## Reference 0.2: Pre- and Post-Test Answer Key

**Module 1: Introduction to Nutrition**

Write down the answer. Where multiple choices are provided, circle the correct answer. Total: 5 marks

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| **Question** | **Answer** |
| 1. Define the term ‘malnutrition’. (1 mark) | Malnutrition**:** Malnutrition occurs when energy  and nutrient intake do not match dietary needs. Malnutrition can either be undernutrition or overnutrition. |
| 1. Compared to an HIV-negative person, how much energy do PLHIV need to consume during the following stages:   (2 marks) | Early stages of the infection (i.e., asymptomatic stage)? 10% |
| Late stage of the HIV infection (i.e., symptomatic stage)? 20% |
| 1. Name two reasons a client might be losing weight.(2 marks) | Infection such as diarrhoea, HIV/AIDS, TB.  Inadequate food intake. |

**Module 2: Nutrition Assessment and Classification**

Write down the answer. Where multiple choices are provided, circle the correct answer. Total: 11 marks

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| **Question** | **Answer** |
| 1. List the four types of nutrition assessment methods. (2 marks) | 1. Anthropometry 2) Biochemical   3) Clinical 4) Dietary |
| 1. Chifundo is age 19 and weighs 42.5 kg. Her height is 163.2 cm. Calculate Chifundo’s body mass index (BMI). (1 mark) | 16.0 (calculation after rounding off)  16.2 (BMI chart)  16.0 (BMI wheel) |
| 1. What is your classification of Chifundo’s nutritional status? (1 mark) | Moderate undernutrition if chart or wheel used |
| 1. David Banda is age 15. He weighs 33.6 kg, and his height is 145.1 cm. What is his BMI-for-age z-score? (1 mark) | 16.2 (BMI chart)  16 (BMI wheel)  15.9 (calculation) |
| 1. What is your classification of David Banda’s nutritional status? (1 mark) | Normal  Moderate malnutrition if had 15.9 from calculation |
| 1. What is the minimum amount of weight a healthy woman should gain per month of pregnancy? (1 mark) | 1 kg |
| 1. Describe the signs of bilateral pitting oedema ++. (1 mark) | Oedema of both feet plus lower legs, hands, and/or lower arms |
| 1. A client weighed 60 kg at his first visit but now weighs 55 kg. What percentage of his weight has he lost? (1 mark) | 8.3% |
| 1. What measurement should be used to determine the nutritional status of a pregnant woman? (2 marks) | MUAC  Weight |

**Module 3: Nutrition Counselling and Education**

Write down the answer. Where multiple choices are provided, circle the correct answer.

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| Question | Answer |
| 1. Name 2 differences between counselling and giving information (2 marks) | * Counselling involves listening to a person’s problems before offering suggestions to solve problems but counselling is a 2-way exchange and information is given one way * Counselling always involves communication but Information may not be understood |
| 1. Select one word that is not part of good counselling (1 mark) | 1. \_\_Interactive 2. \_\_Empathy 3. **\_x\_Judgment** 4. \_\_Action |
| 1. What are 3 things counsellors should always ask about? (3 marks) | * Symptoms, * ART adherence * Barriers to recommended practices * Supportive resources * Diet * Goals * Possible action steps |
| 1. What is not one of the 4 core needs? (1 mark) | 1. \_\_ Drug adherence 2. **\_x\_ Exercise** 3. \_\_ Adequate diet 4. \_\_ Clinic visits |
| 1. Can you apply the same key principles of ALIDRAA when doing group education? Yes/NO? (1 mark) | Yes |

**Module 4: Nutrition Care Plans and Support**

Write down the answer. Where multiple choices are provided, circle the correct answer.

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| Question | Answer |
| 1. What are the criteria used to determine if adolescent and adult clients are eligible for the overweight and obesity nutrition care plan? (1 mark) | Adolescents 15–18 years (non-pregnant and non-post-partum):  BMI-for-age:   * Overweight: ≥ +1 to < +2 * Obese: ≥ +2   Adults ≥ 19 (non-pregnant and non-post-partum):  BMI:   * Overweight: 25.0 to 29.9 * Obese: ≥ 30.0   Pregnant women and lactating women up to 6 months post-partum:  MUAC:   * Overweight/obese: ≥ 300 mm |
| 1. What nutrition support should be provided to a client who has normal nutritional status? (1 mark) | * Praise the client for good nutrition practices and explain the need to maintain those practices to avoid becoming undernourished or overnourished. * Review the client’s nutrition records and address issues of concern. * Provide tailored counselling, explaining the need for adherence to medication; regular clinic visits; adequate diet; and water, sanitation, and hygiene (WASH) actions. |
| 1. Mr. Mathews is 35 years of age and his BMI is 15.9. What nutrition support should he receive and how much per day? (1 mark) | Severe undernutrition without medical complications   * RUTF: Three sachets per day (42 sachets for 2 weeks) * CSB+: 300g per day (4.5 kg for 2 weeks) |
| 1. How often should Mr. Mathews come to the facility for nutrition monitoring? (1 mark) | Every 2 weeks |
| 1. Clients should be referred for economic strengthening, livelihood, and food security support only if they are severely undernourished. (Tick the correct answer.) (1 mark) | \_\_\_\_\_\_True  **\_\_x\_\_ False** |

**Module 5: Monitoring and Reporting**

Write down the answer. Where multiple choices are provided, circle the correct answer.

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| Question | Answer |
| 1. In which documents should routine nutrition assessment data be recorded? (1 mark) | NCST Adolescent and Adult Register |
| 1. (Total who receive nutrition assessment during the month) – Total assessed and classified (Normal + MAM + SAM + overweight/obese) = (1 mark) | Zero |
| 1. What data sources are used when compiling the health facility NCST monthly report? (1 mark) | * ART, ANC/PMTCT, and TB attendance register * NCST register * NCST undernourished client management form |
| 1. Why is important to monitor and report NCST services? (2 marks) | * Assess the effectiveness and outcome of nutrition care, support, and treatment interventions * Inform and improve the design of service delivery * Provide timely results to district and national authorities and partners * Identify successful approaches * Advocate for support, resource allocation, and expansion of activities * Monitor availability and use of therapeutic and supplementary food supplies |

**Module 6: Managing the Quality of NCST Services**

Write down the answer. Where multiple choices are provided, circle the correct answer. Total: 8 marks

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| 1. Name five features of high-quality health care services. (2 marks) | 1. Safe 2. Effective 3. Patient-centred 4. Equitable 5. Efficient |
| 1. List four steps in the model for improvement.(4 marks) | 1. Identify the problem 2. Analyse the problem 3. Develop changes 4. Test and implement changes/solutions |
| 1. Name two ways in which a problem with quality of services could be identified.(2 marks) | 1. Defining a problem and how frequently a  problem occurs 2. Defining what effect the problem has on the clients, communities, and service delivery |