

**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore-641043.**

**Master's Degree Examination – November 2018
Semester – III**

**Class : II PG
Major: Food Service Management and Dietetics**

**Time: 3 hours
Max. Marks: 60**

17MFDC21 Diabetes Counseling (Self Study)

Part A

Choose the correct answer

10 x 1/2 = 5

1. The insulin dependent diabetes mellitus is also known as
a. Type – 2 diabetes b. Juvenile onset c. MRDM d. NIDD
2. Pre diabetes is referred to
a. Impaired Glucose Tolerance b. Impaired Fasting Glucose
c. Both a & b d. none of the above
3. A diet high in protein ----- is good for the health of diabetes.
a.20% b.40% c.30% d. 25%
4. In diabetes , glycosylated haemoglobin concentration is -----% of total Hb
a. 4-7 b. 8-18 c. 18-28 d.28-38
5. Fruity odour to breath is caused by the excess of
a. acetone b. Acetic acid c. aceto acetic acid d. amino acid
6. The action of ----- and the peak absorption of carbohydrate should be at the same time
a. bile b. insulin c. drug d. metabolism
7. The duration of action of this drug is for 5 hours.
a. Glipexide b. Chloro promide
c. Metaformin d. Tolbutamide
8. ----- foods are known to increase insulin secretion without augmenting glucose concentrations.
a. Protein rich b. Fiber rich c. Calcium rich d. Sodium rich
9. Walking 5.5 km per hour will expend energy about ----- calories per minute.
a. 5.5 b.10.0 c.20.0 d.25.0
10. If the mark up factor is 5 there may be
a. Pregnancy b. Hypoglycemia c. Stress d. Drugs

Part B

Answer ALL questions

5 x 4 = 20

Each answer should not exceed 200 words or one page

11. a. List the different types of diabetes.
(Or)
11. b. Trace the micro vascular complications in 60 yr old diabetic Female.
12. a. Explain the role of food exchange list for an NIDDM individual.
(Or)
12. b. Explain the role of SMBG.
13. a. List and explain anyone of the nutritional screening methods adopted for general population.
(Or)
13. b. Write a note on OGTT.
14. a. Give the dietary modifications for an adult 32 years of age with fasting blood sugar of 256mg/dl.
(Or)
14. b. Write a note on Glycemic index .
15. a. Give the role of yoga in management of diabetes .
(Or)
15. b. Give the principles of good diabetes care

Part C

Answer ALL questions

5 x 7 = 35

Answer should not exceed 600 words or three pages

16. a. Elaborate on the metabolic derrangement in DM.
(Or)
16. b. Explain the etiology and risk factors towards prevalence of DM .
17. a. Brief on the history of insulin and discuss the types and mode of its action.
(Or)
17. b. Brief on the different types of exercise and its need and importance for diabetic person.
18. a. Discuss the need for screening in an rural population and explain the methods.
(Or)
18. b. Brief on the role of fiber in controlling diabetes.
19. a. Discuss on the carbohydrate counting in diabetes management.
(Or)
19. b. How do modern diet plan help in managing diabetes?
20. a. How will you counsel a type 2 diabetic obese male working in IT field living alone?
(Or)
20. b. Discuss the various stress management therapy adopted to manage DM.