



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
BSC.NURSING AND BSC MIDWIFERY PROGRAMS
END OF SEPTEMBER-DECEMBER TRIMESTER 2022 EXAMINATIONS**

BSM 216 : MATERNAL, INFANT AND REPRODUCTIVE HEALTH NUTRITION

DATE: 29th NOVEMBER 2022

Duration: 2 HOURS

Start: 2:00 PM

Finish: 4:00 PM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to locking out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to the nullification of your exam
10. In case you have any questions call the Head of Department
11. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

SECTION I: MULTIPLE CHOICE QUESTIONS

(20 MARKS)

1. A nurse is educating a client who is at 10 weeks gestation and reports frequent nausea and vomiting. Which of the following statements should the nurse include in the teaching?
 - A. You should eat food served at warm temperatures
 - B. “You should brush your teeth right after you eat”
 - C. “You should try to eat sweet foods when you feel nauseated”
 - D. “ You should eat dry foods that are high in carbohydrates when you wake up”

2. A nurse is caring for a client who has peripheral edema. The nurse should identify which of the following nutrients regulates extracellular fluid volume?
 - A. Sodium
 - B. Calcium
 - C. Potassium
 - D. Magnesium

3. A nurse is providing teaching about nutritious diets to a group of adult women. Which of the following statements should the nurse include?
 - A. “ Include at least 3 g of sodium in your daily diet”
 - B. “ Limit wine consumption to 230ml daily”
 - C. “ Include 2.5 cups of vegetables in your daily diet”
 - D. “ Limit water intake to 1.5 L each day”

4. A nurse is providing nutritional counselling for a client who is pregnant. Which of the following nutrients should the nurse instruct the client to increase in her daily diet?
 - A. Iron
 - B. Calcium
 - C. Vitamin E
 - D. Vitamin K

5. A nurse is providing teaching for a client who has a prescription for a low-sodium diet to manage hypertension in pregnancy. Which of the following statements by the client indicates an understanding of the teaching?
 - A. “ I can snack on fresh fruit”
 - B. “ I can continue to eat lunchmeat sandwiches”
 - C. I can have cottage cheese with my meals”

- D. "canned soup is a good lunch option"
6. A nurse in a provider's office is assessing a client. The nurse determines the client's body mass index is 21.2. This finding is classified as which of the following?
- A. Underweight
 - B. Healthy weight
 - C. Overweight
 - D. Obese
7. A nurse is caring for a client who has protein malnutrition. Which of the following foods should the nurse identify as a source of complete protein?
- A. Eggs
 - B. Cereal
 - C. Peanut butter
 - D. Pasta
8. A nurse is caring for a client who has a deficiency of vitamin D. Which of the following foods should the nurse recommend the client include in his diet?
- A. Whole milk
 - B. Chicken
 - C. Oranges
 - D. Dried peas
9. A nurse is providing teaching about nutrients to a client. Which of the following statements should the nurse include?
- A. "Carbohydrates transport nutrients throughout the body"
 - B. "Fats prevent ketosis"
 - C. "Protein builds and repairs the body"
 - D. "Carbohydrates help regulate body temperature"
10. A nurse is planning an in-service training session regarding nutrition. Which of the following minerals should the nurse identify as involved in oxygen transportation?
- A. Zinc
 - B. Iron
 - C. Phosphorous
 - D. Magnesium

11. A nurse is presenting in an in-service training session about nutrition. Which of the following simple sugars should the nurse identify as the carbohydrate found in milk?
- A. Lactose
 - B. Sucrose
 - C. Maltose
 - D. Fructose
12. A nurse in a paediatric clinic is talking with a toddler who states that her child will not sit at the table to eat with the family. She asks the nurse for recommendations for 'finger foods' for her child. Which of the following foods should the nurse suggest?
- A. Slices of ripe banana
 - B. Slices of hot dogs
 - C. Popcorn
 - D. Raw carrots
13. Women planning to conceive should avoid:
- A. Calcium supplements
 - B. Caffeine > 300mg/day
 - C. Pasteurised milk and cheese
 - D. Folic acid
14. Which of the following statements is **correct**?
- A. Cow's milk is richer in whey protein than breast milk
 - B. Low fat and high-fibre diets are appropriate for infants under the age of 2
 - C. Cow's milk is easily digested in infants
 - D. Exclusive breastfeeding is recommended from 0 to 6 months
15. The extra energy cost of pregnancy is met by:
- A. Increased efficiency of energy utilization
 - B. Increased physical activity
 - C. Decreased food intake
 - D. Increased intake of fatty foods
16. Which one of the following foods is safe to give as complementary foods for infants?
- A. Nuts
 - B. Soft-boiled eggs

- C. Honey
- D. Iron-fortified foods

17. Identify the correct protective function of secretory immunoglobulin A found in breast milk
- A. Primes the immune system
 - B. Engulf bacteria
 - C. Secrete immunoglobulins and lymphokines
 - D. Stimulates growth of bifidobacteria
18. Excess intake of vitamin A pre-conceptually may cause which of the following defects:
- A. Neural tube defects
 - B. Teratogenic effects
 - C. Infertility
 - D. Blindness
19. Lactoferrin in human milk main function is to_?
- A. Promote calcium absorption
 - B. Bind to iron and compete with bacteria
 - C. Facilitate fat digestion
 - D. Engulf bacteria
20. Which of the following dietary reference intake function is not correct?
- A. To set national nutritional policy
 - B. Determine the nutrient information present on food labels
 - C. Assessing the nutrient intakes of individuals and groups
 - D. Planning diets for individuals

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Outline 8 nutritional teachings for a pregnant woman(8 marks)
2. Outline 4 obesity management strategies for children (4 marks)
3. Explain 4 diet planning principles for families to achieve healthy eating habits (8 marks)
4. Identify 4 benefits of breastfeeding (4 marks)
5. Explain 6 reasons for introduction of complementary feeds at 6 months of age (6 marks)

SECTION III: LONG ANSWER QUESTION – (20 MARKS)

1. Describe the nutritional assessment methods in adolescents (20 marks)

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