



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DIPLOMA IN FOODS NUTRITION AND DIETETICS

FND 021N: NUTRITION IN HIV AND AIDS

DATE: Monday 2nd April 2012

TIME: 11.00a.m – 1.00p.m

INSTRUCTIONS

Attempt question 1 (compulsory-40 marks) and any other two questions 15 marks each.

1. a) Explain the following terms
 - i) HIV [2marks]
 - ii) Opportunistic Infections [2marks]
 - iii) Asymptomatic [2marks]
 - iv) Lactose intolerance [2marks]
 - v) AIDS [2marks]
 - b) Describe the link between HIV infection and nutrition status. [10marks]
 - c) Explain the energy requirements at different stages of HIV. [6marks]
 - d) A client has visited your office to complaining of unexplained weight loss and has been diagnosed with HIV. Suggest strategies by which this client can meet his energy requirements. [10marks]
 - e) Explain the importance of biochemical assessment for nutrition status of PLWHA. [4marks]
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2. Discuss critical nutrition practices for PLWHA. [15marks]

3. Mr. Benson was diagnosed with HIV three years ago. In the past two weeks he has been experiencing anomalies in his health and decided to visit a clinician in the district hospital. Mr. Ben complained of fatigue, anorexia, constipation and dry mouth. The clinician also observed his pale hands and finger nails and suspected anemia. Mr. Ben has also lost 10% of his body weight. He has been referred to the nutrition department.
- a) Explain the interventions that would be applied to manage the problems experienced by Mr. Ben. [15marks]
4. Discuss the strategies that would promote or improve food security in HIV affected households. [15marks]