

No. 13. 3794-35  
16d

THE NORTHERN DISTRICT SCHOOL OF NURSING School 53.

SECOND YEAR BLOCK

SCHOOL 53

DIET IN DISEASE EXAMINATION

22nd May, 1963.

Time allowed: 1 hour

IMPORTANT: Read the questions carefully and answer only what is asked as no marks will be given for irrelevant material.

1. What are the principles governing the selection of food for:-

a. Reduction diet. Low calorie, normal protein, High Vitamins.  
Low fat + low Carbohydrate. Low Sodium.

1. Lower caloric intake so that body has to use stored food
2. When ideal body weight has been reached increase the intake so as to maintain the weight
3. Satisfy the mo appetite
4. Maintain adequate nutrition

b. Low Residue Diet.  
Avoid chemically, mechanically and thermally irritating foods  
Avoid foods which stimulate gastric juices, and highly spiced foods

Give small frequent meals. Do not drink with meals. Have plenty of vitamins  
This diet is not only concerned with the stomach - it needs further understanding.

c. Low Fat Diet.

Food to be lean and not contain any fat and food to be dry fried or grilled  
Low sodium diet. High carbohydrates, normal proteins and adequate vitamins and minerals. Foods should be boiled, steamed and grilled. Animal fat should be excluded. Food should be nutritionally and adequately sufficient 20 Marks. 15/30

Vegetables are useful in this diet.

2. Anaemias of Nutritional importance are those caused by:-

1. Haemorrhage.
2. Deficiency of dietary factors. ea Iron, Vit B<sub>12</sub>
3. Infections, diseases, and toxic effects of some drugs.

List substances necessary for the formation of mature red cells.

- |           |                               |
|-----------|-------------------------------|
| 1. Oxygen | 4. Wolff Anti-anaemic factor. |
| 2. Iron   | 5. Healthy bone marrow        |
| 3. Copper | 6. First class Proteins       |

Which foods supply these needs.

Liver	milk	apricots	egg yolk.
Kidney	cheese	oranges	whole grain cereals.
Red meat	First class proteins.		
legumes	leafy green vegetables		

30 Marks.

3. Write brief notes on:-

a. Vitamin B 12

is necessary for the formation of the intrinsic factor found in the hydrochloric acid in the stomach. Deficiency of which is called Pernicious Anaemia where Vit B<sub>12</sub> is not utilized or absorbed

b. Essentials of a well balanced diet.

Should be taken from the "Protective" diet which is formed by following

Per Day . 1 pint milk, 1 egg, 1 serving of meat or fish, 1 serving of potato and other veg (1 preferably raw) 2 servings of fruit (1 preferably raw) 1oz butter  
At least one serving of whole grain cereal. Diet should consist of at least 2 pints of.  
13 Marks. 30/30

4. Write brief notes on:-

1. Ketosis - deficiency of carbohydrate metabolism when the pancreas does not secrete enough insulin with a ~~decrease~~ <sup>increase</sup> in blood sugar and secretion of acetone and diacetic acid in the urine. This can be controlled by restricted carbohydrates and administration of insulin.

→ Occurs to people taking insulin.

2. Hypoglycaemic Coma. due to low blood sugar and can be caused from -  
 1. Mistake in measuring insulin. 2. Too much exercise. 3. Increased tolerance to insulin.  
 4. Poor absorption due to vomiting and diarrhoea. 5. Too long a gap between insulin + meal.

Signs & Symptoms: hunger, thirst, sweating, dizziness, faintness, tremor, irritability, nervousness, acting as if intoxicated, dilated pupils, blurred or double vision, convulsions, coma. Treatment: Have a teaspoon of sugar, barley sugar as soon as 15 Marks. Symptoms occur. Should always carry card to say that person is a diabetic + should always have on hand barley sugar or sweet.

5. Describe the dietetic treatment of a patient admitted with Acute Nephritis.

Aims of diet

1. Rest the kidney
2. Prevent oedema
3. Prevent uraemia
4. Maintain adequate nutrition

The diet should consist of

1. Restricted Protein
2. No salt
3. High Vitamins particularly C.
4. Low caloric diet.
5. Fat as tolerated.

20 Marks.

Patient is admitted <sup>20-30 or</sup> and usually put onto fluids 20-30 or with glucose orange and boiled water..

- Slowly graduated onto
1. fruit
  2. vegetables
  3. milk & eggs.
  4. meat and fat
  5. salt

20  
20

Dr will graduate patient onto each stage of the diet