

Name
St. no.()

Q1. After studying this course, how you will use nutritional assessment in the nutrition care process (application in the hospital)? (2 marks)

-----will evaluate the nutritional status of individuals or populations through measurements of food & nutrient intake and evaluation of nutrition-related health indicators-----

-----will apply the four methods of the nutritional assessment process :

Anthropometrics, biochemical, clinical & dietary . -----

Q2. what is the subjective global assessment (SGA)? And what are the elements for patient's history and physical examination in SGA? (5 marks)

----- It is a clinical technique for assessing the nutritional status of a patient based on features of the patient's history and physical examination.-----There are four elements for patients history: -----Recent loss of body weight, Changes in usual diet, Presence of significant gastrointestinal symptoms, The patient's functional capacity--and three elements of the physical examination (loss of subcutaneous fat, muscle wasting, and presence of edema or ascites). -----

Q3. Mark the following sentence with true or false: (2marks)

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- Clinical observation is a very sensitive approach in nutritional assessment (**F**).
- Nutritional assessment of an adult must not include more than one evaluation method (**F**).
- Food record is a prospective tool & the amounts recorded either estimated or weighed (**T**).
- Marasmus is characterized by a relatively normal weight, intact skeletal musculature, and decreased concentrations of serum proteins (**F**).

Q4. Put a tick beside the case(s) that need an urgent action/intervention: (2 marks):

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• Child who does not gain weight for two months.	—
• Child whose anthropometric measurements are less than 10% but parallel to the reference lines.	—
• Child whose anthropometric measurements had crossed two percentile lines downwards.	— *
• An adult who loss weight of 6 to 7 Kg unintended within a month (even without calculating BMI).	— *
• High BMI (39kg/m ²) in pregnant women.	—

Q5. Recommend a method(s) for the following; justify the choice: (2 marks)

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- Evaluate the agriculture policy of your country.

----- **Food Balance Sheet- because its only data available on a country's food consumption practices** -----

- Accurate nutrient intake assessment of a subject.

-----**Weighed food record because it's a prospective method (overcome memory reliant) and this method give exact amount of consumption by calculating the food before and after (the food utensils are subtracted)**
The brand names, way of cooking are all mentioned in the record along with any supplement intake

Q.6

Fahada is a nine months girl complain of chronic diarrhea and acute vomiting, she's current weight = 7.3kg, length = 70.5cm, head circumference = 45cm. (2 marks)

- Interpret these measurements.
- What is the normal weight for Fahada's age.

----- Wt/age= between 10th & 5th % (under wt)-----

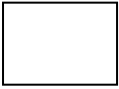
----length/age= between 50th & 75th % (Normal)-----

normal Wt/age = 8.5 kg-----

Q.7 Design a food frequency questionnaire to assess the caffeine intake among hi-school children in Jeddah city.(2 marks)

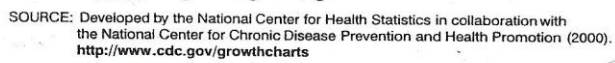
Food item	Serving size			How often?		
	½ cup	¾ cup	1 cup	Day	Week	Month
Soft drinks						
coffee						
chocolate						
Tea						

Q8: Assess Sara Clinically and biochemically. (3 marks)



	<p>Protein , biotin & Zink def.</p> <p>Sparse hair</p>
	<p>Protein def.</p> <p>Transverse ridging nail</p>
	<p>Riboflavin niacin pyridoxine</p> <p>Angular stomatitis</p>

RECORD



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