

2916/303

**DIET THERAPY III AND
NUTRITION EDUCATION AND
COUNSELLING THEORY**

Oct./Nov. 2021

Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL

DIPLOMA IN NUTRITION AND DIETETICS

MODULE III

DIET THERAPY III AND NUTRITION EDUCATION AND COUNSELLING THEORY

3 hours

INSTRUCTIONS TO CANDIDATES

This paper consists of TWO sections; A and B.

Answer ALL the questions in section A and any THREE questions from section B in the answer booklet provided.

Each question in section A carries 4 marks, while each question in section B carries 20 marks.

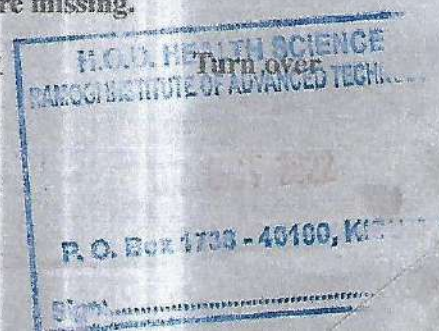
Maximum marks for each part of a question are indicated.

Candidates should answer the questions in English.

This paper consists of 3 printed pages.

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

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SECTION A: (40 marks)

Answer ALL the questions in this section.

1. Give four reasons for maintaining an ideal nutritional status for patients with cancer. (4 marks)
2. State four objectives of dietary managing gout. (4 marks)
3. Describe the Wallace "Rule of Nines" in assessment of the total burn surface area. (4 marks)
4. Outline four ways of meeting the increased protein needs in patients with febrile conditions. (4 marks)
5. Highlight two differences between osteoblasts and osteoclasts. (4 marks)
6. Give four reasons why some population are referred to as 'risk groups' in nutrition counselling. (4 marks)
7. Highlight four tenets of the health belief model in adopting new healthy behaviours. (4 marks)
8. Indicate four challenges that a nutritionist may face during counselling. (4 marks)
9. Describe two roles played by stakeholders in the provision of nutrition education. (4 marks)
10. Highlight four characteristics of andragogy learning. (4 marks)

SECTION B: (60 marks)

Answer any THREE questions from this section.

11. (a) Describe carcinogenesis with relevance to nutrition. (8 marks)
(b) Explain the four categories of burns based on their level of vertical penetration. (12 marks)
12. (a) Describe five complications associated with gastric surgery that have nutritional implications. (10 marks)
(b) Outline five points on the purpose of a high protein-high calorie diet in febrile conditions, cancer and burns. (10 marks)

13. (a) Explain five possible causes of iatrogenic malnutrition. (10 marks) ✕
(b) Describe five nutrition recommendations for the management of coughs. (10 marks)
14. (a) Highlight five points to consider when developing nutrition education materials. (10 marks)
(b) Explore five characteristics of the recovery phase in nutrition care of burns. (10 marks)
15. (a) Describe five dietary modifications for patients who have undergone total gastrectomy. (10 marks)
(b) Explain five ways in which a nutrition counsellor can increase his/her multi-cultural competence. (10 marks)

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