

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai — 600 044.

B.Sc.(NFSMD) - END SEMESTER EXAMINATIONS APRIL-2023

SEMESTER - VI

21UFMET6003 - Diet Counselling and Patient Care

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Define counseling. Explain client centered counseling and behavioural counseling with a suitable example.
2. Describe a step-by-step process for counselors in conducting an effective interview.
3. Analyse the ethical issues in assessment.
4. What actions would you take to organize health camps at hospital and community level to provide diet counseling?
5. Illustrate the characteristics of an effective nutrition counselor.
6. Classify the appropriate listening responses in forming a repertoire of communication skills.
7. Explain ethical principles for counseling.
8. Infer on how nutrition counseling can help with CVD.

Section C

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Explain the Trans-theoretical model in detail.
10. Apply the stages of change to goal setting by asking appropriate questions.
11. Examine the nutrition care process steps in counseling process.
12. Classify the ethical principles of nutritional counseling.
13. Assess the strategies dealing with diabetic eating patterns to help combat inappropriate eating behaviors when working with clients.
