

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/04/6/A

Conduct Nutrition Care Process

March/April 2025



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

PRACT MENT

Time: 1 HOUR 30 MINUTES

INSTRUCTIONS TO CANDIDATE:

Case Scenario

You are working as a nutritionist in the speciality clinics where individuals with chronic diseases are attended. A woman aged 45 years has been newly diagnosed with hypertension and referred to see the nutritionist for nutrition review. The woman weighs 85kgs and is 165cm tall.

Laboratory assessment reveals that she has high levels of low-density lipoprotein and decreased levels of high-density lipoprotein. The woman complains of severe headache, shortness of breath, and changes in vision. She dislikes consuming vegetables, indulges in wine consumption very frequently with friends, and enjoys consuming fried chicken, chips, sausages, cakes and chocolates.

Assuming you are the nutritionist reviewing the woman perform the following tasks;

TASK 1: Conduct the following assessments:

- a. Anthropometric assessments
 - a) Waist and hip circumference
 - b) Skinfold
- b. Clinical assessments
 - a) Oedema
 - b) Blood pressure

TASK 2: Using the assessment data obtained, come up with a nutrition diagnosis

TASK 3: Conduct nutrition counselling

TASK 4: Document the relevant information from the above tasks

You have been provided with the following resources for the practical tasks:

- Fools caps
- Preselected female client to assume the role of a 45-year-old woman
- Lab coat
- Food pyramid
- Gloves
- Skinfold caliper
- Sphygmomanometer/ Bp Machine
- Stethoscope