

# SRI DEVARAJ URS COLLEGE OF NURSING



TAMAKA, KOLAR-563 103

i / II / III / IV B.Sc., (N) / M.Sc. (N) / P.B.B.Sc. (N)

Internal Assessment Test I / II / III

Format No. :	ACD-09
Issue No. :	01
Rev. No. :	00
Date :	01-11-05

Internal	<b>EXAMINATION</b>
Class	

Name Emilda Michael Roll No. 40  
 Subject Medical Surgical Nsg Date of Test 4/04/24  
 Max. Marks : 25

### DATA

Q. No.	Marks (Long Essay)	Q. No.	Marks (Short Essay)	Q. No.	Marks (Short Answers)
1	8	2	4		
		3	4		
		4	4		

Total Marks Scored.....

Date of Result.....

20/25

Signature of the Student

*Gayathri*  
ICAC

Name & Signature of Principal

*Gethua*  
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## Long Essay

1. Define Burns
- b. Explain the causes, types of Burns
- c. Discuss in detail rule of nine in estimation of Burns and Management of Burns.

## Short Essay

2. Define Cataract, types and Surgical Management.
3. Define Reconstructive Surgeries and explain in detail types of reconstructive Surgeries.
4. Theories of Aging.

## Burns

### Definition of Burns

Burns are defined as the injuries that result from direct contact with or exposure to any thermal, chemical, electrical, inhalational or radiation source.

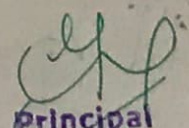
Burns is a wound that causes damage to the skin or deeper tissues caused by sun, hot liquids, electricity or chemicals.

~~Answer~~ Causes / Types of Burns

~~Causes~~

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~~Burns~~

  
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It is caused by exposure to or contact with flame



hot liquids, semi liquids (steam), semi solids (tar)  
or hot objects.

- Specific examples are residential fire, explosive automobile accidents, scald injuries, clothing ignitions.

## 2. Chemical Burns

are caused by tissue contact with strong acids, alkalis or organic compounds.

chemical burns are caused by sodium hydroxide or silver nitrate, acids such as sulphuric acid and hydrofluoric acid which can cause damage down to the bones.

## 3. Electrical Burns

are caused by exogenous electric shock, electrical burns are caused by heat that is generated by the electrical energy as it passes through the body.

Electrical injuries are caused by faulty electrical wiring high voltage power lines or battery defibrillator without the conductive gel.

## 4. Radiation Burns

They are caused by exposure to UV rays, radiation therapy, sunlamps, radioactive substances and X-rays.

tanning booths can cause damage to the skin  
irritation to the skin, redness, swelling and  
inflammation.

## 6. Inhalation injury

Maybe upper airway and may involve the lower airway and cause acute respiratory distress syndrome.

Exposure to asphyxiants, smoke poisoning and direct thermal injuries to the lungs.

### Rule of Nine Method

It is one of the quick method to calculate the extent of burns. The entire body systems assigns percentages in multiples of nine to major body surface areas.

- It may be used to estimate the TBSA burnt. By adding all the affected area percentage the total body surface that is burnt is calculated.

- The rule does not apply for the childrens and infants. Rule of nine was introduced by Alexander Wallace. The patient own hand (fingers and palms) is 4% of body surface area.

### Management of Burns

- B : Breathing
- U : Urine output
- R : Rule of Nine

: Nutrition

Silveradonee cream

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## Cataract

### Definition :-

A cataract is a clouding or opacity that develops in the crystalline lens and its envelope, varying in degree from slight to complete opacity and obstructing the passage of light.

The term cataract is derived from the Greek word cataractos, which describes rapidly running water. When water is turbulent. It is transformed from a clear medium to white and cloudy.

### Classification of cataract :-

- 1) Congenital cataract
- 2) Acquired cataract

### Acquired cataract types :-

1. Senile cataract :- It is also called as age related cataract. A senile cataract is characterized by an initial opacity in the lens, subsequent swelling of the lens and final shrinkage with complete loss of

~~transparency.~~

2. Traumatic cataract :- Most commonly due to penetrating or blunt injury to the eye, haemorrhages and foreign bodies in the eye.

3. Complicated cataract :- It is refers to the

Opacity of lens secondary to some other diseases.  
It is also called as secondary cataract.

