**IDA REGISTERED DIETITIAN EXAMINATION**

**NOVEMBER 2014**

**Paper II**

**Nutrition, Dietetics and Food Service Management**

**Time: 2 Hrs Max. Marks: 100**

**Answer All Questions**

**SECTION A**  **( 30 marks)**

1. **Multiple Choice Questions:**  **( 5 x 1 = 5 marks)**
2. Concentration of amino acids in parenteral solutions:
3. 3%-15%
4. 15%-25%
5. 10%-20%
6. None of the above.
7. Definition of Cholesterol free :
8. Less than 1 mg of cholesterol and 1 gm of saturated fat
9. Less than 2 mg of cholesterol and 2 gm of saturated fat
10. 0 mg of cholesterol and saturated fat
11. 4mg of cholesterol and 2 gm of saturated fat.
12. IDTR in hospitals defines:
13. Inter Departmental Team rounds.
14. Inter Disciplinary Team Rounds
15. Intra Departmental Team rounds.
16. Intra Disciplinary Team Rounds
17. Elimination Diet level 1 includes:

a. Milk, Egg, Wheat Free

b. Ground nut, Milk and Wheat

c. Milk and Wheat Free

d. Groundnut, Egg free

5. Diabetic ketoacidosis is characterized by elevated blood glucose levels

a. ≥250mg/dl ≤650mg/dl

b. ≥200mg/dl ≤650mg/dl

c. ≥250mg/dl ≤600mg/dl

d. ≥200mg/dl ≤600mg/dl

1. **Fill in the blanks**   **( 5 x 1 = 5 marks)**
2. In GI diseases when the amount of gastric mucosa is reduced, it leads to deficiency of \_\_\_\_\_\_\_Vitamin.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_supplement is helpful in dumping syndrome as they reduce the upper GI, decrease the rate glucose absorption.
4. Full form of NASH is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ also called as silent liver disease.
5. \_\_\_\_\_\_\_\_\_ is a natural increase in morning blood glucose levels and insulin requirements that occurs in people with and without diabetes.
6. \_\_\_\_\_\_\_\_\_\_\_\_ helps transport LCPUFA into mitochondria for oxidation as source of energy.

**III. Write the following formula and where it is used:**  ( **5 x 2 = 10 marks)**

1. Parkland Formula
2. Harrison Benedict s Formula
3. Hamwi’s Equation
4. Creatinine Height Index
5. PDCAAS

**IV. Answer any FIVE of the following in short.**  ( **5 x 2 = 10 marks)**

1. What is 40-30-30 diet?
2. Full form of
   1. DHEA
   2. DEXA
3. Give the most bio available form of Calcium supplement. Name two factors which hinder the absorption of calcium in diet.
4. What is Stress Ulcer?
5. Write WHO based ORS solution composition for combating Diarrhoea.
6. Explain Fasting Hypoglycemia.

**SECTION B (40 marks)**

**V. Answer the following:**  ( **10 x 3 = 30 marks**)

1. Give RDA of Vitamin B12 and any two vegetarian food sources rich in B12 with their values.
2. Define and explain role of Dietetics Department in the following:
3. JCI
4. NABH
5. ISO
6. Write major five points which Nutrition Screening form must include?
7. Give any two differences between Bolus, Intermittent and Continuous drip.
8. Explain:
9. BAT
10. Bariatrics
11. LPL
12. Write three differences between IBD and IBS?
13. Give any three points on counselling techniques which will help in better patient care for Nutrition Care Process.
14. List any five foods that trigger Migraine and give the MNT involved in managing migraine.
15. Write about these in 2 lines
16. C0 Q10
17. Stanols
18. Flavonoids.
19. Give the Sodium Requirement in the following conditions:
20. Cirrhosis of liver with severe ascitis
21. ESRD stage IV
22. Renal Transplant
23. Essential Hypertension
24. Congestive Cardiac Failure
25. Healthy individual with normal eating habits.

**VI. Answer any TWO of the following: ( 5 x 2 = 10 marks)**

1. Write a short note on why these investigations are recommended and give their normal

ranges:

1. TIBC
2. Vitamin D3
3. CRP
4. Homocysteine values
5. Serum Magnesium

2. Explain following terms:

a. Arginine

b. Choline

c. Phytochemicals

d. SCFA

e. Taurine

3. Write six Dietary Guidelines for Lifestyle Modification?

**SECTION C**

**VII. Answer TWO questions ( 1or 2 and 3 or 4): ( 15 x 2 = 30 marks)**

* 1. 45 year old female wanted to lose weight and tried all weight loss programs. She is Diabetic, Hypertensive and has sleep apnea, back pain, knee pain. Her height is 5 ft 1 inch and weight 95 kg. She has followed strict weight loss attempts and was able to reach 85 kgs but again regained back.
* How would you identify her major hurdle in weight loss program.( 2 marks)
* Identify nutrient based nutrition in her diet plan? ( 2 marks)
* What are goals of treatment? ( 2 marks)
* What guidelines you would offer her at this time when she has regained weight back. ( 4 marks)
* Plan a MNT with Sample Diet Plan. ( 5 marks)

**OR**

* 1. 32 year young male case of head injury trauma was admitted in ICU with sepsis, shock and MODS. Within 24 hours of admission to the hospital , craniotomy was done.

Present condition.

Fever : High grade 104

WBC : 21000 cells/L

Hb: 6.5 gm/dl

Urea: 80 mg/dl

Cr: 5.5 mg/dl

On Ventilator with Lung infection, Acute Renal Failure, on Dialysis alternate days and on antibiotics, Urine output minimal .

* + - Plan out Nutrition screening ( 3 marks)
    - Give Medical Nutrition Therapy for Post -Craniotomy (2 marks)
    - Mention the fluid and NG tube feeding management for the above case (2 marks)
* Calculate Total Calories to Nitrogen calories of the feed and mention its optimum ratio. ( 3 marks)
  + - Plan a NG feeding plan considering his above conditions in view.(5 marks)
  1. 55 year old male diabetic since 10 years developed Intestinal obstruction. Ileostomy was performed and a pouch was done.
* Plan Peri-operative TPN regime when patient is kept NBM for first week of surgery ( 3 marks)
* Plan MNT for the above patient Post operative ( 3 marks)
* Water and electrolyte requirement in the above case. ( 2 marks)
* Diabetic and post-op ileal resection : micronutrient requirement.(2 marks)
* Sample menu plan for the above case in post operative soft diet phase ( 1 month after surgery) ( 5 marks)

**OR**

* 1. 21 year young boy, showed symptoms of hypoglycaemia and was detected with type 1

diabetes mellitus (>450mg/dl). Weight 65 kg Ht: 5 ft 6 inches, lost weight to 58 kg. He is a Sports person and plays 4 hours a day. He is on Novomix 16 U in the morning and 20 U at bed time. He complains of hypoglycemia at 2 am early morning. His goal as a sports man is to improve his stamina and muscle weight.

* Give MNT for the above case ( 3 marks)
* How would you improve his muscle weight and stamina.( 3 marks)
* Define carbohydrate loading pre sports and post sports.( 2 marks)
* Give recommendations on micronutrients as a sports person. ( 2 marks)
* Plan a diet with PCF distribution and carbohydrate management in the diet. Plan a day’s menu. ( 5 marks)

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