



**UNIVERSITY OF SWAZILAND
SUPPLEMENTARY 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

**DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY
THE CHIEF INVIGILATOR**

QUESTION 1 (COMPULSORY)

- (a) What is nutritional assessment and how can it be completed? **(10 Marks)**
- (b) What are the advantages and disadvantages of the 24-hour recall? **(10 Marks)**
- (c) What are the main causes of hospital malnutrition? **(10 Marks)**
- (d) What are the principal ways of treating a malnourished patient? **(10 Marks)**

[TOTAL MARKS = 40]

QUESTION 2

Describe the role and deficiency diseases of the following nutrients:

- (a) Protein **(10 Marks)**
- (b) Vitamin A **(10 Marks)**
- (c) Iron **(10 Marks)**

[TOTAL MARKS = 30]

QUESTION 3

- (a) What is the recommended dietary approach to the prevention and treatment of hypertension?
(15 Marks)
- (b) What dietary and lifestyle modifications would reduce the risk of cardiovascular disease?
(15 Marks)

[TOTAL MARKS = 30]

QUESTION 4

- (a) What dietary protocols should be followed after undergoing gastric surgery?
(20 Marks)
- (b) Explain how you would support a child with type 2 diabetes nutritionally.
(10 Marks)

[TOTAL MARKS = 30]