



**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: JULY 2022	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

SUPPLEMENTARY / SECOND OPPORTUNITY EXAMINATION QUESTION PAPER	
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INSTRUCTIONS
<ol style="list-style-type: none">1. Answer ALL the questions.2. Write clearly and neatly.3. Number the answers clearly.

PERMISSIBLE MATERIALS

NONE

THIS QUESTION PAPER CONSISTS OF 6 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 Which of the following nutrients do PLHIV need most:
- a. Energy
 - b. Protein
 - c. Vitamins and Minerals
 - d. All of the above
- 1.2 The signs and symptoms of malaria are non-specific. Malaria is suspected clinically primarily based on:
- a. fever
 - b. diarrhoea
 - c. malnutrition
 - d. none of the above
- 1.3 What type of diet is recommended for COVID-19 patients:
- a. a high energy, low protein diet
 - b. a low energy, high protein diet
 - c. a high energy, high protein diet
 - d. none of the above
- 1.4 What key messages on tuberculosis (TB) should consistently be provided to communities:
- a. TB is curable even in HIV-infected people
 - b. TB treatment is free of charge at public health facilities in Namibia
 - c. TB patients should complete their treatment course
 - d. All of the above
- 1.5 Insufficient dietary intake of iodine is generally related to:
- a. Lack of iodine in the environment
 - b. Vitamin A deficiency
 - c. Iron Deficiency
 - d. None of the above

- 1.6 One of the most common nutrition disorders worldwide affecting children and women:
- Zinc deficiency
 - Calcium deficiency
 - Iron deficiency
 - None of the above
- 1.7 Name the public health intervention to prevent measles:
- Nutrition education
 - Measles vaccine
 - Water and sanitation and hygiene
 - None of the above
- 1.8 The public health consequences attributed to vitamin A deficiency are
- Xerophthalmia
 - Immune dysfunction
 - Increased susceptibility to infection
 - All of the above
- 1.9 Diarrhoea is mainly transmitted through the:
- Faecal-oral route because of the consumption of contaminated food
 - Oral-faecal route because of the consumption of contaminated food
 - Oral-faecal route because of human-to-human transmission
 - All of the above
- 1.10 The three conditions most often responsible for spoilage of foods are:
- carbon dioxide, heat, and light.
 - moisture, heat, and cold.
 - oxygen, heat, and moisture
 - oxygen, cold, and light.

SECTION B

QUESTION 2

(20 MARKS)

- 2.1 Name three (3) clinical features of vitamin A deficiency in children. [3]
- 2.2 Define cretinism. [1]
- 2.3 Name two (2) enhancers of nonheme iron absorption. [2]
- 2.4 Name three (3) interventions to effectively manage pneumonia in children with severe acute malnutrition. [3]
- 2.5 TRUE or FALSE: Body Mass Index (BMI) is the best indicator for assessing the Nutritional status of pregnant women [1]
- 2.6 Give one (1) example of a nutrition specific and one example of a nutrition sensitive intervention for children. [2]
- 2.7 Why is loss of weight so extremely dangerous in people living with HIV (PLHIV)? [3]
- 2.8 MATCHING. Directions: On the line to the left of each description in Column I, write the letter of the condition / symptom presented in Column II that is best defined. Use each condition only once. (*Each correct answer earns 1 mark*). [5]

COLUMN I

- 2.8.1 Loss of greater than 10% of body weight, unintentionally, with persistent diarrhoea
- 2.8.2 Loss of subcutaneous fat
- 2.8.3 Shift of fat from extremities to centre of the body
- 2.8.4 High blood lipid levels, high blood glucose levels
- 2.8.5 No other infections and generalized fatigue

COLUMN II

- A. Lipodystrophy
- B. Weight Loss
- C. Lipoatrophy
- D. HIV Stage 1
- E. Biochemical Changes
- F. Wasting Syndrome

SECTION C

QUESTION 4

(30 MARKS)

- 4.1 Discuss the four (4) major nutrition related complaints of COVID-19 patients during recovery. [4]
- 4.2 Name four (4) factors that affect iron absorption. [4]
- 4.3 List public health interventions to reduce the global burden of deaths due to pneumonia. [8]
- 4.4 Discuss the key messages that you will teach your HIV-infected clients about safe food preparation and storage. [10]
- 4.5 Describe the four (4) core principles of malaria case management. [4]

SECTION D

QUESTION 5

(40 MARKS)

CASE STUDY

Scenario:

Michael was diagnosed with TB and has been admitted to the hospital. He is about to be discharged and the doctor has decided to put him on TB treatment. His regimen will be RHZE. In counselling on the importance of eating when taking TB medication, Michael tells you that he normally only eats once a day.

Questions

- 5.1 How will you advise Michael about nutrition and TB medication? [2]
- 5.2 Why would you counsel Michael to abstain or significantly restrict his alcohol intake? [2]
- 5.3 Explain why nutritional support is so important during TB treatment? [6]
- 5.4 Describe the relationship between tuberculosis (TB) and Diabetes mellitus. [8]
- 5.5 Describe the health outcomes of infants born to mothers with tuberculosis (TB). [4]
- 5.6 Define multi-drug resistant tuberculosis. [4]
- 5.7 Briefly explain why it is important to provide adequate energy and nutrients for a child with TB? [2]
- 5.8 Why is it so important to diagnose and treat TB in PLHIV promptly? [2]
- 5.9 Discuss the principles for providing nutrition care and support to people diagnosed with TB. [10]

**THE END
GOOD LUCK**