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| **Examination question paper:**  | **May 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:** | **May 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** |
|  | **Candidates will be required to answer ONE question ONLY.** |
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|  | **Do not turn page over until instructed** |

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**QUESTION ONE**

Kaira Patra is 35 years old and has recently been diagnosed with obesity and hypertension during a recent health check. Her family is originally from the Punjab region, and she has been referred for diet and nutrition advice.

Kaira works full time in the family store and spends her free time with her family. She is currently single and lives at her parents’ home, as she has carer responsibilities for her mother and father who are both retired. She is also responsible for making traditional meals for the family.

She currently weighs 80 Kg and is 1.54 m tall. A waist circumference was recorded as 82 cm. Kaira reports a gradual weight increase over the years, she remembers her weight was about 68 Kg six years ago. She has been prescribed Indapamide, 2.5 mg taken once a day in the morning. She is a non-smoker and avoids alcohol.

The most recent blood results are:

HbA1c 46 mmol/L

Total cholesterol 4.8 mmol/L

Non-HDL cholesterol 3.6 mmol/L

HDL cholesterol 1.3 mmol/L

BP 145/96 mmHg

24-hour recall:

Breakfast: 1 large bowl of cornflakes with 3 tsp sugar and full fat milk

1 cup of tea with full fat milk and 2 tsp sugar

Mid-morning: 2 chocolate whole-wheat biscuits

1 cup of tea with full fat milk and 2 tsp sugar

Lunch: 1 large bowl of lentil dahl

3 chapattis made with white flour and butter

Small bottle of flavoured water

Mid-afternoon: 1 chocolate muffin

1 medium latte with 2 tsp sugar

Dinner: A mixed vegetable and potato curry with yoghurt

2 chapattis with butter

Before bed: 1 glass of full fat milk

1. **Conduct a full nutritional assessment for Kaira 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%)**
2. **Formulate a nutrition and dietetic diagnosis for Kaira. (10%)**
3. **Describe and justify all relevant patient specific outcomes. Outline and justify a dietetic treatment plan for Kaira. (40%)**
4. **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 Kaira that provides the rationale for the dietary treatment plan. (20%)**

**QUESTION TWO**

Simon Parker is 57 years old and has oesophageal cancer. He has been admitted to hospital following an oesophageal resection and is due to undergo radiotherapy over the next 6 weeks which is predicted to be curative.

He currently weighs 72 Kg, and his height is 1.78 m. Simon reports a decline in his oral intake before this admission and has lost weight. His weight three months ago was about 85 Kg. He is currently nil by mouth post the surgery and has a radiologically inserted gastrostomy that was placed prophylactically.

Simon normally works as an electrician but has been off sick for the last month. Once the radiotherapy is complete Simon would like to return to work. Simon lives with his partner Robert, who visits on a regular basis.

Current medications: IV Amoxicillin, Cyclizine tds and 2 L/d of IV normal Saline.

His blood results today are as follows:

Sodium 149 mmol/L

Potassium 3.8 mmol/L

Urea 13.8 mmol/L

Creatinine 70 µmol/L

CRP 55 mg/L

Magnesium 0.8 mmol/L

Phosphate 0.7 mmol/L

Glucose 6.5 mmol/L

Typical intake prior to this admission:

Breakfast: ½ bowl of whole wheat biscuit with full-fat milk

                         1 mug of tea with full-fat milk, no sugar

Mid-morning: 1 can of enriched milk drink

Lunch: 1 can of Irish stew soup

                         1 pot of yoghurt

Dinner: 1 pot of jelly

                         1 pot of custard

                         1 mug of tea, as before.

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

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

1. **Formulate a nutrition and dietetic diagnosis for Simon. (10%)**
2. **Describe and justify all relevant patient specific outcomes. Outline and justify a dietary treatment plan for Simon (40%).**
3. **Discuss the practicalities you will need to consider for implementing and monitoring the treatment plan once the patient is discharged. Consider which other people or services you may need to communicate with and specify the information relevant and the method you will use to inform them (20%).**

**End of paper**