



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS 2023/2024 ACADEMIC YEAR SECOND YEAR SECOND TRIMESTER

SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES BACHELOR OF SCIENCE IN FOODS, NUTRITION, AND DIETETICS

COURSE CODE: FND 2232

**COURSE TITLE: INTRODUCTION TO NUTRITION
EMERGENCIES**

DATE: 19TH APRIL, 2024

TIME: 1400-1700

INSTRUCTION TO CANDIDATES

Section A: Multiple Choice Questions. Answer ALL Questions

Section B: Short Answer Questions. Answer ALL Questions

Section C: Long Answer Questions. Answer Question ONE and any other ONE question.

This paper consists of 6 printed pages. Please turn over.

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS) SELECT THE CORRECT ANSWER.

1. The objective of rapid nutrition assessment include which of the following,
 - a. To identify trends in nutrition status
 - b. To verify the existence or threat of a nutrition emergency
 - c. To establish immediate needs
 - d. To establish the prevalence of malnutrition

2. Which of the following is a form of nutrition assessment during emergencies?
 - a. Focused group discussion
 - b. Observation
 - c. Key informant interviews
 - d. Nutrition survey

3. Which of the following are the underlying structured failures that leave population vulnerable to nutrition emergency and famine
 - a. Poverty, chronic food insecurity, poor infrastructure
 - b. Disaster, food security, poverty
 - c. HIV/AIDs, climate change, poverty
 - d. Chronic food insecurity, chronic disease, Conditioned HIV/AIDS

4. Triggers of emergency nutrition on population includes
 - a. Social disruption, breakdown associated services, infrastructure
 - b. Political and economic shock
 - c. Natural disaster, flood, drought
 - d. Disease and malnutrition

5. Acute malnutrition leads to the following changes
 - a. Body composition, cell and tissue and organ function, cellular composition
 - b. Is characterized by severe wasting of fat and muscle, which body breakdown to make energy
 - c. Characterized by bilateral oedema, skin rash changes in the hair
 - d. Characterized by severe wasting with bilateral oedema

6. The population groups, nutritionally vulnerable in emergency can be categorized to
 - a. Physiological vulnerability
 - b. Economically vulnerability
 - c. Social cultural vulnerability
 - d. External displacement

7. The following are the individual with increased nutrients requirement
 - a. 0-34 months, pregnant and lactating women
 - b. Individual with hepatitis B, HIV/AIDS
 - c. Elderly, disabled HIV/AIDS
 - d. Individual with reduced appetite, HIV/AIDS

8. Reasons for macro-nutrients deficiency in emergency is due to?
 - a. Majority do not access fresh food
 - b. Majority cannot buy fresh food, preferred preserved food
 - c. Majority lack food security
 - d. Majority prefer to identify their preference first

9. The following is a basic protection principles that should inform all humanitarian action
 - a. Assist people to claim their rights, access available remedies and recover from the effects
 - b. Ensure treatment and care of HIV and TB people in emergency
 - c. Evaluation of humanitarian effectiveness
 - d. Evaluation of food and response

10. Which of the following best describe malnutrition
 - a. Refers to deficient of malnutrition
 - b. Refers to both malnutrition and over nutrition
 - c. Refers to over nutrition and obesity only
 - d. Refers to under nutrition

11. Therapeutic care strategies in emergencies are forms of treatment provided according to
 - a. Individual; with severe acute malnutrition, acute malnourished, moderate acute malnutrition
 - b. Malnutrition caused by macronutrients
 - c. Severely ill individual in the facility
 - d. Children under five years admitted in hospital

12. The following planning steps need to take place in planning for therapeutic care
 - a. Assessment, analyze, determine resources
 - b. Assessment, decision making, determine resources
 - c. Assess, determine and evaluate
 - d. Assessment, determine and analyzed

