



MACHAKOS INSTITUTE OF TECHNOLOGY

MACHAKOS TOWN CAMPUS

SCHOOL OF HEALTH AND APPLIED SCIENCES

CERTIFICATE IN NUTRITION AND DIETETICS

MODULE I

END OF SEMESTER EXAMINATIONS

JAN - APRIL 2021

INTRODUCTION TO NUTRITION CARE PROCESS

KNEC 1905/105

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES

1. Answer **ALL** questions in **SECTION A** and any **THREE** in **SECTION B**.
2. Any examination **IRREGULARITY** will lead to **DISQUALIFICATION**.
3. Indicate your **FULL ADMISSION NUMBER** in each Answer Sheet used.
4. Cell phones are **NOT** allowed in the examination room.
5. Scientific calculators may be used where necessary.

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SECTION A

1. (a) Draw a well elaborate diagram of the NCP conceptual framework (10mks)
- (b) Explain each of the components of the Nutrition Care Process and Model (10mks)
2. (a) Identify and explain the components of nutrition assessment as described in the Nutrition Care Process. (10mks)
- (b) Discuss using two examples in each, the differences between the medical diagnosis and the nutrition diagnosis. (10mks)

SECTION B

4. Mumbua is an 18-year-old female who was seen in clinic following discharge from the hospital. She had been admitted to the hospital two weeks previous, following a two week history of severe pain, bloating and diarrhea which occurred after eating most foods. She has a history of anorexia nervosa, for which she spent three weeks in an inpatient treatment facility when she was 13 years old. She says she has not relapsed since then. Her weight history for the past year shows stable weight until this admission. During her admission she was diagnosed with Crohn's disease. She responded to medical management and was discharged with instructions to follow up with her primary care provider and outpatient RD.

Anthropometric Data: Height 172 cm, Weight 50 kg, usual weight 54.5 kg

- (a) Determine her nutritional status (5mks)
 - (b) Give any two possible nutrition diagnoses for her case (5mks)
 - (c) List at least 5 goals for nutrition intervention in her case (5mks)
 - (d) Write short notes on nutrition monitoring and evaluation for her case (5mks)
5. Syombua is a 28-year-old female who was admitted to the hospital from the emergency department for management of nausea and vomiting. Her complaints of epigastric pain, nausea and vomiting had been worsening over the past two days. She has a 15-year history of type 1 diabetes mellitus (T1DM), mild gastro paresis, hypertension and stage 3 chronic kidney disease (CKD). On admission she was noted to have normal fluid and electrolyte status.

FE's Abnormal Lab Values: BUN 35 mg/dL, Creatinine 2.0 mg/dL, Potassium 5.0 mEq/L
Estimated glomerular filtration rate 56 mL/min/1.73 m², Serum glucose 156 mg/dL, Hemoglobin A1c(HgbA1c) 7.4 percent Admission height/weight 165.1 cm/47.7 kg, Usual weight 50.9 kg, Weight change -7 percent over previous 2 weeks.

- (a) Determine her nutritional status (5mks)
 - (b) Give any two possible nutrition diagnoses for her case (5mks)
 - (c) List at least 5 goals for nutrition intervention in her case (5mks)
 - (d) Write short notes on nutrition monitoring and evaluation for her case (5mks)
- 6.(a) Discuss rationale for selecting a nutrition intervention (10mks)
- (b) (i) A patient just had a Wound Vac placed on her abdomen from abdominal surgery. Which foods would help promote wound healing? (4mks)
 - (ii) A patient asks you what vitamin is best for eye sight. Your response is: (2mks)
 - (iii) A nutritionist is teaching a client who has iron deficiency anemia about foods she should include in her diet. Which foods is she likely to prescribe to the client? (2mks)
 - (iv). State any two screening tools used in nutritional assessment (2mks)