



# **MACHAKOS UNIVERSITY**

University Examinations for 2022/2023 Academic Year

**SCHOOL OF AGRICULTURE, ENVIRONMENT AND HEALTH SCIENCES**

**DEPARTMENT OF HEALTH SCIENCES**

**SECOND YEAR FIRST SEMESTER EXAMINATION FOR**

**BACHELOR OF SCIENCE (FOODS, NUTRITION AND DIETETICS)**

**HFN 243: NUTRITION IN HIV AND AIDS**

**DATE:**

**TIME:**

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## **INSTRUCTIONS:**

This paper consists of two sections A and B

### **SECTION A**

- **This section has one question**
- **The question is compulsory**
- **The question is 30 marks**

### **QUESTION ONE**

- a) Identify three (3) goals of nutrition assessment in People living with HIV/AIDS (PLWHAs) (3 marks)
- b) State the recommended daily allowance of proteins for adults (2 marks)
- c) Explain why fermented products are recommended for PLWHA (2 marks)
- d) Suggest three (3) reasons why alcoholic drinks are not recommended for people living with HIV/AIDS patient (3 marks)
- e) Specify three (3) conditions that would necessitate parenteral feeding in an HIV/AIDS patient (3 marks)

- f) Identify the needs for an increase in energy and nutrients requirements for people pregnant mothers living with HIV/AIDs (3 marks)
- g) Identify the energy requirement for the following HIV infected children
- i. Asymptomatic
  - ii. Symptomatic with no weight loss
  - iii. Symptomatic with weight loss (3 marks)
- h) List three (3) characteristics of a severely malnourished HIV infected child (3 marks)
- i) Highlight three (3) considerations you would make in recommending herbal medicines to the HIV infected client. (3 marks)
- j) Explain why periodic nutrition assessments are mandatory for people living with HIV/AIDs (3 marks)
- k) Identify six (6) channels that you would use as a nutritionist to deliver messages on Nutrition and HIV-AIDs (3 marks)

**SECTION B: ANSWER ANY TWO QUESTIONS. EACH QUESTION CONTAINS 20 MARKS**

- **This section has four (4) questions**
- **Answer any two (2) questions**
- **Each question is 20 marks**

**QUESTION TWO (20 MARKS)**

- a) Using a well labelled diagram describe the link between HIV infection and Nutrition (10 marks)
- b) Food insecurity limits the capacity of nutritional support and care for PLWHA. Discuss actions/interventions to improve food security of HIV affected households (10 marks)

**QUESTION THREE (20 MARKS)**

- a) You are in charge of the MCH clinic in Machakos Level 5 hospital. During a counselling session to pregnant mothers, two of the mothers disclose that they are HIV infected and would want to breastfeed their babies to avoid stigma. Discuss the actions you would initiate to support exclusive breastfeeding to the infants born of the infected mothers (10 marks)

- b) Discuss the drug and food/nutrient interactions in treatment of HIV (10 marks)

**QUESTION FOUR (20 MARKS)**

- a) Muli an HIV/AIDS patient has visited the clinic and complains about Anorexia, Constipation and Mouth Sores. Describe the actions would you recommend to the client to alleviate the problems. (10 marks)
- b) Discuss strategies to meet protein requirements for PLWHAs (10 marks)

**QUESTION FIVE (20 MARKS)**

- a) Discuss the nutrition related side effects of ARVs. (10 marks)
- b) Describe any five (5) common causes of reduced food intake in HIV infected patients. For each of the causes suggest appropriate actions that can be taken. (10 marks)