



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)

Co-ordinator

B.Sc Nursing

Allied Health Sciences Degree Programme
University of Ruhuna, Faculty of Medicine
Karapitiya, Galle,
Sri Lanka

Index Number:

Please answer all questions in the given space

1. Iron deficiency anemia is more common condition in Sri Lankan children and women.
 - 1.1 List the causes for iron deficiency? (20 marks)

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- 1.2 How do you modify the diet for a pregnant mother with iron deficiency anemia? (30 marks)

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Part B

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Answer all questions in the space given

2.0 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 hoppes 15, Coconut sambol 02 table spoons, "Kirihodi"
1.30 pm - Rice 3 1/2 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

Male - $BMR = 66.5 + 13.7 \times wt (kg) + 5.0 \times ht (cm) - 6.75 \times age (yr)$

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

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

(20 marks)

2.5 Suggest a suitable meal. (Make necessary adjustments in same diet schedule, the patient is currently taking) (20 marks)

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