition therapy is highly recommended in the management of these conditions.

- Diabetes mellitus
- Cardiovascular disorders
- HIV/AIDS
- Renal/Kidney disorders
- Cancer

Choose one of the health issues/conditions of your interest. Explain and briefly discuss the following point;

- a) State which body organs or systems are involved in the above conditions and describe the aetiology of the condition. (10 pts)
- b) State the symptoms and signs of the condition and briefly discuss the nutritional therapy remedies you would recommend. (10 pts)
2. a) What are the four key steps in nutrition care process for patients? (8 pts)

- b) State four components of nutrition assessment and discuss how each type of data can assist the dietician/nutritionist in the nutrition planning process for a given specific case of disease/health condition. (12 pts)
3. a) What factors should the dietician/nutritionist consider when selecting an appropriate formula for oral or tube feeding? (5 pts)
- b) briefly explain how the following determines the formula choice:
- (i) medical and nutrition needs; (5 pts)
 - (ii) digestive and absorptive function; (5 pts)
 - (iii) feeding route and individual tolerance (5 pts)
4. a) State the clinical condition resulting from a defect in the regulation of glucose homeostasis and what are the main symptoms of this condition. (10 pts)
- b) State the steps you would take into consideration in deciding the best nutritional therapy for your client based on a specific example of their specific condition. (10 pts)
