

King Saud University
Collage of Applied medical Sciences
Department Of community Health
Clinical Nutrition



Final Exam
Course : CHS -453
xx Semester 1431- 1432 H
Part II
Time allowed :2 hours

Name :.....

Std ID :.....

Total Marks / 25

Question I:

N. A. is an 28 yrs old Saudi female , s/p RTA , multiple fracture of her RT thigh , flame burn of 21 % of TBSA that include her head and neck, right upper limbs , back . she is D₁₇ post burn and she already went 2 operative procedures for thigh fracture repair and skin grafting .Wt = 58 kg , Ht= 160 cm. Diet Rx: 1600 kcal .

Labs :

HCT	0.390 %		Neutrophils	2.5
HB	108 gm/L	(L)	Chloride	100 mmol/L
MCH	28.0 gm/L		Potassium	4.5 mmol/L
RBC	3.5 10 ¹² /L	(L)	Urea	7.0 mmol/L
WBC	10 10 ⁹ /L		Creatine	80 μmol / Litre

Upon interview, her watcher reported that she has a very poor food intake and appetite. Her weight prior to admission was 63 kg . no known allergies or disliked.

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

- 1. Perform an assessment based on the anthropometric data. (show all calculations) (2.0 Marks)**

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Question II:

H.A. is a 43 yrs Saudi male , a known case of colorectal Ca, s/p colonectomy 1/12 ago and with stoma. Admitted for C₈ of chemotherapy. He is c/o nausea and vomiting and dry mouth.
Diet Rx : 2000 kcal, low- bacterial diet, 25 % pro, 30%Fat and 55 % CHO.

1. What other dietary interventions would you recommend for her case: (3.0 Marks)

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2. Calculate exchanges for meal planning (3.5 Marks)

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Good Luck 😊 !!