

BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAMME
2020/2021 FIRST SEMESTER EXAMINATION (PART A)

COURSE CODE: NTD 417

TIME: 2½ Hours

COURSE TITLE: DIET THERAPY PRACTICAL

1. CASE STUDY ONE

Mr. Ebenezer, a taxi driver, aged 53 presented in the hospital on 23/03/2020. He complained of shortness of breath, lack of appetite and reduction in his urine output. During clerking, it was discovered that he had a history of consumption of local herbs (commonly called opa eyin in his native language) and éry gin on a daily basis for about 33 years. On further examination, it was noticed that, his stomach was protruded, ascites was noticed and his ankles and feet were swollen.

Weight – 56kg

Height – 1.70m

His biochemical results showed the following:

Total cholesterol - 250mg/dl

LDL - 160mg/dl

HDL - 25mg/dl

Blood pressure – 150/90mmHg

Potassium level - 2.4mmol/L

Sodium level - 168meq

Fasting blood sugar – 136mg/dl

Creatinine level – 1.5mg/dl

CFR – 55ml/minute

Diagnosis – Chronic Kidney failure

He was placed on admission in the renal unit. A referral letter was sent to the dietetics unit for expert management of this patient.

Please prepare and serve a 3 course meal for Mr. Ebenezer

Explain in detail what informed your choice of cooking.

2. CASE STUDY 2

Mrs. Okonkwo, a banker of about 20 years, visited the outpatient clinic on 2nd October, 2020. She complained that about 2 weeks ago, she urinated more frequently than normal, she eats a lot.

Despite eating a lot, she said she was losing a lot of weight. Although the weather has been cold, she was experiencing too much thirst.

Further probing of the patient revealed that Mrs. Okonkwo's 65 year old mother has been nursing diabetes for about 20 years and her dad also died due to complications of high blood sugar.

Weight= 92kg

Height= 1.55m

Biochemical results revealed:

Random Blood Sugar = 15mmol/L

Blood Pressure = 157/123mmhg

Total cholesterol= 4.4mmol/L

HDL=0.98mmol/L

LDL=2.31mmol/L

TG= 1.82mmol/L.

Diagnosis – Diabetes mellitus with hyperlipidemia

She was admitted into the female medical ward of the hospital. Long acting insulin was prescribed to her alongside some other medical intervention. The dietitian in charge (you) was invited to look into the case and provide expert management.

Plan, prepare and serve a three course meal for Mrs. Okonkwo

Give a detailed explanation on why you chose that particular meal.

CASE STUDY 3

Name- Mr. Ugochukwu, a factory worker, reported at the emergency unit complaining of severe pain in the chest, neck, back and arms. He said he feels like he is choking always and has difficulty breathing. He also claimed that he is always sweating no matter the weather condition. He mentioned that his work efficiency has been compromised because he cannot work for long periods.

Age- 54

Marital status - Divorced

Height - 5'11.4 inches

Weight - 181 lbs

Biochemical results revealed:

Blood Pressure = 164/100mmhg

Total cholesterol= 268mg/dl

HDL = 34mg/dl

LDL = 144.2mg/dl

VLDL = 37.8mg/dl

Random Triglyceride= 189mg/dl

Diagnosis – Myocardial infarction

He was admitted into the male medical ward of the hospital. A referral letter was sent to the dietitian's office for advice on the diet of the patient.

Plan: prepare and serve a three-course meal for Mr. Ugochukwu
 Give a detailed explanation on why you chose that particular meal.

CASE STUDY 4

Mr. Olabiyi is a 52-year-old construction worker. He was divorced from his wife about 13 years ago. He is a heavy drinker (he started drinking during the divorce proceedings) and consumes approximately 4 bottles of beer per day.

For the last several days, Mr. Olabiyi has been experiencing severe epigastric pain with radiation to his back. He has also felt nauseous and has had several episodes of vomiting. His abdomen is sore to the touch and slightly distended. His temperature has been elevated. When his symptoms continued for 3 days, Mr. Olabiyi decided to visit the hospital.

The attending physician clerked him and recommended some lab examination. His results are below:

Test	Result	Normal	Test	result	Normal
Na	144mEq/l	135 -- 145meq/l	ALT	125 u/l	5-40 u/l
K	3.1	3.5-5.3 mEq/l	AST	183 u/l	10-35 u/l
H ₂ O	1.2	1.4-2.5 mg/dl	Total bilirubin	3.2mg/dl	0.2-1.3 mg/dl
AMS	145 mg/dl	70-110 mg/dl	Ser. Amylase	685 u/l	5-115 u/l
Serum	2.9 g/dl	3.5-5.0 g/dl	Lipase	463 u/l	7-58 u/l

Diagnosis – Acute pancreatitis with enlarged liver

The physician told Mr. Olabiyi that his liver enzymes were elevated and that if he continued drinking, he could develop severe liver disease. Mr. G was referred to the dietitian for advice on the appropriate diet to take for his condition.

Plan: prepare and serve a 3 course meal for Mr. Olabiyi
 Explain why you chose the particular meal