

UNIVERSITY OF JAFFNA, SRI LANKA  
FACULTY OF ALLIED HEALTH SCIENCES  
Second Year First Semester Examination in BScHons (Nursing) – 2021



**NURDT 2142 DIET THERAPY- PAPER II**

**Date: 24.02.2023**

**Time: 1 hour**

**ANSWER ALL THREE QUESTIONS**

1. A 52 year old male with liver cirrhosis has ascites and muscle wasting. Body weight is 52 kg. His 24 hour dietary recall revealed that his daily calorie intake is 850 kcal and protein intake is 25 g/day.
  - 1.1. Comment on his dietary intake based on daily requirements (20 Marks)
  - 1.2. List the micronutrients needed for this patient (25 Marks)
  - 1.3. Briefly describe the medical nutrition therapy for this patient (30 Marks)
  - 1.4. List five (5) causes for malnutrition among patients with cirrhosis (25 Marks)
  
2. A 43 years old male, who is a newly diagnosed patient with Diabetes Mellitus attends the Medical clinic. His Fasting blood sugar is 175 mg/dl. His renal functions are normal. His lifestyle is sedentary, His body weight is 93 kg, Height is 172 cm, and waist circumference is 96 cm.
  - 2.1. List the risk factors for developing diabetes Mellitus for this patient (10 Marks)
  - 2.2. Write the goals of diet therapy in this patient (20 Marks)
  - 2.3. Briefly explain the general health advices for weight reduction of this patient. (40 Marks)
  - 2.4. Prepare a sample diet plan for this patient by considering his conditions. (30 Marks)
  
3.
  - 3.1. Define "Balanced Diet" (20 Marks)
  - 3.2. Briefly describe the steps involved in planning the medical nutrition therapy for a patient. (30 Marks)
  - 3.3. Briefly explain the Nutritional Assessment of a patient (50 Marks)