

**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

[AHS 0122]

**JANUARY 2022**

**Sub. Code: 3023**

**(FEBRUARY 2021 & AUGUST 2021 EXAM SESSION)**

**B.Sc. CLINICAL NUTRITION  
THIRD YEAR – (Regulation from 2018-2019)  
PAPER III - DIETETICS COUNSELING  
Q.P. Code : 803023**

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Conceptualizing entrepreneurs skills and behavior.
2. Plan, Execute and a nutrition counselling program on Diabetes mellitus.
3. Explain the basic communication required for a dietician.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Determining the role of nutrition counselor.
2. How important is social and behavior change for communication.
3. Use of computers by dietician.
4. Types of listening.
5. Prepare a teaching material for a patient suffering from Hepatitis.
6. Prepare a diet chart for cirrhosis patients using frequency table.
7. Factors affecting individual food sources.
8. Discuss the importance of body language in counseling.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Different types of approaches to counseling.
2. Define verbal and non-verbal communication.
3. What is counselling therapies?
4. How do you end a counselling session?
5. What do you mean by information storage?
6. Communication skills.
7. Client management care.
8. Define counseling.
9. Communication and conflict management.
10. Regression test.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

[AHS 0922]

SEPTEMBER 2022

Sub. Code: 3023

(FEBRUARY 2022 & AUGUST 2022 EXAM SESSIONS)

**B.Sc. CLINICAL NUTRITION  
THIRD YEAR – (Regulation from 2018-2019)  
PAPER III - DIETETICS COUNSELING  
Q.P. Code : 803023**

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Prepare a teaching material for a patient suffering from hypertension disorder.
2. Communication of dietary advice.
3. Responsibilities of the nutrition counsellor.

**II. Write notes on:**

**(8 x 5 = 40)**

1. What are the factors affecting the individual choice?
2. Execution of software packages.
3. Principles of health education.
4. Importance of nutrition counselling.
5. Computer applications in Education / training.
6. Prepare a diet chart for cirrhosis patients using frequency table.
7. Motivation.
8. Discuss the importance of body language in counseling.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Define conflict.
2. Types of communication.
3. Barriers of communication.
4. Steps in diet counseling.
5. Types of listening.
6. Negotiation skills.
7. Brief note on Client managed care.
8. Define health education.
9. Communication model.
10. Standard deviation.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[AHS 0424]**

**APRIL 2024**

**Sub. Code: 3023**

**B.Sc. CLINICAL NUTRITION**  
**THIRD YEAR – (Regulation 2018-2019 onwards)**  
**PAPER III - DIETETICS COUNSELLING**  
*Q.P. Code: 803023*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:** **(3 x 10 = 30)**

1. Communication and Conflict Management.
2. Roles and responsibilities of a nutrition counselor.
3. Write a diet chart for a Diabetes Mellitus patient.

**II. Write notes on:** **(8 x 5 = 40)**

1. Lifestyle modification towards food habits.
2. Scope of nutritional counseling.
3. Methods of communications.
4. Dietary computations.
5. Computer applications in dietetics management.
6. Patient and client managed care.
7. Communication models.
8. Prepare a Leaflet for Gastritis.

**III. Short answers on:** **(10 x 3 = 30)**

1. What are the factors affecting individual food choice?
2. Define Motivation.
3. Principles of Health Education.
4. Diet advice for Cirrhosis of liver patients.
5. Use of computers by dietitian.
6. What are the negotiation skills?
7. Mean and Median.
8. What is the difference between nutrition and dietetics?
9. Teaching aids used by dieticians.
10. Methods of sampling techniques in Research.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

[AHS 0125]

**JANUARY 2025**

**Sub. Code: 3023**

**B.Sc. CLINICAL NUTRITION**  
**THIRD YEAR – (Regulation 2018-2019 onwards)**  
**PAPER III - DIETETICS COUNSELLING**  
*Q.P. Code: 803023*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Write in detail the various methods of Statistical computation.
2. Explain in detail the various teaching aids used by a dietician.
3. Discuss practical considerations in dietary advice and counselling.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Importance of patient education.
2. Nutrition counselling.
3. Dietary computation.
4. Process of preparation of diet charts.
5. Execution of software packages.
6. Use of computer applications in research.
7. Illustrate a poster, educating on hepatitis.
8. Approaches in patient counselling.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Two factors affecting food choices.
2. Bar diagram.
3. Modes of communication.
4. Name a few platforms of patient education.
5. Write a few common errors in preparation of teaching aids.
6. List down the role of nutrition counsellor in community setup.
7. Draw and explain a straight-line graph.
8. Client managed care.
9. Computerized information storage.
10. Importance of Reviews and follow up in counselling.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[AHS 0425]**

**APRIL 2025**

**Sub. Code: 3023**

**B.Sc. CLINICAL NUTRITION**  
**THIRD YEAR – (Regulation 2018-2019 onwards)**  
**PAPER III - DIETETICS COUNSELLING**  
***Q.P. Code: 803023***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Explain a) Process of listening b) Gesture  
c) Communication flow in nutrition counselling.
2. Plan and Execute a Nutrition Counselling Program on Digestive disorder.
3. Discuss briefly on different methods of counselling and educating patient.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Communication needs in a health care.
2. Factors affecting the effective message delivery in counselling.
3. Differentiate between general and professional communication.
4. How to assess the food intake in patients?
5. Prepare a teaching material for a known patient of Diabetes.
6. Prepare a diet chart for Hyperlipidemia patients using pie chart.
7. Basic communication skills required for a nutrition counsellor.
8. Skills and behavior of Entrepreneur.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Problems faced by a dietician while counselling.
2. Teaching aids used by dietician.
3. How do you assess patient's needs?
4. Communication –Receiver relationship.
5. What do you mean by Dietary computation?
6. Negotiation skills.
7. Mean and standard deviation.
8. Importance of computer application in counselling.
9. How important is consideration of behavior modification in patient?
10. Prepare a leaflet for underweight pregnant women.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

[AHS 1125]

**NOVEMBER 2025**

**Sub. Code: 3023**

**B.Sc. CLINICAL NUTRITION**  
**THIRD YEAR – (Regulation 2018-2019 onwards)**  
**PAPER III - DIETETICS COUNSELLING**  
*Q.P. Code: 803023*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Explain a Menu Plan for a Cardiac patient and their Nutritional advice.
2. Explain in detail about communication, types, models, advantage, disadvantage and its barriers.
3. What are the preparations for Teaching Aids in the field of Nutrition?

**II. Write notes on:**

**(8 x 5 = 40)**

1. Counselling therapies.
2. Conflict management.
3. Importance of Nutritional Counsellor in a Hospital setting.
4. Discuss the importance of Body Language in Counselling.
5. Principles of Health Education.
6. Parental Nutritional preparation.
7. Negotiation skills.
8. Skills and Behaviour of Entrepreneur.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Diet advice for Diabetes Mellitus patients.
2. Scope of Nutritional Counselling.
3. Individual food choice.
4. Execution software package.
5. Motivation.
6. Client patient care.
7. Standard deviation.
8. Regression test.
9. Qualities of a Nutritional Counsellor.
10. Define Research.

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