



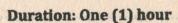
University of Ruhuna **Faculty of Allied Health Sciences Department of Nursing**

6th End Semester Examination

NDI- 3215 Dietetics in Nursing **SEQ** paper

February 2019

Index Number.....



1.	
Nishadi is a 45 year old wor	man diagnosed with type 2 diabetes since 3 years and has been
referred for dietary counseli	ng. She has not undergone a medical check-up for 1 year. She returns
to the present clinic visit wi	th a primary complaint of chronic fatigue. Upon investigations
laboratory test results show	the following;
• HbA1C	- 8.3%
Serum cholesterol	- 216 mg/ dL
Triglycerides	- 275 mg/ dL
Her current weight is 70 kg	g and height is 152 cm. She states to the dietary counsellor that she
hasn't returned for any follo	ow up visits because the only advice she gets is to lose weight and not
to eat sugar, neither of which	h she is able to do.
1.1	
and the latter of the state of	
	r Nishadi to improve her metabolic parameters and, in particular, to
improve her blood glucose	control?
(35 Marks)	
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What meal planning method do you suggest for her? (25 Marks)

1.2



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1.3 How will you monitor and evaluate her progress?	PO PRY *
How will you monitor and evaluate her progress?	
(20 Marks)	
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(20 Marks)	

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1.4
What other lifestyle modification strategies will be helpful to Nishadi?
(20 Marks)
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Write Short notes.	
(20 marks for each)	aldres on transfer as services production comprehensions.
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2.3 High fiber diet
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2.4 Preoperative carbohydrate loading

2.5 Fat in diet of cardiovascular diseases
garcard/ submunication production and
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