

UNIVERSITY OF KWAZULU-NATAL
SCHOOL OF AGRICULTURAL, EARTH & ENVIRONMENTAL SCIENCES
DIETETICS & HUMAN NUTRITION
EXAMINATION: NOVEMBER 2014
SUBJECT, COURSE & CODE: NUTR260 P2
EPIDEMICS AND NUTRITION

DURATION: 2 HOURS

TOTAL MARKS: 100

External Examiner: Mrs S. Kassier

Internal Examiner: Mrs J. Galliers

NOTE: THIS PAPER CONSISTS OF FOUR (4) PAGES, APPENDIX 1, APPENDIX 2 AND APPENDIX 3; PLEASE SEE THAT YOU HAVE THEM ALL.

INSTRUCTIONS

- **PLEASE ANSWER ALL QUESTIONS.**
- **PLEASE WRITE YOUR STUDENT NUMBER ON EACH ANSWER BOOKLET.**

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QUESTION 1

Inadequate household food security is one of the underlying factors that contributes towards malnutrition.

Define household food security. Using the UNICEF conceptual framework, briefly discuss the factors that lead to inadequate household food security. (16x 1/2=8)

QUESTION 2

2.1 One of the problems experienced in the malnutrition-infection complex is decreased absorption of nutrients. What are the factors that contribute to decreased absorption of nutrients? Give examples to illustrate your answer. (10)

2.2 Vusi is a 3 year old boy who is brought to the clinic by his aunt, who is his main caregiver. She is concerned about the young boy because he has had diarrhoea for almost 1 month, is miserable and very thin, does not want to eat, and both of his feet are now swollen.

His weight is 10.5kg, height is 0.95m and his MUAC is 11cm.

You plot his weight-for-age, height-for-age and weight-for-height on the graphs attached (Appendix 1, 2 and 3).

2.2.1 What is Vusi's diagnosis? Substantiate your answer. (7)

2.2.2 Vusi is admitted to hospital. Name the 10 steps that need to be followed in his treatment. (10)

2.2.3 Vusi has completely recovered, and is a happy, playful toddler. The doctor wants to discharge him from hospital. What criteria need to be met before Vusi can be discharged? (6)

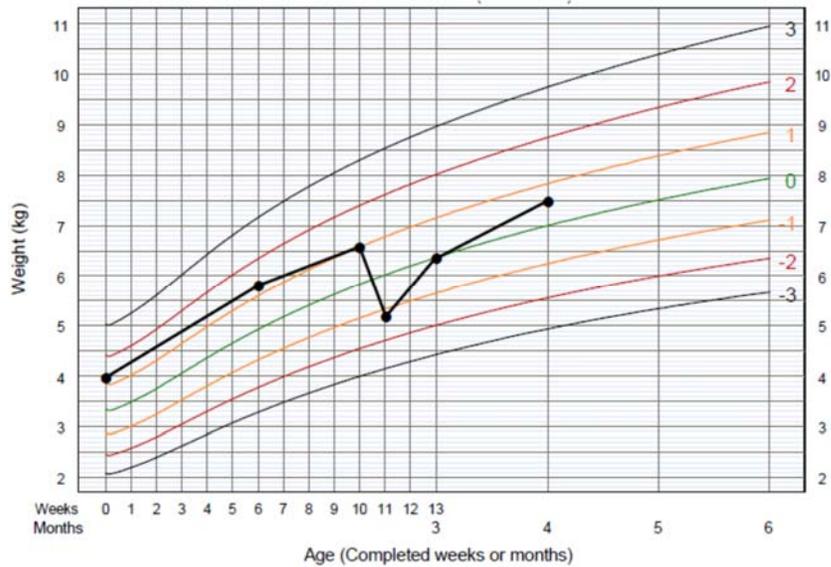
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Question 3

Samantha is a 4 month old, exclusively breastfed baby girl who is brought to the clinic for her 12 week immunizations. Look at her weight-for-age chart below, and answer the following questions:

- 3.1 What was Samantha's birth weight? (1)
- 3.2 Explain what has happened to Samantha's weight since birth up to 4 months of age. (5)
- 3.3 What is a possible reason for her weight at 10 weeks of age? (1)
- 3.4 Are you happy with Samantha's growth so far? Justify your answer. (3)

Weight-for-age



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Question 4

4.1 HIV/AIDS is associated with wasting. Explain why weight loss and loss of cell body mass are strong predictors of mortality. (5)

4.2 Why is a good nutritional status imperative in an HIV positive patient? (4)

4.3 What factors can reduce a HIV positive person's nutritional intake? (5)

4.4 As a health professional it is important to measure the effectiveness of nutritional support given to people living with HIV/AIDS. What aspects of the patient's condition can be assessed to determine how effective the nutritional treatment has been? (10)

4.5 Identify the ARV drugs used in the 1st line regimen for adults. (6)

Question 5

What dietary recommendations would you give to an adult patient with TB? (19)