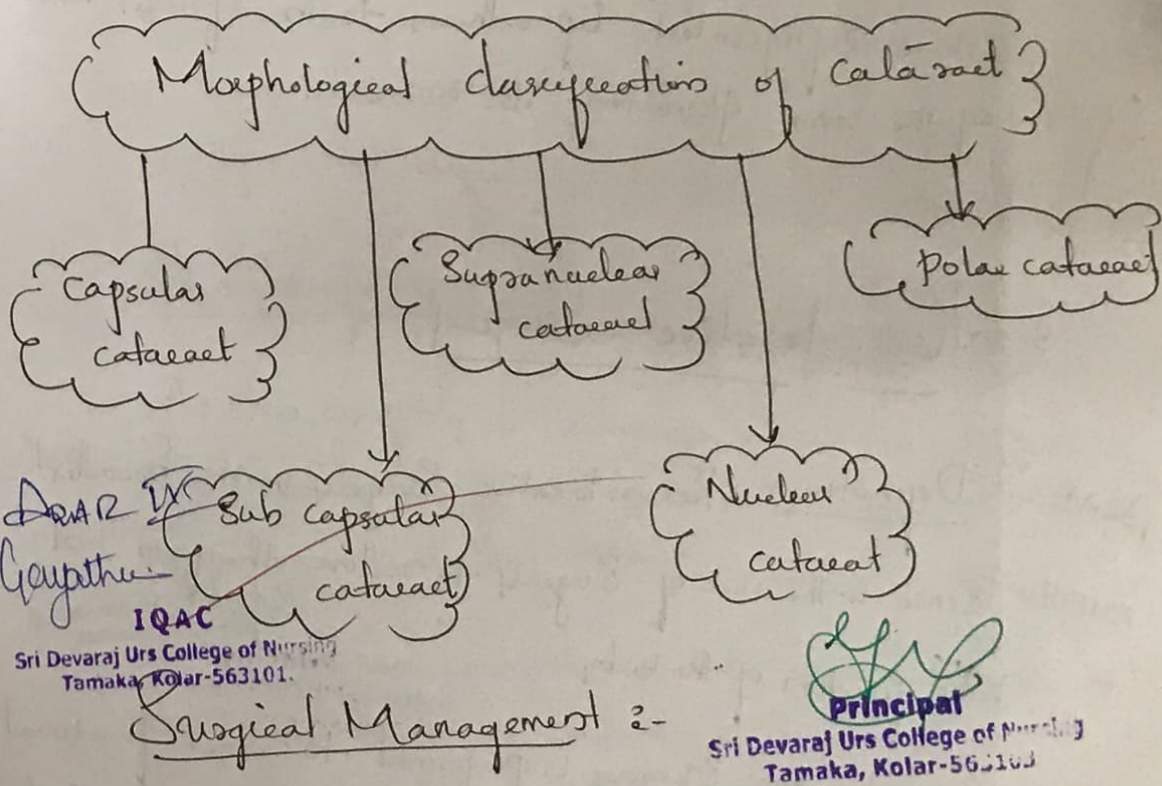
#### 4. Metabolic cataract

Metabolic cataract occurs due to endocrine disorders and biochemical abnormalities.

5. Radiation cataract: Exposure to almost all types of radiation is known to produce cataract by causing damage to the lens epithelium.

6. Electric cataract :- It is known as to occur after passage of powerful electric current through the body.

7. Dermatogenic cataract :- cataract associated with the skin diseases such as a 'atopic dermatitis'.



#### 1. Extra capsular cataract Extraction

ECEE consists of removing the lens and the anterior



Posterior of the lens capsule manually. The posterior capsule is left intact to support on IOL

## 2. Intra capsular cataract Extraction :-

In IOLC instruments are used to remove the entire lens and capsule manually. In either extra capsular surgery or intra-capsular surgery the cataractous lens is removed and replaced with a plastic lens which stays in the eye permanently.

3. Cryo surgery :- Cryoextraction is a form of IOLC that freezes the lens with a cryogenic substance such as liquid nitrogen. In this technique the capsule is entered through use of cryoextractor - a cryoprobe whose refrigerated tip adheres to the frozen tissue of the lens permitting its removal.

## 3. Reconstructive Surgery

Definition :- Reconstructive Surgery in its broadest sense is the use of surgery to restore the form and function of the body

- Reconstructive Surgery is performed to correct functional impairment caused by lacerations, traumatic injury such as facial bone fracture, congenital abnormalities such as cleft lip and cleft palate. Removal of

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Cancers and tumours.

