

Course No:  
Course Title: Diseases of malnutrition  
Date: 21/04/2018  
No. of Questions: (3)  
Time: 1hours  
Using Calculator (No)

University of Palestine



2<sup>nd</sup> Exam For 2<sup>nd</sup> Sem.  
2017/2018  
Total Grade: 15

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

### Question One:

**Answer the following questions: ( 5 marks ).**

- 1- What are the factors affecting the nutrition cycle?
- 2- Give an account on ready-to-use therapeutic food (RUTF)?
- 3- What are the main activities and steps in a supplementary feeding program?
- 4- Give an account on monitoring of severe acute malnutrition cases with medical complication in in-patient stabilization center (or Phase I)?
- 5- What are the criteria to progress from phase 1 to the transition phase/ OTP treatment?

### Question Two:

**Choose the correct answer ( 5 marks ).**

**1- Severe acute malnutrition with no medical complication are treated in:**

- A. An in-patient stabilization center or Phase I and Transition Phase in a therapeutic feeding center.
- B. An Outpatient Therapeutic Feeding Programme (OTP) , using ready-to-use therapeutic food (RUTF) and routine medicines.
- C. An in Supplementary Feeding Programmes (SFP). Either dry take home rations or wet feeding.
- D. All of the above are correct.
- E. None of the above are correct.

**2- The impact of infection on growth of children vary according to:**

- A. The previous nutritional status of the child.
- B. The availability of food and the time available for feeding.
- C. Cultural beliefs and access to health facilities.
- D- All of the above are correct.
- E- A+ B.

**3- Adults and children face serious nutritional problems during famine, there is a serious shortage of food, most noticeably of:**

- A. Energy and protein.
- B. Energy and carbohydrate.
- C. Energy and fats.
- D. All of the above are correct.

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E. A+ C.

**4- Factors affecting the infection cycle:**

- A. Health care which is preventive & curative.
- B. Environment like water supply, sanitation, personal hygiene.
- C. Care during illness practicing breast feeding, oral rehydration, appropriate refeeding diet,
- D. All of the above are correct.
- E. None of the above are correct.

**5- Underlying the problem of malnutrition and disease is:**

- A. The innate response to an acute infection.
- B. Inadequate household food security.
- C. Negative nitrogen balance.
- D. All of the above are correct.
- E. None of the above are correct.

**6- The main reason for setting up supplementary feeding programs during nutritional emergencies is to:**

- A. Treatment of moderate acute malnutrition conditions.
- B. prevent individuals that are at-risk of malnutrition from getting malnourished.
- C. Treat individuals that are moderately malnourished from becoming severely malnourished.
- D. All of the above are correct.
- E. A+ C.

**7- Screening and admission by MUAC for malnourished cases without medical complications:**

- A. MUAC < 115 mm and/or edema = OTP
- B. MUAC  $\geq$  115 mm and < 125 cm = SFP
- C. MUAC  $\geq$  125 mm and < 135 cm = ISC
- D. All of the above are correct.
- E- A+ B.

**8- Plumpy nut is:**

- A. Given after other foods.
- B. Sick children often do like to eat.
- C. The only food sick/thin children need to recover during their time in OTP.
- D. All of the above are correct.

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E- None of the above are correct.

**9- Criteria for closing a supplementary feeding programme:**

- A. Nutrition assessment records acute malnutrition levels of less than 10%.
- B. A mortality assessment records crude mortality rate of <1 death per 10,000 per day.
- C. Effective public health and disease control measures are in place.
- D. All of the above are correct.
- E- A+ B.

**10-Infection can affect energy requirements and appetite, and can lead to:**

- A. Weight loss in adults.
- B. Growth faltering in children.
- C. Increase in immunity.
- D. All of the above are correct.
- E- A+ B.

**Question Three:**

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

**1-** Plumpy nut is a food and medicine for very thin children only, It should not be shared.

**2-**The body's defense against invading organisms is to produce free radicals in sufficient quantities to kill the organisms.

**3-** A major catalyst of free radical reactions is zinc, thus the presence of abundant storage zinc enhances the damaging effects of free radicals.

**4-** A primary nutritional failure in which poor dietary intake leads to poor growth causing the child to be underweight.

**5-** Individuals who live in an sanitary environment with frequent enteric infections develop chronic intestinal mucosal changes that impair nutrient absorption.

**6-** Chronic malnutrition or stunting is a measure of thinness and its associated with a short period of poor food intake, and disease.

**7-** In acute malnutrition three forms of treatment are provided according to the severity of the child's condition.

**8-** F100 less energy dense, has less sodium, proteins, fat, lower osmolarity and renal solute load than F75.

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- 9- In the transition phase in management of severe acute malnutrition, the only difference is a change in the type of diet, everything else is the same as phase 1.
- 10- Plumpy Nut is a Nuts past with special nutrients adapted for malnourished children and for well-nourished children.

End of Questions  
*Good Luck*