



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2010/2011
SECOND SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF SCIENCE

HFN 323: NUTRITION AND HIV AND AIDS

DATE: Friday, 1st April 2011

TIME: 2.00 p.m. – 4.00 p.m.

INSTRUCTIONS

Answer **ALL** questions in the answer booklet provided.

1. Explain the following terms in the context of HIV/AIDS. **[10 marks]**
 - (i) Serostatus
 - (ii) CD4 Cell Count
 - (iii) AIDS
 - (iv) Lipodystrophy
 - (v) AIDS wasting syndrome
 - (vi) Acute HIV infection
 - (vii) Antiretroviral drugs
 - (viii) Asymptomatic
 - (ix) Window period
 - (x) Opportunistic infections

2. Explain, at least giving four reasons, the importance of good nutrition in HIV infection. **[8 marks]**

3. Nutrition together with HIV infection creates a vicious cycle that may weaken or strengthen the immune system. Discuss this fact by using an appropriate illustration. **[8 marks]**
4. Explain the vital role played by anti-oxidant vitamins and minerals in the context of HIV infection and state at least three anti-oxidant vitamins and three anti-oxidant minerals vital for PLWHA. **[8 marks]**
5. Oral thrush is a common opportunistic infection in PLWHA that can contribute to reduced dietary intake. Describe the dietary measures that can be used to relieve sores in the mouth. **[6 marks]**
6. Explain four major types of nutrient drug interactions that may occur among PLWHA. **[4 marks]**
7. Identify three basic food security elements and explain strategies of ensuring food security in relation to stated elements for PLWHA. **[6 marks]**
8. A pregnant mother tested HIV positive and got referred to you as a nutritionist for nutritional advice. She was classified as being in stage two of HIV infection. However she is in her third trimester, she is 31yrs and of moderate activity. Use the information to answer the following questions:
 - (i) Identify three distinctive symptoms she is likely to experience. **[3 marks]**
 - (ii) Discuss a comprehensive nutritional care plan for the pregnant mother. **[6 marks]**
 - (iii) Work out a day's caloric need for the pregnant mother. **[1 mark]**
9. Discuss the two feeding options for HIV exposed infants aged 0-6 months giving at least one advantage and one disadvantage of the feeding options. **[10 marks]**

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