## Common Reconstructive Surgical procedures:-

1. Breast Reconstruction
2. Face Injury
3. Contracture Surgery for burns
4. Hand and finger injuries
5. cleft lip and palate
6. Injuries to limb
7. Cranio-facial defects
8. Amputations
9. ptosis or deepening of eyelids
10. Scars
11. Defects of ear
12. pressure sores
13. Hand anomalies
14. Spinal cord defects.

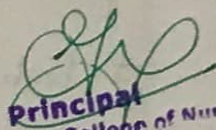
## ④ Skin Grafting:-

As skin grafting is technique in which sections of

skin is detached from its own blood supply and transferred to distant tissue.

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Skin grafts are commonly used to repair defects that result from excision of skin tumours to cover the denuded area of skin caused and to cover wound in which insufficient skin is available to permit wound closure.



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## 2. Skin Flaps

A flap is a segment of tissue that remains attached at one end while the other end is moved to the desired site.

A skin flap consists of skin and subcutaneous tissue that survives based on its own blood supply.

The flap consists of skin, mucosa, muscle, adipose tissue, osseous and bone.

## 3. Cosmetic Surgery

Cosmetic surgery is a very popular form of plastic surgery performed to reconstruct or alter congenital or acquired defect or to improve body's appearance.

Cosmetic surgery is performed for changes that result from aging?

1. body reshaping procedures

2. Facial surgeries

3. breast reshaping procedures.

## Theories of Aging

Aging can be defined as the time-related deterioration of the physiological functions necessary for survival and fertility.

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Aging process of growing older developing the appearance and characteristics of old age.

## Theories of Ageing.

The theories of ageing are classified into :-

1. Biologic theories
2. Psychosocial theories
3. Developmental theories

### Biological theories :-

Biologic theories of ageing attempt to explain why the physical changes of ageing occur. Researchers try to identify which biologic factors have the greatest influence on longevity :-

It is divided into following types :-

- The programmed theory / Biological clock theory
- Gene theory
- Molecular theory
- Cellular theories

### Psychosocial theory

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Psychosocial theories of ageing attempt to explain changes in behaviour, roles and relationships that occur as individual age.

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This attempt to predict and explain the social interactions and roles that contribute to successful adjustment to old age in older adults :-

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- The disengagement theory
- The activity theory
- The continuity theory
- the subculture theory

Developmental theories :-

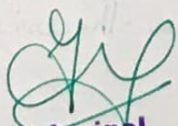
Developmental theories or life-course theories

- These theories leave personality and personal adjustment throughout a person's life
- Many of these theories are specific in identifying life-oriented tasks for the aging person.

It is following types :-

- Erikson's theory
- Havighurst Theory
- Newman's theory
- Peck's theory
- Jung's theory

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Internal	<b>EXAMINATION</b>
Class	

Name..... Angel Joby ..... Roll No. 87 .....

Subject..... Applied Nutrition & Dietetics ..... Date of Test.....

Max. Marks : 30 .....

### DATA

Q. No.	Marks (Long Essay)	Q. No.	Marks (Short Essay)	Q. No.	Marks (Short Answers)
<u>I</u> 1	<u>01</u>	<u>II</u> 1	<u>1/2</u>	<u>IV</u> 1	<u>12</u>
2	01			2	12
3	01			3	12
4	01				
		<u>III</u> 1	<u>32</u>		
		2	<u>4</u>		

Total Marks Scored..... 23 .....

Date of Result.....

23  


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30

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 Signature of the Student ANGEL IV

.....  
 Name & Signature of Examiner [Signature]  
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# Questions.

## I Multiple Choice Questions.

1. Savi is suffering from Kwashiorkor. Which of the following deficiencies causes it?
  - a) Deficiency of iron
  - b) Deficiency of Protein.
  - c) Deficiency of calcium
  - d) Deficiency of Vit-A
2. Refrigerators help in preservation of food by \_\_\_\_\_?
  - a) sealing of food with layer of ice.
  - b) Destroys enzyme action.
  - c) Reducing the rate of biochemical reactions.
  - d) killing the germs.
3. The diet contains all the nutrients, to fulfill requirements of the body is called?
  - a) Nutrition
  - b) Balanced diet
  - c) Perfect diet
  - d) Food Pyramid.

