



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
SPECIAL/SUPPLEMENTARY EXAMINATIONS**

COURSE CODE AND TITLE: DOP 121: APPLIED NUTRITION IN ONCOLOGY

DATE: 14- APRIL 2025

Duration: 2 HOURS

Start: 9:00 AM

Finish: 11:00 AM

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. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE CHOICE QUESTIONS

(20 MARKS)

1. The most commonly recommended nutrients for cancer patients to help boost their immune system during treatment is;-
 - A. Vitamin C
 - B. Vitamin A
 - C. Zinc
 - D. Calcium

2. Cancer patients undergoing chemotherapy are at risk of:
 - A. Increased risk of dehydration

- B. Low blood sugar level
 - C. Iron deficiency anemia
 - D. Low cholesterol level
3. The recommended dietary practice for cancer patients dealing with nausea due to chemotherapy is;-
- A. Large, frequent meals
 - B. Avoiding high- fat foods
 - C. Drinking cold beverages
 - D. Eating spicy foods
4. The food group that cancer patients should focus on to maintain adequate protein intake during cancer treatment is;-
- A. Fruits
 - B. Whole grain
 - C. Lean meats and legumes
 - D. Dairy products
5. The cancer treatment that commonly causes changes in taste and appetite is;-
- A. Radiation therapy
 - B. Immunotherapy
 - C. Chemotherapy
 - D. Fluids
6. Potential side effect of chemotherapy that can lead to dehydration is;-
- A. Diarrhea
 - B. Loss of taste
 - C. Increased hunger
 - D. Hair loss

7. The best management of Xerostomia in cancer is:-
- A. Avoid fluids
 - B. Eating spicy foods
 - C. Drinking water frequently
 - D. Increased caffeine intake
8. Most essential nutrient for wound healing that is often deficient in cancer patients is:-
- A. Vitamin D
 - B. Vitamin C
 - C. Protein
 - D. Carbohydrates
9. To prevent infections, Cancer patients are often advised to avoid:-
- A. Raw fruits and vegetables
 - B. Whole grains
 - C. Lean meat
 - D. Legumes
10. Best source of fiber for cancer patients include:-
- A. Refined sugar
 - B. Processed meat
 - C. Whole grain
 - D. Fried foods
11. The recommended dietary approach for cancer patients who are experiencing nausea: -
- A. Large, greasy meals
 - B. Small, frequent meals
 - C. High-sugar foods
 - D. High-protein foods

12. The essential nutrient in maintaining bone health in cancer patients is;-

- A. Calcium
- B. Potassium
- C. Magnesium
- D. Sodium

13. Greatest risk factor for cancer of the esophagus is;-;

- A. Processed meat
- B. Fruits and vegetables
- C. Salts
- D. Alcohol

14. The contraindication to parenteral nutrition is;-;

- A. Diarrhea
- B. Liver cirrhosis
- C. Malignancy
- D. Active Infection

15. Cancer cachexia presents as follows, except;

- A. Reduced lipolysis
- B. Increased albumin levels
- C. Muscle atrophy
- D. Reduced appetite

16. The formula for the body mass index is;

- A. A person's weight in kilograms squared divided by the square of his/her height in meters (kg^2/m^2)
- B. A person's weight in kilograms squared divided by his/her height in meters (kg^2/m)
- C. A person's weight in kilograms divided by his/her height in meters (kg/m)
- D. A person's weight in kilograms divided by the square of his/her height in meters (kg/m^2)

17. Cancer development is related to the following factors, EXCEPT;
- A. Underweight and high intensity exercise
 - B. Smoking and alcohol intake
 - C. Genetic mutation
 - D. Overweight and lack of physical activity
18. The goal of nutrition in palliative care is;
- A. Ensuring maintenance of quality of life
 - B. Ensuring nutrition does not cause stress
 - C. Ensuring meals are enjoyable
 - D. Facilitate good nutritional state
19. Aflatoxins are potent carcinogens in;
- A. The brain
 - B. Liver
 - C. Lungs
 - D. Pancreas
20. The best nutrition recommendation for a patient undergoing cancer treatment is;
- A. Avoid Micronutrients
 - B. Maintain a Healthy Weight
 - C. Lower Your Intake of Macronutrients
 - D. Avoid Dietary Fats

SECTION II: SHORT ANSWER QUESTIONS

(30 Marks)

1. Outline six (6) roles of hydration in cancer patient undergoing chemotherapy (6marks).
2. Outline six (6) risks of nutritional support at the end of life (6marks)
3. Highlight six (6) roles of the government in ensuring reduction of Nutritional related disorders (6marks)
4. Explain three (3) indications of parenteral nutrition in cancer care (6marks)
5. Explain three (3) complication of gastrostomy tube feeding (6marks)

SECTION III: LONG ANSWER QUESTION

(20marks)

1. Mrs. X, known breast cancer patient who is currently on both radiotherapy and chemotherapy is admitted in the female oncology ward with complains of xerostomia, nausea, vomiting and diarrhea

- i. Discuss five (5) key nutritional considerations after radiotherapy (10marks)
- ii. Discuss five (5) roles of the oncology nurse in the care of Mrs. X till discharge (10marks)

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