## Reference 0.1: Pre- and Post-Test

**Module 1: Introduction to Nutrition**

Write down the answer. Where multiple choices are provided, circle the correct answer. Total: 5 marks

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| **Question** | **Answer** |
| 1. Define the term ‘malnutrition’. (1 mark) | Malnutrition**:** |
| 1. Compared to an HIV-negative person, how much energy do PLHIV need to consume during the following stages:(2 marks) | Early stages of the infection (i.e., asymptomatic stage)? |
| Late stage of the HIV infection (i.e., symptomatic stage)? |
| 1. Name two reasons a client might be losing weight.(2 marks) |  |

**Module 2: Nutrition Assessment and Classification**

Write down the answer. Where multiple choices are provided, circle the correct answer. Total: 11 marks

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| **Question** | **Answer** |
| 1. List the four types of nutrition assessment methods. (2 marks) |  |
| 1. Chifundo is age 19 and weighs 42.5 kg. Her height is 163.2 cm. Calculate Chifundo’s body mass index (BMI). (1 mark) |  |
| 1. What is your classification of Chifundo’s nutritional status? (1 mark) |  |
| 1. David Banda is age 15. He weighs 33.6 kg, and his height is 145.1 cm. What is his BMI-for-age z-score? (1 mark) |  |
| 1. What is your classification of David Banda’s nutritional status? (1 mark) |  |
| 1. What is the minimum amount of weight a healthy woman should gain per month of pregnancy?  (1 mark) |  |
| 1. Describe the signs of bilateral pitting oedema ++. (1 mark) |  |
| 1. A client weighed 60 kg at his first visit but now weighs 55 kg. What percentage of his weight has he lost? (1 mark) |  |
| 1. What measurement should be used to determine the nutritional status of a pregnant woman?  (2 marks) |  |

**Module 3: Nutrition Counselling and Education**

Write down the answer. Where multiple choices are provided, circle the correct answer.

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| Question | Answer |
| 1. Name 2 differences between counselling and giving information (2 marks) |  |
| 1. Select one word that is not part of good counselling (1 mark) | 1. \_\_Interactive 2. \_\_Empathy 3. \_\_Judgment 4. \_\_Action |
| 1. What are 3 things counsellors should always ask about? (3 marks) |  |
| 1. What is not one of the 4 core needs? (1 mark) | 1. \_\_ Drug adherence 2. \_\_ Exercise 3. \_\_ Adequate diet 4. \_\_ Clinic visits |
| 1. Can you apply the same key principles of ALIDRAA when doing group education? Yes/NO? (1 mark) |  |

**Module 4: Nutrition Care Plans and Support**

Write down the answer. Where multiple choices are provided, circle the correct answer.

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| Question | Answer |
| 1. What are the criteria used to determine if adolescent and adult clients are eligible for the overweight and obesity nutrition care plan? (1 mark) |  |
| 1. What nutrition support should be provided to a client who has normal nutritional status? (1 mark) |  |
| 1. Mr. Mathews is 35 years of age and his BMI is 15.9. What nutrition support should he receive and how much per day? (1 mark) |  |
| 1. How often should Mr. Mathews come to the facility for nutrition monitoring? (1 mark) |  |
| 1. Clients should be referred for economic strengthening, livelihood, and food security support only if they are severely undernourished. (Tick the correct answer.) (1 mark) | \_\_\_\_\_\_True  \_\_\_\_\_\_False |

**Module 5: Monitoring and Reporting**

Write down the answer. Where multiple choices are provided, circle the correct answer.

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| Question | Answer |
| 1. In which documents should routine nutrition assessment data be recorded? (1 mark) |  |
| 1. (Total who receive nutrition assessment during the month) – Total assessed and classified (Normal + MAM + SAM + overweight/obese) = (1 mark) |  |
| 1. What data sources are used when compiling the health facility NCST monthly report? (1 mark) |  |
| 1. Why is important to monitor and report NCST services? (2 marks) |  |

**Module 6: Managing the Quality of NCST Services**

Write down the answer. Where multiple choices are provided, circle the correct answer. Total: 8 marks

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| 1. Name five features of high-quality health care services. (2 marks) |  |
| 1. List four steps in the model for improvement.(4 marks) |  |
| 1. Name two ways in which a problem with quality of services could be identified. (2 marks) |  |