



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF SCIENCE (FOODS, NUTRITION AND DIETETICS)

HFN 303/ 323: NUTRITION AND HIV/ AIDS

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DATE: THURSDAY 29TH MARCH 2012 TIME: 8.00 A.M. – 10.00 A.M.

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INSTRUCTIONS

Question ONE is Compulsory, answer any other TWO questions.

1.
 - a) Briefly describe 2 benefits of drinking water in the management of HIV/AIDS. (2 marks)
 - b) Explain any 5 ways of measuring the nutritional status of HIV infected individual. (5 marks)
 - c) Describe 4 causes of anaemia among PLWHA – People Living with HIV/AIDS. (4 marks)
 - d) Outline any 5 millennium development goals in relation to nutrition and HIV/AIDS. (5 marks)
 - e) Describe 4 ways in which recreational drug use contribute to
 - i) HIV infections (4 marks)
 - ii) The progression from HIV to AIDS (4 marks)
 - f) Explain four strategies of meeting micronutrients intakes among PLWHA. (4 marks)
 - g) Explain two nutritional management of diarrhoea among PLWHA. (2 marks)

2. Food insecurity is of concern among PLWHA. Discuss the following food security issues in the context of HIV/AIDS
- i) Three elements of food security affecting dietary intakes of PLWHA. (6 marks)
 - ii) Three indicators to be considered in assessing food security status of HIV/AIDS affected households. (6 marks)
 - iii) Five strategies to be adopted by HIV/AIDS affected households in improving their food security. (5 marks)
 - iv) Explain how food and nutrition programs contribute to the management of HIV/AIDS (3 marks)
3. Dhahabu Kadzo is a second year student at Kenyatta University. She has just learnt she is HIV positive and 2 months pregnant. Discuss
- a) Three health related factors that may hinder proper nutrition during pregnancy. (6 marks)
 - b) Four factors that needs to be considered when choosing infant feeding options. (8 marks)
 - c) Explain to her what mixed feeding is. (2 marks)
 - d) Two disadvantages of mixed feeding. (4 marks)
4. Both nutrition and HIV/AIDS exist in a vicious cycle. Discuss the nutrition – HIV/AIDS complex relationship. (20 marks)
5. Nutrition and drug therapy are integral part of HIV/AIDS management
- i) Discuss at least four types of interactions between ARV/drugs and nutrients. (4 marks)
 - ii) Explain at least three nutrition related conditions likely to result from the use of ARVs. (6 marks)
 - iii) Discuss at least three nutritional recommendations for the use of ARVs and traditional/herbal therapies. (6 marks)
 - iv) Explain four factors that affect ART and therapeutic/supplementary feeding among PLWHA. (4 marks)