

UNIVERSITY OF KWAZULU-NATAL
SCHOOL OF AGRICULTURAL, EARTH & ENVIRONMENTAL SCIENCES
DISCIPLINE OF DIETETICS AND HUMAN NUTRITION
MAIN EXAMINATION: NOVEMBER 2015
SUBJECT, COURSE & CODE: NUTRITION 711 (PY)

DURATION: 3 HOURS

TOTAL MARKS: 100

External Examiner: Mrs B Najaar
Internal Examiners: Mrs P Jarvie; Mrs P Barnard

NOTE: THIS PAPER CONSISTS OF TWO (2) PAGES. PLEASE SEE THAT YOU HAVE BOTH PAGES.

INSTRUCTIONS

- **Please answer all questions.**
- **Please write your student number on each answer booklet.**
- **Please answer Sections A and B in separate answer booklets.**

SECTION A

QUESTION 1:

[25 marks]

1.1 Explain the “1000 days” concept and its importance for both individuals and countries. (7 marks)

1.2 From your experience during your Community Nutrition module:

- name 3 Department of Health programmes or policies aimed at improving nutrition during the first 1000 days.
- describe the key features of the programme/ policy and how these improve outcomes
- give a brief evaluation of the implementation of these programmes/policies at the CHC and or hospital you worked at.

(18 marks; 1 mark per policy/ programme; 5 marks for description and evaluation)

QUESTION 2:

[25 marks]

2.1 The ARV/ PMTCT programme was updated in January 2015. What are the entry criteria and first line treatment drugs for adults and pregnant women? (7 marks)

2.2 The ARV clinic at the rural Community Health Centre you are working at has asked you to develop a pamphlet for their patients on dealing with common nutrition related problems (loss of weight, loss of appetite, diarrhoea and oral thrush). Outline the information you would include. (18 marks)

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SECTION B

QUESTION 3:

[25 marks]

The hospital in which you are working has decided to launch a weightloss programme for staff members. The occupational health nurse, coordinating the programme has asked you to do a presentation (talk) to the staff at lunch time on healthy eating. You have decided to talk about portion control as an effective, simple, reliable and sustainable tool for weight management.

Outline the content that you will cover in your talk, including information on the current statistics of overweight and obesity in South Africa (2 marks), reasons why it is on the rise (3 marks) and key messages (tips) to reduce portions (20 marks).

QUESTION 4:

[25 marks]

Mr M is a recently diagnosed Type 2 diabetic who is referred to you for counselling. He complained of not feeling well. His random blood glucose was 19 mmol/L on diagnosis. He weighs 95 kg and is 1.8m tall.

4.2 List some of the short term complications of uncontrolled diabetes (3 marks)

4.3 Mr M reports that he has a very busy lifestyle and he travels a lot. He eats frequently from takeaway restaurants and does not know how to eat in a healthy way.

4.3.1 Give Mr M some guidance on healthy lunches that will fit into his busy lifestyle that he can take from home (5 marks).

4.3.2 Suggest some healthy eating tips when eating at restaurants or takeaways (5 marks).

4.4 Mr M has observed Ramadan for many years and is concerned that this new diagnosis will prevent him from this important practice. Offer Mr M some tips to managing his diabetes during Ramadan. (5 marks)

4.5 During your Community Nutrition module you learnt about goal setting.

4.5.1 Give the full description of the acronym SMART goals. (5 marks)

4.5.2 Using the example of the recently diagnosed Type 2 Diabetic, set one SMART goal to illustrate the application these principles. (2 marks)