

Course No:
Course Title: Diseases of malnutrition
Date: 29/05/2018
No. of Questions: (3)
Time: 2 hours
Using Calculator (No)

University of Palestine



Final Exam For 2nd
Semester.
2017/2018

Total Grade: 50 marks

Instructor Name: Dr. Adly B. Skaik
Student No.: _____
Student Name: _____
College Name: _____
Dep. / Specialist: _____
Using Dictionary (No)

Question One:

Answer the following questions: (20 marks).

- 1- What are the dietary management of Anorexia Nervosa?
- 2- Discuss management of anemia according to maternal and child national nutrition protocols to treat children who are not referred to hospital?
- 3- What are the physical consequences of binge eating and purging in Bulimia Nervosa?
- 4- Mention treatment of orthorexia nervosa?
- 5- Why does someone get orthorexia nervosa?

Question Two:

Choose the correct answer (15 marks).

1- Anorexia Nervosa characterized by:

- A. Intense fear of gaining weight or being fat.
- B. Self-starvation & low body weight.
- C. Distorted/ un realistic view of one's body.
- D. All of the above are corrected.
- E. None of the above are corrected.

2-A person with bulimia nervosa demonstrates recurrent episodes of binge eating characterized by:

- A. Eating in a discrete period of time.
- B. A sense of lack of control over eating during the episode.
- C. Occur exclusively during episodes of anorexia nervosa.
- D. All of the above are corrected.
- E. A+B.

3- Orthorexia nervosa is similar to other eating disorders, but:

- A. Obsess about calories and weight.
- B. Obsess about healthy eating.
- C. Obsess about being "thin" and losing weight.
- D. All of the above are corrected.
- E. None of the above are corrected.

4- In orthorexia nervosa the obsessive focus on:

- A. Food choice, planning, purchase, preparation, and consumption.
- B. Food regarded primarily as source of health rather than pleasure.
- C. Distress or disgust when in proximity to prohibited foods.
- D. All of the above are corrected.
- E. A+C.

Course No:
Course Title: Diseases of malnutrition
Date: 29/05/2018
No. of Questions: (3)
Time: 2 hours
Using Calculator (No)

University of Palestine



Final Exam For 2nd
Semester.
2017/2018

Total Grade: 50 marks

Instructor Name: Dr. Adly B. Skaik
Student No.: _____
Student Name: _____
College Name: _____
Dep. / Specialist: _____
Using Dictionary (No)

5- The major reason we need iron:

- A. It helps to transport oxygen throughout the body.
- B. For energy, good muscle and organ function.
- C. For sexual maturation of both sexes.
- D. All of the above are corrected.
- E. A+B.

6- Effects of iron deficiency anemia on infants:

- A. Poorer performance on cognitive tests.
- B. School attendance & enrolment.
- C. Stillbirth & brain damage.
- D. All of the above are corrected.
- E. None of the above are corrected.

7- Consequences of anemia:

- A. Increased productivity.
- B. Increased Intellectual abilities.
- C. Increases morbidity and mortality.
- D. All of the above are corrected.
- E. A+B.

8- The blood transferrin level is tested for:

- A. To determine the cause of anemia.
- B. To examine iron metabolism.
- C. To determine the iron-carrying capacity of the blood.
- D. All of the above are corrected.
- E. A+C.

9- Premature or low-birth-weight infants (< 2.5 kg) screening for anemia:

- A. 2 months and 9–12 months.
- B. 9–12 months.
- C. 6 months and 9–12 months.
- D. All of the above are corrected.
- E. A+C.

10- Prophylactic Iron / Folic Acid Supplements for Children 6 to 24 Months:

- A. 12.5 mg iron for normal birth weight (>2500 g) from 6–24 months of age.
- B. 12.5 mg iron for low birth weight (<2500 g) from 2–24 months of age.
- C. 12.5 mg iron for low birth weight (<2500 g) from 6–12 months of age.
- D. All of the above are corrected.
- E. A+B.

Course No:
Course Title: Diseases of malnutrition
Date: 29/05/2018
No. of Questions: (3)
Time: 2 hours
Using Calculator (No)

University of Palestine



Final Exam For 2nd
Semester.
2017/2018

Total Grade: 50 marks

Instructor Name: Dr. Adly B. Skaik
Student No.: _____
Student Name: _____
College Name: _____
Dep. / Specialist: _____
Using Dictionary (No)

11- Mean Cell Hemoglobin (MCH) indicates:

- A. The weight of Hb. in the average red cell.
- B. Average size or volume of the RBC expressed in fl.
- C. Concentration of Hb. in the average red cell
- D. All of the above are corrected.
- E. None of the above are corrected.

12- Bulimia Nervosa characterized by:

- A. Sense of lacking control over eating.
- B. Use a cathartic which are a strong laxative or may induce vomiting.
- C. Obsession about healthy eating.
- D. All of the above are corrected.
- E. A+B.

13- Difference between Anorexia Nervosa and Orthorexia Nervosa:

- A. Obsession with weight.
- B. Desire to achieve control over their lives.
- C. Seeking self-esteem and spiritual fulfillment.
- D. All of the above are corrected.
- E. A+B.

14- Hypochromic, microcytic anemia:

- A. Megaloblastic anemias.
- B. Iron deficiency anemia.
- C. Aplastic anemia.
- D. All of the above are corrected.
- E. None of the above are corrected.

15- Causes of iron deficiency:

- A. Decreased absorption of iron.
- B. Increased use of iron.
- C. Chronic blood loss.
- D. All of the above are corrected.
- E. A+B.

Course No:
Course Title: **Diseases of malnutrition**
Date: 29/05/2018
No. of Questions: (3)
Time: 2 hours
Using Calculator (No)

University of Palestine



Final Exam For 2nd
Semester.
2017/2018

Total Grade: 50 marks

Instructor Name: **Dr. Adly B. Skaik**
Student No.: _____
Student Name: _____
College Name: _____
Dep. / Specialist: _____
Using Dictionary (No)

Question Three:

State "True" or "False" for each of the following: (5 marks).

- 1- Most people with anorexia nervosa have protein-energy malnutrition (PEM) that is similar to marasmus.
- 2- Women with anorexia nervosa menstrual periods typically don't resume with recovery,
- 3- Treatment of Anorexia Nervosa is only relating to food and weight.
- 4- Unlike the person with anorexia nervosa, the person with bulimia nervosa spends much time thinking about body weight and food.
- 5- A bulimic binge is characterized by a sense of lacking control over eating.
- 6- About 70% of the body's iron is bound to hemoglobin in red blood cells.
- 7- Ferritin is plasma protein that transports iron through the blood to the liver, spleen and bone marrow.
- 8- To enhance iron absorption, give iron supplements between meals or at bedtime with water or juice, and not with tea or milk.
- 9- Hemoglobin, is the protein in red blood cells that carries oxygen.
- 10- One of the side effects of iron supplements make the stool darker.
- 11- Iron Deficiency anemia is macrocytic hyper chromic type of anemia.
- 12- Normal red blood cell morphology is characterized by a donut shape with the center 1/3 of the red cell being concentrated with hemoglobin.
- 13- Reticulocyte are immature RBC, the normal reticulocyte count in a patient with a normal Hb and Hct is about 1%.
- 14- Binge-eating disorder is similar to those of bulimia nervosa, excluding purging or other compensatory behaviors.
- 15- Some people's dietary restrictions intended to promote health may paradoxically lead to healthy consequences.

End of Questions
Good Luck