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| **Examination question paper:** | **July 2024** |

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| **Module code:**  **Component number:** | **DT6061**  **002** |
| **Module title:** | **Applied Dietetics and Nutrition** |
| **Module leader:** | **Dale Rees** |

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| **Date:** | **July 2024** |
| **Duration:** | **1 Hour 30 Minutes** |

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| **Exam type:** | **Seen, Closed** |
| **Materials supplied:** | **Question paper, Weight, Height, Body Mass Index Charts, Henry Equation and standard adjustments** |
| **Materials permitted:** | **Calculator** |
| **Warning:** | **Candidates are warned that possession of unauthorised materials in an examination is a serious assessment offence.** |

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| **Instructions to candidates:** | **Before starting the paper read all the questions carefully.** |
|  | **Answer ONE question ONLY.** |
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|  | **Do not turn page over until instructed** |

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**QUESTION ONE**

Mr Patel is 53 years old and has been referred to the dietitian by the Diabetes Specialist Nurse to help improve control of his Type 2 Diabetes. It has been recommended that Mr Patel commences insulin therapy, however, he has refused this as he feels seeing him have injections would upset his 2 grandchildren who live with him.

He works full time as a dental assistant and spends most of his spare time with his family. His wife and daughter generally do all the household shopping and cooking. He enjoys large traditional Indian meals.

He weighs 90 Kg and is 1.67 m tall. He has gained 10 Kg in the last 5 years. His HbA1c result this month was 80 mmol/mol.

Prescribed medications: Simvastatin 40mg once daily, Metformin 1000mg twice daily, Gliclazide 80mg twice daily.

24-hour recall:

Breakfast: 4 breakfast biscuits

1 cup of tea with semi skimmed milk and 2 tsp sugar

Mid-morning: 2 chocolate digestive biscuits

1 cup of tea with semi skimmed milk and 2 tsp sugar

Lunch: 1 large bowl of lentil dahl

2 parathas with butter

1 cup of tea with semi skimmed milk and 2 tsp sugar

Mid-afternoon: 2 chocolate digestive biscuits

1 medium latte with 2 tsp sugar

Dinner: Lamb curry with creamy Indian sauce

4 Chapatti with butter

Before bed: 1 glass of full fat milk

2 Chocolate digestive biscuits

1. **Conduct a full nutritional assessment for Mr Patel using the A-E format. Justify your answer and indicate any additional information required.**

**Include a qualitative and quantitative dietary assessment including estimating requirements for energy, protein and fluid (30%)**

1. **Formulate a nutrition and dietetic diagnosis for the Mr Patel. (10%)**
2. **Describe and justify all relevant patient specific outcomes. Outline and justify a dietary treatment plan for Mr Patel (40%).**
3. **Write a statement that you could use to verbally to explain the need for the dietary treatment plan to Mr Patel. You should consider how the dietary treatment relates to her medical conditions and ensure that you use appropriate terminology for the patient (20%)**

**QUESTION TWO**

Alan is 47 years old and has recently been diagnosed with Irritable Bowel Syndrome. He has been referred to see the dietitian in clinic for advice to manage his symptoms. He presents with frequent constipation, opening his bowels once per week. He experiences significant pain related to this and describes his stools as very hard.

He occasionally takes over-the-counter Senna. He does not have any prescribed medications.

He works in the city as a financial advisor and does not find time for exercise.

Weight: 75 Kg

Height: 1.7 m

His reported diet is as follows:

Breakfast: 2 slices of white toast with peanut butter and jam

1 cup of coffee with full fat milk and 1 tsp sugar

Mid-morning: 600ml diet coke

1 sausage roll

Lunch: Supermarket meal deal (egg sandwich, crisps and 600ml diet coke)

Mid-afternoon: 1 cup of coffee with full fat milk and 1 tsp sugar

2 digestive biscuits

Dinner: Steak with chips or lasagne with garlic bread or curry and rice

2 scoops of ice cream

Before bed:       1 mug of hot chocolate made with full fat milk and 1 tsp sugar

1. **Conduct a full nutritional assessment for Alan using the A-E format, justify your answer and indicate any additional information required.**

**Include a qualitative and quantitative dietary assessment, include the estimated requirements for energy, protein and fluid. (30%)**

1. **Formulate a nutrition and dietetic diagnosis for Alan. (10%)**
2. **Describe and justify all relevant patient specific outcomes. Outline and justify a dietetic treatment plan for Alan. (40%)**
3. **Write a brief statement outlining the discussion of your plan to the patient. This should be a script of what you would like to say to Alan that provides the rationale for the dietary treatment plan. (20%)**

**End of paper**