



University of Ruhuna
Faculty of Allied Health Sciences
Department of Nursing
6th End Semester Examination
NDI- 3215 Dietetics in Nursing
SEQ paper

February 2019

Duration: One (1) hour

Index Number.....

1.

Nishadi is a 45 year old woman diagnosed with type 2 diabetes since 3 years and has been referred for dietary counseling. She has not undergone a medical check-up for 1 year. She returns to the present clinic visit with 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 and height is 152 cm. She states to the dietary counsellor that she hasn't returned for any follow up visits because the only advice she gets is to lose weight and not to eat sugar, neither of which she is able to do.

1.1

What advices will you offer Nishadi to improve her metabolic parameters and, in particular, to improve her blood glucose control?

(35 Marks)

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1.3

How will you monitor and evaluate her progress?

(20 Marks)

A series of horizontal dotted lines provided for writing the answer to the question.



2.4 Preoperative carbohydrate loading

[The body of the page contains approximately 25 horizontal dotted lines, which are intended for handwritten notes or answers.]

