

निजामती कर्मचारी अस्पताल
प्राविधिक सेवा, पोषण समूह, पोषण अधिकृत पद, छैठौं (६) तहको लिखित परीक्षाको
पाठ्यक्रम (करार तर्फ)

पूर्णाङ्क: १००
उत्तीर्णाङ्क: ४०

समय: ४५ मिनेट
बस्तुगत प्रश्नपत्र अंकभार २X५०

1. DIETETIC PRACTICE

Nutrition Care Process

Professional practice, dietetic values, ethical behavior

- Evidence-based treatment
- Team/multi-disciplinary approach to patients
- Confidentiality
- Individually-tailored

advice Management&

supervision skills Use of IT and

HIMS in dietetics

2. EDUCATION THEORY AND BEHAVIOURAL SCIENCE

Education theory

Teaching methods & media

Communication models and theory

Behavioral change theory and practice

Counselling skills

Health education and promotion

Development of educational resources

- presentation skills
- IEC material development
- dietary information sheets
- group education & lesson planning

3. FOOD SCIENCE & SAFETY

Food values and functions

- Protein
- Carbohydrate
- Fat
- Vitamins (water- and fat-soluble)
- Minerals

Dietary reference values – development & application

Food-based dietary guidelines – development &

application Use of food composition data/tables

Use of nutrient exchange systems and portion

sizes Food production and processing

Food service &

preparation Meal/menu

planning Vegetarian

and vegan diets

Complementary/alternative nutrition practices and supplements

Functional foods and bioactive substances (pro & pre biotics)

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4. MICROBIOLOGY

Major classifications of microorganisms
Microbiology and food processing
Microbiology and food safety
Microbiology and disease (pathogens and toxins)

5. HUMAN PHYSIOLOGY & DISEASE

Anatomy, function & regulation of major body systems (cardiovascular, respiratory, muscular-skeletal, endocrine, reproductive, renal)
Immune system and inflammation
Detailed knowledge of Gastrointestinal Tract (including hepato-biliary system & pancreas) and digestive processes
Normal human biochemistry
Clinical management of common/major diseases and conditions of each body system

6. PHARMACOLOGY

Principles of pharmacology
Major drugs and their actions
Drug-nutrient interactions

7. HUMAN NUTRITION

1 NUTRIENT METABOLISM (intake, digestion, metabolism, deficiency states)

- protein
- carbohydrate
- fat
- vitamins (fat- and water-soluble)
- minerals

Metabolic pathways in fed and fasted state
Hydration & dehydrated state
Electrolyte balance
Physiology and metabolic effects of exercise
Sports nutrition

2 NUTRITION ASSESSMENT

Nutrition screening

- child
- adult

Assessment of nutritional status

- anthropometry (incl. development of anthropometric references)
- Biochemical indicators
- Nutrition focused physical exam

Assessment of dietary intake

- 24 hour recall
- Food frequency

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- Diet history
- Food diary

3 NUTRITION IN THE LIFECYCLE

Maternal nutrition

- Preconception
- Pregnancy (including adolescent pregnancy)
- Lactation

Child nutrition

- Normal infant (0-6 months), breastfeeding and alternatives
- Normal infant (6-24 months)
- Young child (2-5 years)
- School child (5-12)
- Adolescent (13-18)
- Older adults

4 PUBLIC HEALTH NUTRITION

Framework for Malnutrition, including care practices and WASH

Integrated Management of Acute Malnutrition

Preventing chronic disease, including diet, lifestyle and environmental factors related to disease development

8. MEDICAL NUTRITION THERAPY

I NUTRITION SUPPORT

Oral nutrition supplements

- food-based
- modified diet textures
- proprietary supplements Enteral nutrition
- gastric
- jejunal
- feeding-ostomies Parenteral nutrition Fluids and electrolytes

Micronutrient supplementation

2 CRITICAL CARE

- Nutrition requirements in critically ill
- Refeeding syndrome
- Prolonged inflammatory & catabolic syndrome

