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| **Examination question paper:** | **May 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:** | **May 2025** |
| **Duration:** | **1 Hour 30 Minutes** |

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| **Exam type:** | **Seen, Closed** |
| **Materials supplied:** | **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**

Zahra Ahmed is 49 years old and was diagnosed with Type 2 Diabetes Mellitus two years ago. She has been referred to the dietitians by her GP to aid her glycaemic control.

Zahra volunteers for a local charity shop a couple of times in the week, but most of her time is taken up looking after her family. Her and her husband Junaid have two children, one boy aged 14 years and a daughter aged 9 years. She also cares for her mother who lives with them. Her mother has dementia and a history of T2DM and CVD. Zahra is responsible for all the home food shopping and cooking, whereby she loves to prepare traditional meals.

A recent weight was taken by her GP at the practice, at 85 Kg. Zahra’s weight taken three months ago was 82 Kg. Her height was recorded at 1.59 m.

A HbA1c result was also taken and recorded at 62 mmol/mol.  As the diagnosis has progressed the GP has prescribed metformin 1000 mg bd alongside lifestyle advice.

Other medications include simvastatin 40 mg od and gliclazide 80 mg bd.

24-hour recall:

Breakfast: 3 slices of white bread toast with butter and jam.

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 chapattis 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: Chickpea curry with creamy Indian sauce

4 chapattis with butter

Before bed: 1 glass of full fat milk

2 chocolate digestive biscuits

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

**QUESTION TWO**

Alan Warner is 65 years old and has prostate cancer. He has been admitted to hospital following a radical prostatectomy and is due to undergo radiotherapy over the next 6 weeks which is predicted to be curative.

He currently weighs 85 Kg, and his height is 1.82 m. Alan reports a decline in his oral intake before this admission and has lost weight. His weight three months ago was about 92 Kg. Alan can eat and drink orally but is only managing small portions of his meals currently, this is due to a poor appetite, secondary to nausea and early satiety. Alan is a retired postal worker and lives with his partner Callum, 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

Typical intake prior to this admission:

Breakfast: 1 whole wheat biscuit with full-fat milk

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

Mid-morning: 1 can of over-the-counter enriched milk drink

Lunch: 1 can of Irish stew soup

                         1 pot of yoghurt

Dinner: 1 small bowl of jelly and custard

                         1 mug of tea, as before

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 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 dietary treatment plan for Alan. (40%)**
3. **Discuss the practicalities 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**