



**UNIVERSITY OF SWAZILAND
FINAL EXAMINATION PAPER**

PROGRAMME: BACHELOR OF NURSING SCIENCE YEAR II

COURSE CODE: GNS203

TITLE OF PAPER: NUTRITION AND DIETETICS

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)

Case study: Nontombi, a 65 year-old woman, has contacted you to set up an outpatient nutrition screening appointment. She works full time and lives by herself. She has type 2 diabetes, hypertension, and a history of colon cancer. She is 5 ft. 8 in. tall and weighs 203 lb/92.3 kg. Her current medications are glyburide and a diuretic (she does not know its name). She tells you that she eats throughout the day and sometimes gets up during the night for a snack. She finds eating fast-food a convenience with her busy schedule and tends to frequent these types of restaurants three to four times per week. She does not have an exercise routine and is usually too tired to exercise after her long day at work and commute.

Nutrition Diagnosis Statement.

Overweight/obesity related to poor food choices as evidenced by a BMI of 31.

Nutrition Care Questions.

- (a) What would you include in a nutrition screening for Nontombi?
(6 Marks)
- (b) What would you include in a nutrition assessment for Nontombi?
(12 Marks)
- (c) How could you identify her medications?
(2 Marks)
- (d) What additional information is needed for assessment of her dietary and nutrient intake?
(5 Marks)
- (e) If you need more details, what questions would you ask her physician?
(5 Marks)
- (f) What factors influence how much energy the human body requires?
(10 Marks)

[TOTAL MARKS = 40]

QUESTION 2

- (a) Explain the link between nutrition and HIV. (15 Marks)
- (b) i. What are the energy and protein requirements of cancer patients? (7 Marks)
- ii. What are the main nutrition-related side effects of Chemotherapy? (8 Marks)

[TOTAL MARKS = 30]

QUESTION 3

Describe the nutrition care in the following selected health conditions:

- (a) Diabetes Mellitus (15 Marks)
- (b) Renal disease (15 Marks)

[TOTAL MARKS = 30]

QUESTION 4

Write brief notes on the following:

- (a) Energy metabolism (10 Marks)
- (b) Protein-Energy Malnutrition (10 Marks)
- (c) Anthropometry (10 Marks)

[TOTAL MARKS = 30]