3 WEIGHT MANAGEMENT

Overweight & obesity

4 DENTAL HEALTH & ORAL DISORDERS

Dental health & oral hygiene

5 DISORDERS OF THE GIT

GERD, gastritis & PUD

Liver disease Oesophageal varices

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- Acute liver failure
- CLD, including oesophageal varices, cirrhosis, & ascites
- Hepatic encephalopathy
- Wilson's disease

Gall bladder disease, disorders of the biliary system

- Cholecystectomy

Pancreatitis

- acute
- chronic, including pancreatic insufficiency

Gastrectomy

Short bowel syndrome

Intestinal fistula

Chyle leak, including chylothorax

Inflammatory bowel disease

- Crohn's disease
- Ulcerative colitis

Irritable bowel

syndrome

- FODMAP

Food allergy

Coeliac

disease

- Non-coeliac gluten sensitivity (NCGS) Diarrhoea and Malabsorbtive states

- Intestinal parasites
- Fat malabsorbtion
- Lactose intolerance

Constipation, Diverticular disease & Haemorrhoids

6. RENAL DISEASE

Acute Kidney Injury

Nephrotic syndrome

Chronic Kidney Disease:

- Conservative management
- Maintenance haemodialysis
- Peritoneal dialysis
- Kidney stones
- Kidney transplant

7. RESPIRATORY

DISEASE TB

COPD

Sleep

apnoea

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8. CARDIOVASCULAR DISEASE

Hypertension

Hyperlipidaemia

- Hypercholesterolaemia

- Hypertriglyceridaemia

Atherosclerotic disease

- MI

- Stroke

Heart failure, cor pulmonale

9. HAEMATOLOGY

Nutritional anaemias

- iron,

- folate &

- B12

deficiencies Sickle

cell anaemia

Coagulopathy

Haematological

cancers

- leukaemia

- lymphoma

HIV/AIDS

10. INFLAMMATORY CONDITIONS AND
RHEUMATIC DISEASES SLE

Arthritis

Hyperuricaemia &

gout

11. ENDOCRINE DISORDERS

Pre-eclampsia & hypertensive disorders of pregnancy

POCS

Osteoporosis

Thyroid

disease

Diabetes

- Type 1 (adult, DKA, pregnancy)

- Type 2

- Gestational diabetes

12. TRAUMA & SURGERY

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Perioperative Nutrition
Neurosurgery (head and spine trauma)
Burns
Orthopaedic surgeries

13. NEUROLOGY

Dysphagia
Progressive neurological diseases

14. ONCOLOGY

Cancer prevention
Cancers of different body systems, especially head & neck and GI
Nutrition during cancer therapy (chemotherapy & radiotherapy)
Cancer survivors
Palliative care & end of life support

15. SKIN CONDITIONS

Acne
Wound healing & pressure sores
Dermatitis

16. MENTAL HEALTH & BEHAVIOURAL DISORDERS

Depression, schizophrenia and other psychiatric disorders
Substance abuse and dependency
Alzheimer's & dementia
Eating disorders (anorexia, bulimia)

17. PAEDIATRICS

Pre-term, SGA, LBW
- Necrotising enterocolitis
Failure to thrive
- Fussy eaters
- Management of malnutrition
Nutritional support in children
- Oral nutrition supplements
- Enteral feeding
- Parenteral feeding
Childhood obesity
Congenital disorders
- Cleft Lip/Palate
- Neural tube defects (spina bifida)
- Congenital heart disease
- Hirschsprung Disease (congenital megacolon)
- Prader-Willi Syndrome
- Inborn errors of metabolism (fat, carbohydrate, amino acid)

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Intellectual and Developmental disability

- Cerebral Palsy
- Down's Syndrome
- Foetal alcohol syndrome
- Childhood Epilepsy
- Attention deficit disorder
- Autism

Type 1

Diabetes

Childhood renal disease – nephrotic syndrome

9. RESEARCH

Research terminology

Research design & methodology – qualitative, quantitative

Statistics

Epidemiology

Development of evidence-based guidelines

10. GLOBAL, NATIONAL & ORGANISATIONAL POLICIES

Global and national nutrition data

Internationally recognised nutrition guidelines for diabetes, cardiovascular disease, enteral & parenteral feeding, critical care, surgery, kidney disease, and cancer.

GoN health and nutrition plans, policies and programmes

CSH employment policies