13. Admission criteria to therapeutic care are based on
 - a. Weight for height MUAC, bilateral oedema
 - b. Height, MUAC, oedema
 - c. MUAC, < 110mm presence of bilateral oedema
 - d. Oedema, weight height

14. The patient follow up in stabilization phase, the nurse should monitor the following,
 - a. Weight, oedema and body temperature
 - b. Clinical signs, body temperature, degree oedema, weight
 - c. Weight and oedema , temperature
 - d. Clinical signs temperature, respiration , dehydration

15. Which are the warning phase in the transmission to be observe
 - a. Weigh gained
 - b. Oedema and weight
 - c. Rapid weight gain > 10g /kg / day
 - d. Tense abdominal distension

16. Which of the following, method is used in assessing micronutrients deficiencies in emergencies
 - a. Assessment mainly using deficiency intake by the food frequency
 - b. Assessment, food frequency and 24 hours recall
 - c. Assess vitamin A, fat and food frequency
 - d. Asses vitamin A,Fat and food Frequency

17. Objective of health assessment in emergency
 - a. Identification, prediction, assessment of the magnitude of health emergency
 - b. Identify health related emergency, predict likely evolution of feature, assess magnitude
 - c. Understand condition, condition, identify resources, consider what happen and give priority
 - d. Identification, predict, assess magnitude, understand, assess the condition, and identify resources.

18. Which of the following define mortality rate in children under five years old.
 - a. Rate of death among children below five years of age in population
 - b. Number of death in children of infant age
 - c. Total number of death in children < 5 years during time period
 - d. Are indicators of the sphere, the under 5 mortality retained.

19. Component of food security include

- a. Availability and utilization, distribution
- b. Availability, accessibility, utilization
- c. Utilization, preservation and access
- d. Access, preparation and preservation

20. The following are the clinical forms of acute malnutrition, EXCEPT
- a. Marasmus
 - b. Kwashiorkor
 - c. Marasmic kwashiorkor
 - d. Osteoporosis

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS). ANSWER ALL QUESTIONS.

1. a. Describe three(3) indicators of food security assessment **(3mks)**
 b. Outline three (3) approaches to food security assessments **(3mks)**

2. Describe the standard for emergency nutrition response in tune with SPHERE standards **(8mks)**

3. State the impact of nutrition emergency at the following levels
 - i. Population
 - ii. Household
 - iii. Individual **(6mks)**

4. State six (6) triggers of nutrition emergency **(6mks)**

5. a. Outline four (4) common causes of disease and death in nutrition emergencies **(4mks)**
 b. Disaster is adjacent variable with different rates of development. Describe phases of disaster **(5mks)**
 c. Highlight five (5) challenges encountered when undertaking monitoring and evaluation in nutrition in emergencies **(5mks)**

SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.

1. Protecting the Nutritional status of the vulnerable groups affected remain to be a Fundamental Humanitarian Right
 - a. Describe four (4) population groups most nutritionally vulnerable in emergencies **(8mks)**
 - b. State four (4) groups of actors mostly involved in emergency response **(4mks)**

- c. i. Discuss six (6) humanitarian agencies in the Kenyan context dealing with nutrition and health emergency **(6mks)**
 - ii. Name two (2) steps of emergency response **(2mks)**
2. In enhancing Emergency Nutrition, intervention work to reduce rates of acute malnutrition of large vulnerable population.
 - a. In-reference to implementing emergency nutrition intervention, describe three (3) types of nutritional intervention **(6mks)**
 - b. In distribution of food commodities during emergency outline six (6) difference between take home and onsite feeding **(6mks)**
 - c. Explain four (4) requirements for emergency nutrition intervention **(8mks)**
3. It is essential for the student to understand the different reasons for malnutrition in emergency affected population in order to design appropriate intervention
 - a. State two (2) forms of malnutrition **(2mks)**
 - b. State the underlying causes of malnutrition during nutrition emergency **(6mks)**
 - c. Discuss why HIV/AIDS is an issue of nutrition at concern in emergency. **(12mks)**

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