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QUALIFICATION : BACHELOR of HUMAN NUTRITION	
QUALIFICATION CODE: 08BOHN	LEVEL: 6
COURSE: MATERNAL AND CHILDHOOD NUTRITION	COURSE CODE: MCN621S
DATE: JANUARY 2025	SESSION: 1
DURATION: 3 HOURS	MARKS: 100

SECOND OPPORTUNITY/SUPPLEMENTARY EXAMINATION: QUESTION PAPER

EXAMINER: MRS MARI-LOUISE JEFFERY

MODERATOR: DR ROSWITHA MAHALIE

INSTRUCTIONS (*add other relevant instructions*):

1. Answer all questions on the separate answer sheet.
2. Please write neatly and legibly.
3. Do not use the left side margin of the exam paper. This must be allowed for the examiner.
4. No books, notes and other additional aids are allowed.
5. Mark all answers clearly with their respective question numbers.

PERMISSIBLE MATERIALS (*add other permissible items in the list below*):

NONE

ATTACHEMENTS

NONE

This paper consists of 5 pages including this front page

QUESTION 1: MULTIPLE CHOICE QUESTIONS**[10 MARKS]**

Evaluate the statements in each numbered section and select the most appropriate answer or phrase from the given possibilities. Fill in the appropriate letter next to the number of the correct statement/phrase on your ANSWER SHEET. [10]

1.1 Teratogens are agents that:

- a) Cause developmental abnormalities in a fetus when exposed during pregnancy
- b) Can lead to congenital disorders or birth defects
- c) Can affect fertility, conception, and fetal development
- d) A, B and C

1.2 The placenta:

- a) Removes waste products from the fetus
- b) Is a passive barrier
- c) Weighs 450 grams
- d) Provides nutrients to the fetus at the expense of maternal nutritional status

1.3 The variations in breast size of women:

- a) Is related to the amount of fat in the breasts
- b) Is a reflection of the amount of breastmilk that can be produced
- c) Is determined by number of alveoli in the breasts
- d) A, B and C

1.4 Infants who are fed infant formula:

- a) Tend to have less allergic reactions than breastfed infants
- b) Have an increased risk in developing Chron's disease
- c) Consume colostrum in adequate amounts
- d) Develop faster intellectually than breastfed infants

1.5 Infant birth weight is determined by:

- a) length of gestation
- b) Pre-pregnancy weight
- c) Weight gain during pregnancy
- d) A, B and C

1.6 Weaning should occur according to:

- a) A child's age
- b) The developmental readiness, growth and physiological maturation of the child
- c) the child's sleep patterns
- d) A, B and C

1.7 Height-for-age < -3 SD on the WHO growth reference charts indicate:

- a) Underweight
- b) Severe wasting
- c) Severe stunting
- d) Moderate acute malnutrition

1.8 Low mid upper-arm circumference in pregnant women has been associated with:

- a) Fetal growth restriction
- b) Low birth weight of the fetus
- c) Neonatal morbidity
- d) A, B and C

1.9 The immediate determinants of maternal and child nutrition are:

- a) Diets and care
- b) Diets and access to healthcare services
- c) Diets and socio-cultural norms
- d) Diets and social protection services

1.10 In resource-poor settings or when a child does not want to consume ready-to-use therapeutic food, it can be substituted with:

- a) Breastmilk
- b) Commercially prepared peanut butter
- c) F-75
- d) F-100

QUESTION 2: TRUE/FALSE QUESTIONS

[10 MARKS]

Evaluate the statements and select whether the statement is true or false. Write the word 'True' or 'False' next to the corresponding number on your ANSWER SHEET. [10]

- 2.1 Mothers in the PMTCT programme that choose not to exclusively breastfeed for the 1st 6 months should be issued with infant formula.
- 2.2 A woman's nutritional status will affect fertility and is the only determinant of genetic contributions made to her offspring.
- 2.3 Overweight pregnant women are advised to engage in vigorous exercise to assist with weight loss.
- 2.4 Breastmilk contains 10 times as much cholesterol as infant formula.

- 2.5 In order to prevent micronutrient deficiencies, newborn infants require multivitamin supplementation immediately after birth.
- 2.6 The amount of protein in breastmilk is inadequate for 1st six months of an infant's life.
- 2.7 Information on breastmilk substitutes should be displayed in healthcare centres to inform mothers about alternatives to breastfeeding.
- 2.8 If a 6-month-old infant refuses the introduction of solid foods, weaning can be delayed up to the age of 8 months.
- 2.9 Anthropometry can be used as a prognostic index for mortality and morbidity.
- 2.10 A pregnant woman with severe acute malnutrition (SAM) should be admitted in a health care facility until her body mass index exceeds 18.5 kg/m^2 .

SECTION B: SHORT / LONG ANSWER QUESTIONS

[80 MARKS]

QUESTION 3:

[24 MARKS]

Please answer ALL of the questions in this section.

- 3.1 Outline the factors that could contribute to a poor pregnancy outcome. [7]
- 3.2 Examine the circumstances under which formula feeding may be considered appropriate. [7]
- 3.3 Due to the low breastfeeding rates in the country, you are tasked to write a policy on the to address this concern. In your policy you are required to make recommendations on the Mother-Baby Friendly Hospital Initiative. Outline the ten (10) steps to successful breastfeeding that should be implemented to increase national breastfeeding rates. [10]

QUESTION 4:

[56 MARKS]

Please answer ALL of the questions in this section.

- 4.1 In Namibia, 24 percent of children under 5 are stunted, 6 percent are wasted and half of all children under 5 are anemic. Discuss the two phases of the inpatient care of children with severe acute malnutrition and medical complications. [24]
- 4.2 Describe the term "Kangaroo Mother Care", outlining the benefits thereof for the infant. [9]

4.3 Analyse the essential components of Polycystic Ovarian Syndrome (PCOS) by addressing the following aspects:

- a) Key features [8]
- b) Diagnostic criteria [5]
- c) Nutrition management strategies [10]

END OF PAPER