



# MASENO UNIVERSITY

## UNIVERSITY EXAMINATIONS 2012/2013

### FIRST YEAR SECOND SEMESTER EXAMINATIONS FOR THE DIPLOMA IN HOSPITALITY MANAGEMENT (CITY CAMPUS)

#### **SEH 0146: DIET THERAPY**

*Date: 9<sup>th</sup> August, 2013*

*Time: 2.00 – 4.00pm*

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#### INSTRUCTIONS:

- ◆ Answer ALL questions from Section A and B in the answer booklet provided.
- ◆ Answer ONLY ONE question from section B.

**INSTRUCTIONS:**

- 1. Answer all questions from section A and B in the answer booklet provided.**
- 2. Answer ONLY ONE question from section B.**

**SECTION A (40MARKS)**

- Q.1 a) Describe how the following people are involved in meeting the nutritional needs of a patient:
- i) The doctor
  - ii) The nurse
  - iii) The dietician (6marks)
- b) Highlight any four factors to consider in the study of diet therapy. (4 marks)
- Q. 2 Describe why it would be necessary to feed a patient using the methods below and highlight the type of foods that may be recommended
- i) Food by mouth.
  - ii) Intravenous. (6 marks)
- Q.3 Giving reasons, explain how the following should be modified in diets during convalescent conditions of a patient.
- i) Carbohydrates.
  - ii) Proteins.
  - iii) Fats.
  - iv) Minerals. (10 marks)
- Q.4 Describe three dietary considerations (in each) that are recommended to a patient with the following disease conditions.
- i) Typhoid fever.
  - ii) Gout. (6 marks)
- Q.5 Define the following terminologies that are frequently used to describe diets and give examples where necessary.
- a) Low fibre diets

- b) Crude fibre diets (8marks)

**SECTION B (30 MARKS)**

**Answer ONLY ONE question from this section.**

- Q.6 a) Describe the characteristics of Peptic Ulcers. (10marks)

- b) What are the symptoms and clinical findings of the above condition?  
(10marks)

- c) What are the effects of the following diets to patients with the above condition?

- i) Sippy diet.  
ii) Meulengracht diet. (10 marks)

- Q.7 a) What do you understand by the following terms: term "metabolism"

- i) Metabolism (5marks)  
ii) Motility (5marks)

- b) Metabolism in fevers is closely linked to nutritional status of an individual. Describe what happens during the following conditions:

- i) Modified motility of the gastro intestinal tract. (10marks)  
ii) Increased catabolism of proteins in typhoid fever. (10marks)