

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 - 2024

SEMESTER - III

21UFMCT3005 - Medical Nutrition Therapy - I

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

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

1. Explain the differences between clear fluid, full fluid, soft diet, and regular diet in terms of their texture and composition.
2. Describe the role of macronutrients (carbohydrates, proteins, fats) in the management of sepsis and trauma patients.
3. Prepare a comprehensive weight management plan incorporating both dietary changes and physical activity routines.
4. Describe common side effects of chemotherapy and radiation therapy on nutritional status.
5. Prepare a dietary plan for a patient recovering from typhoid fever, considering their nutritional needs and limitations.
6. Prepare a sample meal plan for a patient recovering from moderate burns.
7. Describe the potential benefits of incorporating functional foods and nutraceuticals into the diet of someone with diabetes.
8. What dietary changes would you recommend to help reduce serum uric acid levels and prevent gout flare-ups in a patient with a history of gout attacks?

Section C

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

9. Describe how enteral nutrition differs from parenteral nutrition in terms of administration and absorption.
10. Prepare a dietary plan emphasizing micronutrient-rich foods for an individual living with AIDS to support immune function and overall health.
11. Justify why is it crucial for patients to progress from a clear liquid to a soft diet gradually post-surgery?

Contd...

12. Solve a case study involving a pregnant woman with GDM by recommending appropriate lifestyle modifications and dietary changes. Case Study: Kavitha is a 30-year-old pregnant woman in her 20th week of gestation. She has been diagnosed with GDM during her routine prenatal screening. Maria has no previous history of diabetes mellitus and has family history of diabetes. She is concerned about the impact of GDM on her health and the health of her baby. She has a BMI of 28 and leads a sedentary lifestyle. She admits to consuming a diet high in refined carbohydrates and sugary snacks.
13. Evaluate the effectiveness of elimination diets in identifying food intolerances.
