



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

DIPLOMA IN NUTRITION AND HEALTH
(DNH 12J)

ANH 2302: NUTRITION AND HEALTH INTERVENTION I

SUPPLEMENTARY/SPECIAL: EXAMINATIONS

SERIES: MARCH 2014

TIME: 2 HOURS

INSTRUCTIONS:

You should have the following for this paper

- *Answer booklet*

This paper consists of **FIVE** questions.

Answer Question **ONE (compulsory)** and any other **TWO** questions

This paper consists of 3 PRINTED pages

QUESTION ONE

- a) Explain the following conditions (3 marks)
 - (i) Oliguria
 - (ii) Hyperkalemia
 - (iii) Uremia
- b) (i) A renal patient is on 1200ml fluids, Calculate the urine output (2 marks)
(ii) State the steps to take to control low urine output. (3 marks)
- c) State the importance of diet fibre in heart disease. (2 marks)
- d) Explain the effect of glucose in the blood on the kidney (4 marks)
- e) List the symptoms associated with Uremia (6 marks)
- f) Explain hepatic failure. (2 marks)
- g) Name the nutrients stored in the liver. (4 marks)
- h) Explain the effect of constipation and obesity on the heart. (4 marks)

QUESTION TWO

- a) Explain the contribution of the following the heart disease (6 marks)
 - (i) Cholesterol
 - (ii) Smoking
- b) Outline the diet of a coronary heart patient (9 marks)

QUESTION THREE

- a) State the main role of diet management in burns (6 marks)
- b) Design a diet plan for an obese teenager (9 marks)

QUESTION FOUR

- a) Tessa is 10years old and has been admitted in burn unit with 30% surface burn. Calculate the amount of calories and protein required in her diet plan (6 marks)
- b) Highlight the diet for a burn patient (9 marks)

QUESTION FIVE

Outline the diet management in the following conditions :

- a) Hepatic failure
- b) Renal failure

(15 marks)