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DMI-ST. EUGENE UNIVERSITY

ZAMBIA

DEGREE EXAMINATION – JUNE 2024

Semester: V

357 FP 51 DIETETICS II

Time: 3:00 Hours

Max. Marks: 100

Answer any FIVE Questions (5 x 20 = 100 Marks)

1. Mutale is a 33 year old male who has been abusing alcohol for the past 5 years. He recently started having mouth ulcers, frequent diarrhea, and shortness of breath. This prompted him to go to the hospital. Upon physical examination, the clinician noticed that he was pale and was displaying mild jaundice. The clinician requested for laboratory tests which revealed that Mutale's red blood cells were few and larger than normal. In addition, the cells were oval-shaped, and not round.
 - a) State and briefly describe the type of medical condition Mutale might be suffering from. In addition, briefly discuss what might have caused the condition. **(5 Marks)**
 - b) Discuss the other factors that are likely to cause the condition which Mutale has. **(6 Marks)**
 - c)
 - i. Highlight (with examples) and describe the type of diet that you would recommend for Mutale. **(4 Marks)**
 - ii. Discuss the main complications of Mutale's condition that can be observed in pregnancy and pregnancy outcomes. **(5 Marks)**
2.
 - a) Describe in detail four main modifiable risk factors for cardiovascular diseases. **(10 Marks)**
 - b)
 - i. Give an overview of the two key factors in the dietary prevention and management of Hypertension. **(5 Marks)**
 - ii. Discuss some of the complications of uncontrolled Hypertension. **(5 Marks)**
3.
 - a) Discuss in detail the role of the kidneys in relation to excretion. **(10 Marks)**
 - b) Give a detailed definition of Nephrotic Syndrome. **(5 Marks)**
 - c) Highlight the complications that can manifest as a result of Nephrotic Syndrome. **(5 Marks)**

4. a) Differentiate the three (3) most common types of diabetes. **(10 Marks)**
b) Discuss at least four (4) complications for Type 2 Diabetes and how these complications can be prevented? **(10 Marks)**
5. a) i. Explain the relationship between cancer and HIV/AIDs. **(5 Marks)**
ii. Describe how nutrition affects HIV. **(5 Marks)**
b) i. Describe how HIV affects nutrition. **(5 Marks)**
ii. Explain the relationship between nutrition and HIV infection. **(5 Marks)**
6. a) Distinguish between Marasmus and Kwashiorkor in reference to age at onset of disease, causes and specific symptoms. **(10 Marks)**
b) Briefly highlight and discuss a step by step treatment and dietary management of severe Protein Energy Malnutrition. **(10 Marks)**
7. a) In relation to diagnosis and screening, discuss how cancer mortality can be reduced in Zambia? **(10 Marks)**
b) Highlight how cancer treatment such as chemotherapy and radiation affect diet? **(10 Marks)**