

091505T4NUT

NUTRITION AND DIETETICS LEVEL 5

MED/OS/NUD/CR/03/5/A

Conduct Nutrition Care Process

Nov/Dec 2024



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

PRACTICE

MENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE:

A 20-year-old female has been diagnosed with malaria. She has been experiencing symptoms of the illness, including loss of appetite, nausea, and vomiting, which have affected her ability to maintain a proper diet. Her hemoglobin level is significantly low at 7.5 g/dL, indicating anemia, which may be a result of the malaria infection or other underlying factors. As the nutritionist working in the health center, you are tasked with developing a nutrition care plan.

1. You are required to perform the following tasks
 - i. Carry out anthropometric assessment.
 - ii. Use the food frequency questionnaire provided to conduct dietary assessment.
 - iii. Determine nutrition diagnosis.
 - iv. Provide nutrition counselling on iron intake.
 - v. Document the nutrition care plan.

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

- 7-Day Food Frequency Questionnaire (Appendix 1)
- Nutrition care plan form (Appendix 2)
- Adult MUAC tape
- Stadiometer
- Bathroom weighing scale
- Pre-selected female client
- Pen
- Foolscape
- Hand gloves
- Calculator

Nb: The pre-selected female client represents a 20-year-old female.

APPENDIX 1

7 DAY FOOD FREQUENCY QUESTIONNAIRE

Instruction: Tick where appropriate

Food Group	Food Items	Never	1-2 Times/Week	3-4 Times/Week	Daily
Carbohydrates	Ugali (maize meal)				
	Chapati				
	Rice				
	Matoke				
	Githeri (maize and beans)				
	Bread				
	Mandazi				
	Sweet potatoes / yams				
Vegetables	Spinach				
	Cabbage				
	Sukuma wiki (kales)				
	Managu (African nightshade)				
	Terere (amaranth leaves)				
	Mrenda (jute mallow)				
Fruits	Bananas				
	Oranges				
	Mangoes				
	Watermelon				
	Avocados				
	Apples				
	Pawpaw				
	Pineapples				
Plant proteins	Beans				
	Lentils				
	Green grams				
Animal proteins	Beef				
	Mutton				
	Fish				
	Eggs				
	Goat meat				
	Groundnuts'				
	Chicken				
	Milk				
	Yoghurts/ Mala				
Fats and oils	Cooking oil (vegetable oil)				
	Cooking fat				
	Butter				

Beverages	Ghee				
	Margerine				
	Coffee				
	Tea				
	Soda				
	Alcoholic drinks				
	Juice				

APPENDIX 2
NUTRITION CARE PLAN FORM

PATIENT CARD

NAME: _____ **AGE:** _____ **GENDER:** _____
P NO: _____

Nutrition Assessment:

Nutrition Diagnosis:

Nutrition Intervention: