UNIVERSITY OF JOHANNESBURG

PROGRAMME	:	NATIONAL DIPLOMA SOMATOLOGY
MODULE	:	**NUTRITION III**
CODE	:	**SNU 32-1**
DATE	:	**24 NOVEMBER 2017** **EXAMINATION**
DURATION	:	SESSION 1 08:30 - 11:30
WEIGHT	:	50:50
TOTAL MARKS	:	150

EXAMINER	:	MS. S. SEYAMA
MODERATOR	:	MS. S. JOOWALAY
NUMBER OF PAGES	:	4

INSTRUCTIONS	:	ANSWER ALL QUESTIONS
REQUIREMENTS	:	NONE

QUESTION 1

Betty-Sarah is a 48-year old school deputy principal and has for quite a while been struggling with what seems to be allergies. She tends to present with very bad skin rashes and times require hospitalization to ease the discomfort. In addition to this, she has recently been diagnosed with hypothyroidism.

1.1 How would you guide Betty-Sarah in establishing that she is indeed presenting with allergies? (5)

1.2 In your opinion why do you think that there has been an increase in the incidences of food allergies? (3)

1.3 Provide food substances/items that have been identified as allergens. (1/2x10 = 5)

1.4 Elaborate on the purpose of nutritional assessment. (2)

1.5 Provide Betty-Sarah with practical nutritional and lifestyle guidelines for allergic conditions. (10)

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QUESTION 2

CASE STUDY

Bo Rantshedi was diagnosed with Insulin Dependent Diabetes Mellitus (IDDM) at the age of ten years. She is currently 12 years old and in grade 6, performing excellently in all academic, sporting and extramural activities. Since the diagnosis, Bo together with her family have had to make major nutritional and lifestyle adjustments to assist her to cope with the condition. In light of the progressive nature of the condition there is an increased risk for Bo to develop cardiovascular diseases, thus it is important that her condition is managed properly.

2.1 Help her develop a pattern of eating and activity appropriate for her teenager lifestyle, but also planned to prevent long-term complications – Provide nutritional and lifestyle advise. (10)

2.2 Over time, untreated type 2 diabetes can damage many of the body's systems, clarify the three possible complications of diabetes mellitus. (6)

2.3 Provide nutritional and lifestyle advise for hypothyroidism. (5)

2.4 Discuss the condition of gout (include explanation on possible causes). (5)

2.5 Provide nutritional advise for a client suffering with gout and other arthritic conditions. (5)

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QUESTION 3

3.1 Distinguish between the digestive conditions of constipation and diarrhea. Use a table. (8)

3.2 Provide nutritional advice for diverticulitis. (5)

3.3 Provide nutritional advice for someone suffering with Irritable bowel syndrome. (5)

3.4 Identify the major and minor risk factors for coronary heart disease (CHD). (1/2x8 = 4)

3.5 Explain why the following aspects cause or contribute to the development of cardiovascular conditions.

3.5.1 Cigarette smoking (2)

3.5.2 Coffee/energy drinks (2)

3.5.3 Low density lipoprotein (LDL) (2)

3.6 Identify symptoms of a heart attack. (5)

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QUESTION 4

CASE STUDY

Palesa, M., age 27, has just found out that she is 10 weeks pregnant and tested positive for HIV. Currently she is in a stable relationship, however, they both believed they were HIV negative as none had seen or heard of their previous partners' illness or death as a result of AIDS.

4.1 Explain the viral load and the CD4 count load. (8)

4.2 Identify factors through which HIV is spread. (5)

4.3 Identify the signs and symptoms of HIV/AIDS at Stage 2. (5)

4.4 Provide Palesa with appropriate and adequate nutritional and lifestyle advice. Justify these. (10)

[35]

QUESTION 5

5.1 Describe three functions of the kidneys. (6)

5.2 Provide five (5) nutritional guidelines you can give a client presenting with any of the kidney diseases. (5)

5.2 Define the following terms:

5.2.1. Drug-nutrient interaction (1)

5.2.2 Half-life (1)

5.2.1 Absorption rate (1)

5.2.2 Transported (1)

5.2.3 Metabolized (1)

5.4 Explain the benefits of minimising food drug interactions. (5)

5.5 Identify patients at risk for food and drug interactions. (5)

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