UNIVERSITY OF SWAZILAND
SUPPLEMENTARY EXAMINATION PAPER

PROGRAMME: BACHELOR OF NURSING SCIENCE YEAR II

COURSE CODE: GNS203

TITLE OF PAPER: NUTRITION AND DIETETICS

TIME ALLOWED: TWO (2) HOURS

INSTRUCTIONS: ANSWER QUESTION ONE (1) AND ANY OTHER TWO (2) QUESTIONS

DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR
QUESTION 1 (COMPULSORY)

(a) What is nutritional assessment and how can it be completed? (10 Marks)

(b) What are the advantages and disadvantages of the 24-hour recall? (10 Marks)

(c) What are the main causes of hospital malnutrition? (10 Marks)

(d) What are the principal ways of treating a malnourished patient? (10 Marks)

[TOTAL MARKS = 40]

QUESTION 2

Describe the role and deficiency diseases of the following nutrients:

(a) Protein (10 Marks)

(b) Vitamin A (10 Marks)

(c) Iron (10 Marks)

[TOTAL MARKS = 30]
QUESTION 3

(a) What is the recommended dietary approach to the prevention and treatment of hypertension?  
(15 Marks)

(b) What dietary and lifestyle modifications would reduce the risk of cardiovascular disease?  
(15 Marks)

[TOTAL MARKS = 30]

QUESTION 4

(a) What dietary protocols should be followed after undergoing gastric surgery?  
(20 Marks)

(b) Explain how you would support a child with type 2 diabetes nutritionally.  
(10 Marks)

[TOTAL MARKS = 30]