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| **Examination question paper:** | **July 2025** |

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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 2025** |
| **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**

Simon Carter is 82 years old and has a history of dementia. He also has stage 4 chronic kidney disease. He has been admitted to hospital with increased confusion and a urinary tract infection.

He currently weighs 62 Kg and his height is 1.8 m. Prior to admission his oral intake had reduced, and he has lost 6 Kg in the last 3 months. He does not have any problems with swallowing, however due to poor dentition he prefers to eat mostly soft food. He is expected to be discharged back to his nursing home in the next 2-3 days.

Current medications: IV Amoxicillin, Senna 15 mg od, and Sodium Docusate 120 mg od. He is also receiving 2 L of IV Saline each day.

His blood results today are as follows:

Sodium 149 mmol/L

Potassium 3.8 mmol/L

Urea 17.8 mmol/L

Creatinine 288 µmol/L

CRP 55 mg/L

Magnesium 0.8 mmol/L

Phosphate 1.8 mmol/L

Glucose 6.5 mmol/L

eGFR 20 ml/min

His food chart shows the following dietary intake:

Breakfast: ½ bowl of Weetabix with full-fat milk

½ mug of tea with full-fat milk

Mid morning: ½ mug of tea with full-fat milk

1 digestive biscuit dipped in his tea

Lunch: ½ puree meal – meat, potato and vegetables

1 pot of yoghurt

Dinner: ¼ puree meal – meat, potato and vegetables

1 pot of custard

½ mug of tea

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 including estimating requirements for energy, protein and fluid (30%)**

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

**QUESTION TWO**

Harjit is 47 years old and has recently been diagnosed with irritable bowel syndrome. She has been referred to see the dietitian in clinic for advice to manage her symptoms. She presents with frequent constipation, opening her bowels once per week. Harjit experiences significant pain related to this and describes her stools as very hard.

Harjit occasionally takes over-the-counter Senna and does not have any other prescribed medications.

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

Weight: 68 Kg

Height: 1.63 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 Harjit 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 Harjit. (10%)**
2. **Describe and justify all relevant patient specific outcomes. Outline and justify a dietetic treatment plan for Harjit. (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 Harjit that provides the rationale for the dietary treatment plan. (20%)**

**End of paper**