

00903

**MASTER OF SCIENCE (DIETETICS AND
FOOD SERVICE MANAGEMENT)**

Term-End Examination

December, 2017

**MFN-005 : CLINICAL AND THERAPEUTIC
NUTRITION**

Time : 3 hours

Maximum Marks : 100

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- Note :** (i) *Question No. 1 is compulsory.*
(ii) *Answer five questions in all.*
(iii) *All questions carry equal marks.*
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1. (a) List any two counselling strategies you would adopt in patient care. 2
- (b) Name the routine hospital clients prescribed to meet the therapeutic needs. 3
- (c) Mention any four common food allergies seen in children. 2
- (d) Give the cut - off for Waist Hip Ratio (WHR) for men and women as an indicator of abdominal obesity. 2
- (e) What do you understand by "Syndrome X" ? 2
- (f) Give the diagnostic criteria you will use to identify anorexia nervosa. 3

- (g) What percent of the total energy must be contributed by fats ? Also give the percent distribution in terms of saturated, polyunsaturated and monosaturated fatty acids. 3
- (h) List any four clinical symptoms of diabetes mellitus. 2
- (i) Name any one diagnostic test we can use to assess renal function. 1
2. Explain the following briefly : 5+5+5+5
- (a) Dietetics is a multidisciplinary approach.
- (b) Role of dietitian in nutrition care.
- (c) Purpose of therapeutic dietary adaptations.
- (d) Vitamins and minerals of particular significance for a tuberculosis patient.
3. (a) Briefly discuss the nutritional management of patients during preoperative period. 8
- (b) Present the classification of blood pressure and stages of hypertension in adults. 4
- (c) Briefly describe the role of fats and carbohydrates (including fibre) in the management of dyslipidemia. 8
4. (a) Discuss the role of Food exchange system and glycemic index as an important tool for planning diabetic diets. Substantiate your answer with appropriate examples. 4+4

- (b) Give the medical nutrition therapy for the following metabolic diseases. **6+6**
- Gout
 - Phenylketonuria
5. (a) Define the term lactose intolerance. **4**
- (b) What is a gluten free diet ? Under which disease condition would you recommend this diet ? **6**
- (c) Give the dietary management and nutrient recommendations for : **5+5**
- Ulcerative Collitis
 - Gastritis
6. (a) What are the major complications of liver cirrhosis. Give the ideal dietary intake and the recommendations you would advocate to a cirrhotic patient to help minimize the symptoms, complications of the disease condition. **10**
- (b) List the common renal disorders found in humans. **4**
- (c) What dietary modifications would you recommend for proteins, electrolytes and fluids in the diet of renal patients. **6**
7. (a) What are the symptoms associated with dyspepsia ? What dietary and other measures would you advocate to overcome this problem. **3+3**

- (b) What foods would you include and avoid in the diet of an epileptic patient ? Why ? 6
- (c) Present the nutrient requirement and feeding options for premature and a low birth weight infant. 8
8. Write short notes on any four of the following : 5+5+5+5
- (a) Sources of potassium in the diet and methods we can adopt to reduce the potassium content of foods.
- (b) Nutritional management of acute pancreatitis.
- (c) Prevention of adverse food reactions
- (d) Dietary management of burns.
- (e) Medical nutrition therapy for AIDS.
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