

**BOWEN UNIVERSITY, IWO**  
**COLLEGE OF HEALTH SCIENCES**  
**NUTRITION AND DIETETICS PROGRAM**  
**2023/2024 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 417 COURSE TITLE: DIET THERAPY PRACTICAL (Part A: Theory)**

**CREDIT UNIT: 2**

**TIME: 1 HOUR 15 MINUTES**

**INSTRUCTION: ANSWER FOUR QUESTIONS ONLY**

1. Mummy Ife, aged 70, was admitted to the ward with history of pain on her left breast, a bloody discharge from the breast and unexplainable weight loss. She was taken immediately for an MRI and later a fine needle aspiration cytology (FNAC) with pending results.
  - a. Indicate the condition Mummy Ife is suffering from
  - b. Describe in details the dietary management of this condition
  - c. Highlight the effect of the diet in ameliorating the disease condition **15 marks**
  
2. Mr. Danjuma is a 50 year old man with a 10 year history of polydipsia, polyphagia and polyuria. He had fasting blood glucose record value of 140 mg/dl. He was referred to the dietetic clinic for further expert management
  - a. What is the diagnosis?
  - b. Describe in details the dietary management of this condition
  - c. Highlight the effect of the diet in ameliorating the disease condition **15 marks**
  
3. A 75-year-old man with a history of unlimited alcohol consumption was admitted a day ago through the emergency room with complaints of headache and altered vision. His Blood pressure 210/100, pulse 72.
  - a. What is your diagnosis?
  - b. Describe in details the dietary management of this condition
  - c. Highlight the effect of the diet in ameliorating the disease condition **15 marks**
  
4. A 45-year old woman with a history of frothy/ foamy urine, generalized body swelling that reduces during the day. He has a reduced urinary output of 9-15ml/hr. Laboratory results indicated elevated sodium level, serum creatinine 9mg/dl. She is referred to your dietetic clinic.
  - a. What condition is the 45year old woman suffering from?
  - b. Describe in details the dietary management of this condition
  - c. Highlight the effect of the diet in ameliorating the disease condition **15 marks**
  
5. Mr. Obi is a married 48 year old bank manager. Mr. Obi has a sedentary lifestyle. He always sleeps around 7pm in the evening and wakes at 6am. He usually eats instant foods and loves eating foods which have condiments. He loves eating fatty salty foods. His height is 1.6m and weight 90kg.
  - a. Indicate the condition Mr. Obi is suffering from?
  - b. Describe in details the dietary management of this condition
  - c. Highlight the effect of the diet in ameliorating the disease condition **15 marks**
  
6. A 38-year old female was referred from the emergency room to the dietetic clinic with these symptoms; hematemesis, abdominal distention and weight loss.
  - a. Indicate the condition the 38 year old is suffering from?
  - b. Describe in details the dietary management of this condition
  - c. Highlight the effect of the diet in ameliorating the disease condition **15 marks**

**BOWEN UNIVERSITY, IWO  
COLLEGE OF HEALTH SCIENCES  
NUTRITION AND DIETETICS PROGRAM  
2023/2024 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 417**

**COURSE TITLE: DIET THERAPY PRACTICAL (Part B)**

**CREDIT UNIT: 2**

**TIME: 40 MINUTES**

1. Mummy Ife, aged 70, was admitted to the ward with history of pain on her left breast, a bloody discharge from the breast and unexplainable weight loss. She was taken immediately for an MRI and later a fine needle aspiration cytology (FNAC) with pending results.

**Prepare a meal to manage the above condition**

**BOWEN UNIVERSITY, IWO  
COLLEGE OF HEALTH SCIENCES  
NUTRITION AND DIETETICS PROGRAM  
2023/2024 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 417**

**COURSE TITLE: DIET THERAPY PRACTICAL (Part B)**

**CREDIT UNIT: 2**

**TIME: 40 MINUTES**

2. Mr. Danjuma is a 50 year old man with a 10 year history of polydipsia, polyphagia and polyuria. He had fasting blood glucose record value of 140 mg/dl. He was referred to the dietetic clinic for further expert management

**Prepare a meal to manage the above condition**

**BOWEN UNIVERSITY, IWO  
COLLEGE OF HEALTH SCIENCES  
NUTRITION AND DIETETICS PROGRAM  
2023/2024 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 417**

**COURSE TITLE: DIET THERAPY PRACTICAL (Part B)**

**CREDIT UNIT: 2**

**TIME: 40 MINUTES**

3. A 75-year-old man with a history of unlimited alcohol consumption was admitted a day ago through the emergency room with complaints of headache and altered vision. His Blood pressure 210/100, pulse 72.

**Prepare a meal to manage the above condition**

**BOWEN UNIVERSITY, IWO  
COLLEGE OF HEALTH SCIENCES  
NUTRITION AND DIETETICS PROGRAM  
2023/2024 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 417**

**COURSE TITLE: DIET THERAPY PRACTICAL (Part B)**

**CREDIT UNIT: 2**

**TIME: 40 MINUTES**

4. A 45-year old woman with a history of frothy/ foamy urine, generalized body swelling that reduces during the day. He has a reduced urinary output of 9-15ml/hr. Laboratory results indicated elevated sodium level, serum creatinine 9mg/dl. She is referred to your dietetic clinic.

**Prepare a meal to manage the above condition**

**BOWEN UNIVERSITY, IWO  
COLLEGE OF HEALTH SCIENCES  
NUTRITION AND DIETETICS PROGRAM  
2023/2024 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 417**

**COURSE TITLE: DIET THERAPY PRACTICAL (Part B)**

**CREDIT UNIT: 2**

**TIME: 40 MINUTES**

5. Mr. Obi is a married 48 year old bank manager. Mr. Obi has a sedentary lifestyle. He always sleeps around 7pm in the evening and wakes at 6am. He usually eats instant foods and loves eating foods which have condiments. He loves eating fatty salty foods. His height is 1.6m and weight 90kg.

**Prepare a meal to manage the above condition**

**BOWEN UNIVERSITY, IWO  
COLLEGE OF HEALTH SCIENCES  
NUTRITION AND DIETETICS PROGRAM  
2023/2024 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 417**

**COURSE TITLE: DIET THERAPY PRACTICAL (Part B)**

**CREDIT UNIT: 2**

**TIME: 40 MINUTES**

6. A 38-year old female was referred from the emergency room to the dietetic clinic with these symptoms; hematemesis, abdominal distention and weight loss.

**Prepare a meal to manage the above condition**