Answer: b

b Balanced diet

c Perfect diet

d Food Pyramid.

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Who are the beneficiaries of mid-day meal

Scheme :-

a) Under-5 childrens

b) Primary school childrens

c) PU students

d) newborns.

II

Long Essay.

1. a) Define balanced diet?  
b) How do you Plan a balanced diet for Pregnant women?

III

Short Essay.

1. Explain National Nutritional Programmes?
2. Explain Nutritional assessment in detail?

IV

Short Answers

1. What are supplementary and complementary feeds?
2. Mention the disorders of Protein energy malnutrition?
3. Define Mid-day meal scheme?

Answers.

I

MCQ's.

1. Deficiency of Protein. ✓ AP
2. Reducing the rate of biochemical reactions ✓
3. Balanced diet. ✓
4. Primary school children. ✓

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## Short Answers.

### Supplementary and Complementary Feeds.

#### Supplementary Feeds.

- Provided in addition to breast milk or formula
- Intended to supplement the existing diet.
- Typically introduced around 6 months of age

Examples:-

- \* Pureed fruits and vegetables
- \* Cereals or porridges.
- \* Protein sources like egg, meat or fish.

#### Complementary Feeds.

- Provided in addition to breast milk or formula, but gradually replace them
- Intended to complement and eventually replace the existing diet.
- Typically introduced around 6-12 months of age.

Examples:-

- \* Solid foods like mashed fruits, vegetables and proteins.

- Finger foods like <sup>soft</sup> ~~market~~ fruits, vegetables and crackers.

## 2. Disorders of Protein Energy Malnutrition

\* Kwashiorkor

\* Marasmus.

\* Underweight

\* Stunting.

\* Undernutrition

\* Nutritional dwarfism.

## 3. Mid-day Meal Scheme.

The Mid-day Meal Scheme is a school meal program implemented by the government to provide free lunches to children in primary and upper primary schools, typically between the ages of 6 and 14.

### Aims

1. Improve attendance and enrollment in schools.
2. Enhance nutritional status of children.
3. Support educational performance.
4. ~~Promote~~ <sup>Promote</sup> socialization and inclusiveness.
5. ~~Promote~~ <sup>Promote</sup> Reduce dropout rates.

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1. National Nutritional Program.INTRODUCTION

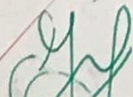
Malnutrition is Pervasive Public Health Concern. affecting millions worldwide, with far reaching consequences for individuals, communities, and nations. To combat this issue, governments have established National Nutritional Programs Comprehensive initiatives designed to improve the health and well-being of vulnerable populations.

DEFINITION

A National Nutritional Program is a government-initiated program aimed at providing adequate nutrition to vulnerable populations, including children, pregnant women, lactating mothers, and the elderly. The program's primary objective is to reduce malnutrition, hunger, and related health problems by providing access to nutritious food, nutrition education and health services.

Aim of NNP.

The National Nutritional Program aims to improve the nutritional status of vulnerable populations, particularly children, pregnant women,



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lactating mother and the Elderly, by providing access to nutritious food, nutrition education, and health services.

## Objectives of NNPS

- > To reduce malnutrition and hunger among vulnerable populations.
- > To improve the health and well-being of beneficiaries.
- > To enhance cognitive function and productivity.
- > To reduce mortality and morbidity rates.
- > To empower communities to take charge of their nutrition and health.

2.

## Nutritional Assessment.

### Introduction

Nutritional Assessment is the evaluation of an individual's nutritional status. It involves measuring and analysis various aspects. It includes diet, physical health & lifestyle habits.

### AAAR IV Definition.

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It is a evaluation of nutritional status including dietary intake, clinical measurements, biochemical data & medical history.

