



College of Applied Medical Science

Community Health Department

Clinical Nutrition Program

Second Semester 1435/1436

9 March 2015

First midterm

Practicum 1 in clinical nutrition

CHS 369

Course instructor: Dr Sadeem Aljammaz

Student Name: _____

Student Number: _____

Time: 1.5 hr.

Sections	Total possible score	Student's score
1	7.5	
2	2.5	
3	10	
Total	20	

Section 1. Give a clear and concise answer, as if you are giving this information to your patient, too much information will not be marked, as too much talk will not be heard by the patient. (1.5 points each).

1- Which food items should be omitted in fiber restricted diets?

2- Who are the appropriate candidates for gastric bypass surgery?

3- What deficiencies may occur following gastric surgery?

4- How can a patient with type 2 diabetes reduce their hypertension, hyperglycemia, and dyslipidemia other than medication use?

5- When do use the adjusted body weight? And when do use the ideal body weight?

6- There are few assessments that are a must for every pediatric patient. What are they?

Section 2. Fill in the blanks. (0.5 points each).

1- There is a risk of developing _____ or _____ in older adults with diabetes.

2- The excessive intake of some dietary fibers may bind and interfere with the absorption of _____.

3- A clear liquid diet is indicated _____.

4- To have a low fat diet, the maximum percentage of fat should not exceed ____% of the total calories.

Section 3. Case studies. (10 points).

Ms. Munera is a 50 years old female, she has DM and GERD. Her BMI is within the normal range.

She was brought to hospital by her son because she fainted at home. She has also been complaining of loss of appetite, heartburn, bloating, flatulence, vomiting, weight loss and constipation. She complains of indigestion and pain in the abdomen that becomes worse after eating.

On examination she is suspected of having gastritis.

She claims that she follows her diet and takes her medication. She takes two kinds of pills Sulfonylureas (Amaryl) and Biguanides (metformin).

Using the above mentioned information please answer to the following questions:

1. What labs do you need to see for this patient? Explain why for each?

2. What could be the cause of her fainting? How can she avoid this?

3. To interview the patient, what are the questions you will ask to cover all of the information you need to know to give her proper dietary instructions?

4. Go over the general guidelines of the dietary therapy for Ms. Munera with her, covering all of her issues, starting from the most important onward.

5. Beside diet, what other behavioural or life style modifications that you would recommend? Give the patient clear realistic points.

6. She does not understand why she is taking two medications for her DM, Explain for Ms Muneer how each woks.