**FEBRUARY MORNING CLASS 2024**

**CAT 4- GRP A**

**TIME: 45MIN**

**MARKS:40**

1. Which of the following it true about enteral feeding?
2. It requires an NGT
3. It is feeding through the GIT
4. It is feeding through the veins
5. It is feeding the patient liquid diet only
6. Which food group contains the most cholesterol?
7. Grains
8. Vegetables
9. Proteins
10. Fruits
11. Which of the following is not a sign of dehydration.
12. Constipation
13. Dry lips
14. Loss of appetite
15. Urinary tract infections
16. Which of the following statements is **TRUE.** (1mks)
17. All veins have valves to prevent blood back flow.
18. The blood is responsible for the transportation of hormones in the body.
19. The kidney receives blood through the renal vein.
20. Anaemia is a condition characterized by over hydrating the patient.
21. Which one of the following nutrients provides us with maximum energy in terms of calories?
22. Carbohydrates
23. Proteins
24. Fats
25. Vitamins
26. If there is too little insulin, sugar cannot enter the cells. Excess amounts of sugar, build up in the blood. This condition is called?
27. Blood sugar
28. Glucocorticoid
29. Diabetes
30. Epinephrine
31. Insulin is secreted by the
32. Thyroid
33. Pancreas
34. Gonads
35. Pituitary
36. Which hormone is required to aid in glucose uptake to the cells

a) Glucagon

b) Glycogen

c) Beta cells

d) Insulin

1. Which is not a result of age -related changes in the digestive system?
2. Improved taste and smell
3. Flatulence and constipation
4. Indigestion
5. Swallowing problems
6. The prolonged retention and buildup of feces in the rectum is called
7. Constipation
8. Fecal impaction
9. Diarrhea
10. Fecal incontinence

**SECTION B SHORT ANSWER**

11.Describe 4 food hazards (4mks)

12. State 4 indications for catheterization? (4mks)

13. Discuss 5 ways to ensure safety against falls of the elder (5mks)

14. State 4 indications of NGT feeding (4mks)

15.Discuss three complications of NGT feeding, and how to prevent each of them. (6 mks)

16. A patient weighs 65kgs, height is 153cm

Calculate the patients BMI (2mks)

17. Define diabetes? (2mks)

18. Discuss 3 lifestyle modification you would advice an elder with diabetes? (3mks)