

# UNIVERSITY OF RUHUNA FACULTY OF MEDICINE

### ALLIED HEALTH SCIENCES DEGREE PROGRAMME

Third year Second End-Semester Examination for B.Sc. Nursing Degree PNS 2 Nutrition and Dietetics Paper II

February 2013

Time: 1.00 hours

Part A (30 min)

B.Sc Nursing

Index Number:

Please answer all questions in the given space

B.Sc Nunsing

Allso Health Scient's Fierres Programme
University of Ruhuna. Faculty of Medicine
Karapitiya, Galia.
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1. 1.1	Iron deficiency anemia is more common condition in Sri List the causes for iron deficiency?	Lankan children and women. (20 marks)
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1.0	How do you modify the diet for a pregnant mother with	iron deficiency anemia? (30 marks)
1.2	How do you mounty the diet for a program mount.	THINA
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	(30 marks)
1.3 What are the preventive methods of iron deficiency anemia?	
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1.4 What are 1	he life stages which have increased demand of iron?	(20 marks
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## ALLIED HEALTH SCIENCES DEGREE PROGRAMME

Third year Second End-Semester Examination sommier var strik for B.Sc. Nursing Degree **PNS 2 Nutrition and Dietetics** Paper II

February 2013

Time: 1.00 hours

Karapitiya, Gatia

Part B

Index Number: -

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Answer all questions in the space given

Mr. Piyal is a 46 year old office worker. He was identified having diabetes mellitus type II, 8 months back, without any other medical complications. His anthropometry is as follows, height - 1.57 m and weight - 82.2 kg. Along with his medical treatments, he was asked for diet control, & during 1st few months, blood sugar levels were under control and he has reduced 2 kgs of his weight, but after that no control of blood sugar as well as reduction of weight was observed. Mr. Piyal's food record is given below,

#### Diet history

6.00 am - water 1 cup

6.40 am - Tea with milk 1 cup (3 tea spoons Full cream milk powder, 1 tea spoon of Malted milk, 01 tea spoon of sugar)

9.10 am - String hoppers 15, Coconut sambol 02 table spoons, "Kirihodi"

1.30 pm - Rice 3 ½ coconut shell spoons, fish 01 piece with gravy, beans 5 pieces, dhal 02 table spoons

5.00 pm - Tea with milk 1 cup as morning with 03 biscuits

9.30 pm - Rice 03 coconut shell spoons, fish, beans 5 pieces

He does not do any regular exercise.

If necessary you can use the following equations

Energy expenditure (Harris-Benedict equation) - Basal metabolic rate

- BMR = 66.5 + 13.7x wt (kg) + 5.0x ht (cm) - 6.75x age (yr)

Female - BMR = 655.1 + 9.5x wt (kg) + 1.85x ht (cm) - 4.67x age (yr)

2.1 Calculate BMI, comment on BMI and what is the preferable body weight?

(20 marks)

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2.2 Calculate expected energy expenditus State any assumption.	(10 marks)
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2.3 Comment on this diet diary.	(30 marks)
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2.4 To plan a diet do you require any other	er information or tools? Explain.
	(20 marks)
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2.5	Suggest a suitable meal. (It patient is currently taking)	Make necessar	y adjustments in	n same diet scheo (20 mar	
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