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**UNIVERSITY OF SWAZILAND  
FINAL EXAMINATION PAPER**

**PROGRAMME:**

**BACHELOR OF SCIENCE IN FOOD SCIENCE,  
NUTRITION AND TECHNOLOGY YEAR IV**

**COURSE CODE:**

**FSNT404**

**TITLE OF PAPER:**

**CLINICAL NUTRITION**

**TIME ALLOWED:**

**TWO (2) HOURS**

**INSTRUCTIONS:**

**ANSWER QUESTION ONE (1) AND ANY OTHER TWO  
(2) QUESTIONS**

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THE CHIEF INVIGILATOR**

**QUESTION 1 (COMPULSORY)**

The goal of diet therapy is to achieve or maintain optimal nutrition status.

(a) Explain how this goal is accomplished?

**(10 Marks)**

(b) Give examples of modified diets used to treat the following diseases involving different organ systems:

i. Cirrhosis

**(5 Marks)**

ii. Atherosclerosis

**(4 Marks)**

iii. Chronic renal disease

**(5 Marks)**

iv. Myocardial infarction

**(6 Marks)**

(c) What can be done to help prevent hospital Protein-Calorie Malnutrition (PCM)?

**(10 Marks)**

**[TOTAL MARKS = 40]**

**QUESTION 2**

Case study: Mr. Zwane is a 70-year-old man who has been treated in an outpatient clinic for hypertension over the past four years. Since his wife died one year ago, he has lived alone and has been eating poorly. He has lost 6.8 kg in the past year. The doctor has prescribed a diuretic (chlorthiazide) for his hypertension and a potassium supplement, because chlorthiazide can lead to potassium depletion.

(a) What factors in Mr. Zwane's history suggest that he is at risk for poor nutrition status? What factors in his history suggest that drug-nutrient interactions should be considered in his case?

**(10 Marks)**

(b) What are the possible side effects of diuretic and potassium supplement Mr. Zwane is taking?

**(5 Marks)**

(c) Should these prescription medications be given with food or on an empty stomach? Give reasons for your answer.

**(5 Marks)**

(d) If Mr. Zwane also was taking prednisone and aspirin for arthritis, how would his risks of drug-nutrient-supplement interactions be changed? What other possible nutrient deficiency would you need to be alert to?

**(10 Marks)**

**[TOTAL MARKS = 30]**



**QUESTION 3**

- (a) Is there a perfect or ideal meal pattern for diabetic subjects? (10 Marks)
- (b) What factors influence the recommended meal pattern for a diabetic person? (10 Marks)
- (c) What are the dietary recommendations for patients with congestive heart failure? (10 Marks)

[TOTAL MARKS = 30]

**QUESTION 4**

- (a) Describe common dietary interventions in irritable bowel syndrome, according to patients' symptoms (15 Marks)
- (b) What are the basic treatment goals for the nutritional care of the burn patient? (15 Marks)

[TOTAL MARKS = 30]