



PAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY

FACULTY OF HEALTH, APPLIED SCIENCES AND NATURAL RESOURCES

DEPARTMENT OF HEALTH SCIENCES

QUALIFICATION : BACHELOR OF HUMAN NUTRITION	
QUALIFICATION CODE: 08BOHN	LEVEL: 8
COURSE CODE: PCN 811S	COURSE NAME: PRIMARY CARE NUTRITION FOR HIV/AIDS AND COMMUNICABLE DISEASES
SESSION: JUNE 2022	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

FIRST OPPORTUNITY EXAMINATION QUESTION PAPER	
EXAMINER(S)	MS. MARJORIE VAN WYK
MODERATOR:	DR. FRANCIS CHIKUSE

INSTRUCTIONS
1. Answer ALL the questions. 2. Write clearly and neatly. 3. Number the answers clearly.

PERMISSIBLE MATERIALS

NONE

THIS QUESTION PAPER CONSISTS OF 5 PAGES (Including this front page)

SECTION A

QUESTION 1

[10 MARKS]

Select the most appropriate answer from the options provided. (Each correct answer earns 1 mark)

- 1.1 HIV and AIDS affects which of the following:
- Farming and production
 - A person's health and nutrition
 - Food availability
 - All of the above
- 1.2 One of the detrimental effects of malaria in pregnancy is the risk of becoming:
- anaemic
 - diabetic
 - hypertensive
 - none of the above
- 1.3 Which of the following TB drugs may interfere with pyridoxine (vitamin B6) metabolism:
- Rifampicin
 - Ethambutol
 - Isoniazid
 - All of the above
- 1.4 Name the primary strategy for the prevention of iodine deficiency disorders worldwide:
- Infant and young child feeding programme
 - Salt iodization programme
 - Water and sanitation and hygiene programme
 - All of the above
- 1.5 Measles is associated with
- Blindness
 - High blood glucose
 - Hypertension
 - None of the above
- 1.6 Iron absorption is influenced by
- Dietary iron content
 - The bioavailability of dietary iron
 - All of the above
 - None of the above

- 1.7 The most widely practiced and direct public health approach to prevent vitamin A deficiency is:
- Periodic high-dose vitamin A supplementation
 - Food fortification
 - Salt iodization
 - All of the above
- 1.8 What is the main concern with diarrhoea in children:
- Intestinal infection
 - Water and electrolyte imbalance
 - Viral infection
 - None of the above
- 1.9 An example of a nutrition-sensitive intervention is:
- Universal salt iodization
 - Dietary diversification
 - Deworming
 - All of the above
- 1.10 Food is most important for a person who has not started antiretroviral therapy. Once they begin the medications, it does not matter if they have enough food or not:
- True
 - False

SECTION B

QUESTION 2

(20 MARKS)

- 2.1 Name three (3) complementary approaches to prevent vitamin A deficiency. [3]
- 2.2 Define goiter. [1]
- 2.3 Explain the relationship between iron deficiency anaemia and work performance and productivity. [2]
- 2.4 Give an example of one (1) food that provides heme iron and one (1) food that is a source of nonheme iron. [2]
- 2.5 Name two (2) vector control interventions applicable for all populations at risk of malaria. [2]
- 2.6 Give one (1) example of a nutrition specific and one example of a nutrition sensitive intervention for women of reproductive age. [2]

2.7 Define uncomplicated malaria disease. [3]

2.8 MATCHING. Directions: On the line to the left of each description in Column I, write the letter of the compound presented in Column II that is best defined.

Use each compound only once. (*Each correct answer earns 1 mark*). [5]

COLUMN I

- 2.8.1 Structural components of cells
- 2.8.2 Energy-giving foods composed of sugars
- 2.8.3 Organic compounds
- 2.8.4 Inorganic compounds
- 2.8.5 Protect cells from breakdown

COLUMN II

- A. Fats and oils
- B. Antioxidants
- C. Carbohydrates
- D. Vitamins
- E. Minerals
- F. Proteins

SECTION C

QUESTION 4

(30 MARKS)

- 4.1 Describe any five (5) of the warning signs of dehydration during recovery from COVID-19. [5]
- 4.2 What is the biggest public health intervention to eliminate iodine deficiency disorders and what are the challenges associated with this intervention? [4]
- 4.3 List any five (5) risk factors for iron deficiency. [5]
- 4.4 Describe the nutritional support recommended for children during a measles virus infection. [10]
- 4.5 An acute attack of measles can have a significant adverse effect on the nutritional status of children. Explain the mechanism involved. [6]

SECTION D

QUESTION 5

(40 MARKS)

CASE STUDY

Scenario:

Simon and Mary are both HIV-positive and Mary is pregnant. They were counselled on PMTCT and infant feeding options. They decided to breastfeed exclusively. A healthy baby boy is born. Mary is breastfeeding exclusively. Everything is going well. Mary is doing well. She is healthy and she is using good breastfeeding practices.

Questions

- 5.1 Define exclusive breastfeeding. [2]
- 5.2 Briefly discuss the risk factors related to breastfeeding practices for the transmission of HIV from mother to child. [2]
- 5.3 Name the two (2) most immediate causes of malnutrition and poor growth of children. [2]
- 5.4 List any five [5] nonvaccine interventions for the prevention of childhood diarrhea in Namibia. [5]
- 5.5 What are the risks associated with malaria in pregnant women? [6]
- 5.6 Briefly discuss the malaria interventions strategies in Namibia since 2006. [8]
- 5.7 Mary is complaining about nausea and vomiting. What dietary advice would you give Mary to manage the nausea? *List any five key messages.* [5]
- 5.8 Describe the impact of HIV on the Agriculture Sector. [10]

THE END

Good luck