



FACULTY OF ALLIED HEALTH SCIENCES ,UNIVERSITY OF RUHUNA  
 Department of Nursing  
 6<sup>th</sup> End Semester Examination- 2024 - 2018/2019 Batch (12<sup>th</sup> Batch)  
 NUR-3231- Dietetics in Nursing -SEQ

Date: 05<sup>th</sup> January 2024

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

Duration: 1 hour

Index Number: .....

Answer all questions. Use the given space.

1

Part A

1.1 List three (03) main importance of the dietary management in surgical patients.

(15 marks)

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1.2 Mention five (05) biomedical investigations that are used for assessing the nutritional status of the patients before surgeries.

(25 marks)

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Part B

1.3 What is Iron Deficiency Anemia?

(15 marks)

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1.4 Mention four (04) causes for Iron Deficiency Anemia

(20 marks)

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1.5 List five (05) dietary factors affecting the non-haem iron absorption at the gastro intestinal tract.

(25 marks)

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2

2.1 Mention the significance of providing a bland diet for a patient at the post-operative period following major surgery in the gastro intestinal tract. (25 marks)

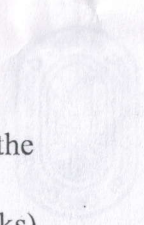
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2.2 List five (05) points on how you are going to apply the knowledge in dietetics in patient care as a nursing student? (25 marks)

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UNIVERSITY OF WITWATERSRAND  
SCHOOL OF HEALTH SCIENCES  
DEPARTMENT OF NUTRITION  
NUTRITION 101



2.3 Write three (03) instructions you should provide for a client with diabetes regarding the following macronutrients consumption.

a) Carbohydrate (13 marks)

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b) Lipids (12 marks)

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2.4 Briefly describe the following.

a) DASH diet (15 marks)

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b) Mediterranean diet (10 marks)

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