



FACULTY OF ALLIED HEALTH SCIENCES, UNIVERSITY OF RUHUNA

Department of Nursing

6th End Semester Examination – 2024 – 2019/2020 (13th) Batch

NUR 3231- Dietetics in Nursing –SEQ

Date: 8th September 2024

Time: 9.00 a.m.-10.00 a.m.

Duration: 1 hour

Index Number:

Answer all questions using the given space.

1.

1.1. A patient diagnosed with hemorrhoids is advised to take a high-fiber diet in addition to his treatment plan. You are a nursing officer in the ward where patient is admitted.

Write five (05) advices that you would provide on the importance of a high-fiber diet in managing the above disease condition. (20 marks)

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1.2. Write three (03) features for the following.

a) Glycemic index (15 marks)

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b) Bland diet

(15 marks)

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1.3. List two (02) indications for a fat-controlled diet.

(10 marks)

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1.4. List five (05) considerations about the composition of a fat-controlled diet.

(25 marks)

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1.5 Mention three (03) important guidelines for sodium-restricted diet.

(15 marks)

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2.

2.1. What is “pre-operative carbohydrate loading”?

(15 marks)

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2.2. List five (05) advantages of pre-operative carbohydrate loading.

(20 marks)

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2.3. List five (05) methods to measure the nutritional status of pre-operative patients. (15 marks)

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2.4. Write three (03) factors that you would consider when planing diet for the patients with the following conditions

a. Excessive leanness

(15 marks)

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b. Hyperinsulinism

(15 marks)

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2.5. As a nurse you have to calculate the daily serving sizes of each macronutrient of your patient.

Your patient's daily calorie requirement is 2200 kcal. Calculate the amount of carbohydrate, protein, and fat servings you must have to provide your patient throughout the day to gain this calorie requirement.

(20marks)

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