

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/06/6

Provide Diet Therapy in Systemic Disorders

November/December 2025



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

WRITTEN ASSESSMENT

Ti S

INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.
2. Answer ALL questions in section **A** and **ANY THREE** (3) questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet
5. Do not write on the question paper.

This paper consists of FOUR (4) printed pages

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

SECTION A (40 MARKS)

Attempt ALL the questions in this section.

1. Nutrition is very critical in management of systemic disorders. Outline FOUR ways in which nutrition is important in management of systemic disorders. (4 Marks)
2. Screening tools are commonly used to determine which patients are at risk of malnutrition. State FOUR standardized screening tools used for detecting patients at nutritional risk in systemic disorders. (4 Marks)
3. 25-year-old patient is diagnosed with celiac disease. Name FOUR common signs or symptoms associated with celiac disease that would guide their nutritional management. (4 Marks)
4. Excessive intake of certain nutrients can increase the risk of cardiovascular disease. List FOUR nutrition-related risk factors for cardiovascular disorders. (4 Marks)
5. A 30-year-old patient presents with a high-grade fever and signs of systemic inflammation. State FOUR ways in which the fever and inflammatory response can alter the patient's nutrient requirements. (4 Marks)
6. In type 2 diabetes mellitus, inadequate managed diet therapy can significantly affect the patient's health. Name FOUR conditions that may arise as a result of improper nutrition management of Type 2 diabetes. (4 Marks)
7. Early detection of complications improves outcomes in renal disease. Give FOUR clinical signs and symptoms indicating worsening kidney function. (4 Marks)
8. Collaboration among healthcare professionals improves nutrition outcomes. Outline FOUR reasons why interdisciplinary teamwork is important in management of neurological disorders. (4 Marks)
9. A 60-year-old patient has been admitted with autoimmune thyroid disease and type 2 diabetes. State FOUR biochemical assessment indicators that would indicate the need for nutrition care. (4 Marks)
10. A patient with chronic gastritis is experiencing poor digestion and absorption. List FOUR nutrients that are commonly deficient in such patients. (4 Marks)

SECTION B (60 MARKS)

Attempt Any THREE Questions in This Section

11. Peptic ulcer disease is a common digestive disorder that damages the stomach and or duodenal lining, leading to discomfort and nutritional concerns, and requires appropriate dietary management while addressing challenges in adherence.
 - a. Discuss THREE nutrition goals in managing patients with peptic ulcer disease. (6 Marks)
 - b. Explain FOUR dietary recommendations to minimize irritation of the gastrointestinal tract. (8 Marks)
 - c. Describe THREE challenges faced by patients with peptic ulcers in adhering to dietary management. (6 Marks)
12. Chronic respiratory illnesses and febrile conditions often place extra demands on the body, creating challenges and therefore require appropriate dietary considerations that address both immediate needs and long-term management.
 - a. Describe THREE dietary problems commonly observed in Chronic Obstructive Pulmonary Disease (COPD) (6 Marks)
 - b. Explain FOUR dietary inter optimizes energy balance and support recovery in in COPD. (8 Marks)
 - c. Discuss THREE ways in which fever influences protein and fluid requirements in COPD. (6 Marks)
13. A 55-year-old patient with poorly controlled type 2 diabetes is undergoing diet therapy. The nutritionist must guide dietary planning, lifestyle modification, and prevention of complications.
 - a. Explain FIVE dietary principles for controlling blood glucose in type 2 diabetes. (10 Marks)
 - b. Describe FIVE long-term lifestyle changes recommended for patients with type 2 diabetes. (10 Marks)
14. Advanced chronic kidney disease is a progressive condition that influences health and nutrition status, requiring thoughtful management that considers the problems patients encounter, the dietary modifications needed, and the challenges that may affect adherence to care recommendations.
 - a. Describe THREE common nutrition problems in advanced CKD. (6 Marks)
 - b. Explain FOUR dietary modifications necessary to reduce renal complications. (8 Marks)

- c. Discuss THREE challenges in monitoring adherence to renal diets. (6 Marks)