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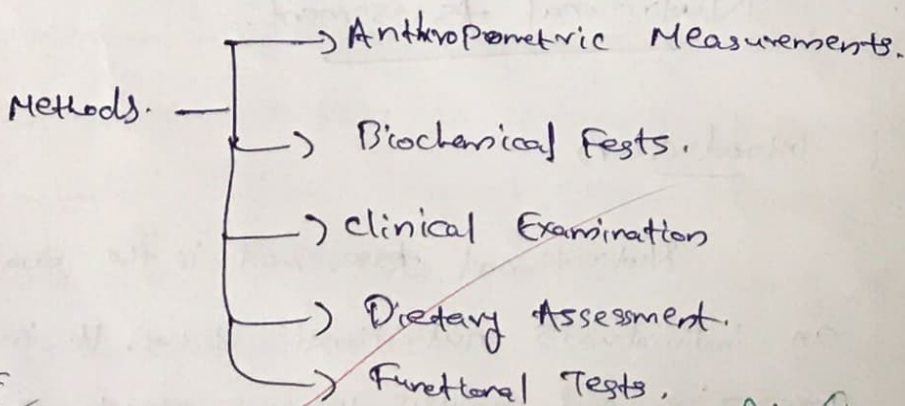
## Objectives of Nutritional Assessment.

- To Assess the health history of the individuals.
- To identify the nutrient deficiencies.
- To prevent malnutrition.
- To Promote healthy lifestyle
- To educate Patients about the proper nutrition

## Advantages of Nutritional Assessment.

- Identifying Nutritional deficiencies.
- Identifying Health risks.
- Measuring Progress.
- Weight Management.

## Methods of Nutritional Assessment.



### Anthropometric Measurements.

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a type of nutritional Assessment that involves the measurement of physical characteristics of the body.

- It includes height, weight, body mass index, head circumference etc.

## Biochemical Tests.

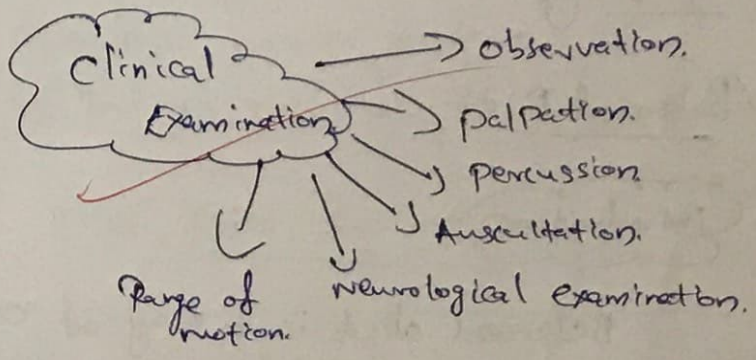
- It is a type of nutritional assessment. It involves measuring specific nutrients, metabolites or enzymes in blood, urine & other body fluids.

eg:- Blood glucose, hb, serum albumin.

## Clinical Examination

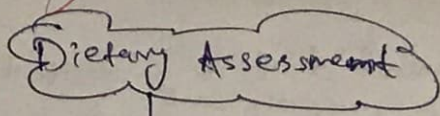
- It is a type of nutritional assessment of a patient body.

- It is conducted by healthcare provider to identify any abnormalities or signs of disease.



## Dietary Assessment

It is a process of evaluating an individual's dietary intake to determine the adequacy of nutrient intake.



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# Functional Test

It is a type of nutritional assessment that ~~evaluates~~ evaluates an individual's ability to perform daily activity and tasks related to nutrition & physical function.

## Functional Tests

- Grip strength.
- Time up & go Test
- 6-min walk test
- Hand grip test.
- 24-hour Dietary Recall.

## I Long Essay

### 1. Balanced Diet.

#### Introduction

Balanced diet is a way of eating that provides the body with the necessary nutrients, vitamins, and minerals to maintain optimal health and well being.

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#### Definition

A balanced diet is a diet that includes a variety of foods from all food groups in the right proportions. Providing the body with the necessary nutrients, vitamins and minerals.

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# Principles of a Balanced Diet.

Variety.

Moderation

Balance

Adequacy

Limitations

## Benefits of a Balanced diet.

- i) Maintains healthy weight
- ii) supports growth and development.
- iii) Boosts energy levels.
- iv) Enhances mental performance
- v) supports immune function.
- vi) Reduces the risk of chronic diseases.

## Diet Plan for Pregnancy

Meal	Menu.	Quantity.
Early morning	Dry fruit, milk shake.	1 glass.
Breakfast	Bread, lemon rice, Aloo parota.	1 slices. 1 cup. 2.
Mid Morning	Groundnut chikki, fruits.	1 cup.

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Lunch.	Vegetable Salad. Vegetable Curry Raitta.	1 cup.
Dinner	Vegetable Salad. Vegetable Curry Chapati Chai.	1 cup. 1 cup 2. 1/2 cup.
Bed time	Milk from Saffron + Badam	1 cup.

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