Tutorial Activities:

Session 13

Readings and responses:

- Read the following manuscript and answer the associated questions below –


1. What was the aim of this study?

2. In your own words, provide a brief summary of the results of this study.

3. Describe the population group included in this study.

4. What do you think are the clinical implications, if any, of these results?

5. Do you have any suggestions as to precautionary measures which should be taken and how to minimise any potential side effects of this treatment?

- Complete these questions initially on your own then discuss in small groups, prior to presenting your groups responses to the class forum.

- Online students should discuss in the relevant weekly forum
Session 14

- **Case study:** Using the provided case study, you are required to work through the management of theoretical case studies and answer the associated questions. Within this activity you should incorporate analysis of deficiency and/or toxicity signs and symptoms as well as therapeutic benefit of water soluble vitamins and the macronutrients.

- Ron is a 53 year old male who presented to you feeling 'generally unwell'. Upon taking the case you find out that Ron is a recovering alcoholic, and stopped drinking 4 months ago. On inspection he appears very thin, has loss of knee reflexes and numbness in the feet. He complains of frequent, watery stools, cracks at the corners of mouth that are very sore, clumsiness and fatigue. You realise the Ron gets very confused during the consultation, and often repeats himself.

**Daily Diet**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1 mug black tea with 3 tbs milk and 3 sugars</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Sandwich with 1 slice ham pressed processed and 3 slices tomato, 1 tbs polyunsaturated margarine on 2 slices white bread</td>
<td></td>
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<tr>
<td>Afternoon tea</td>
<td>3 Arnotts Nice biscuits, 1 mug black tea with 3 tbs milk, 3 sugars</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>1 large tin spaghetti on 2 slices white toast, 2 tbs polyunsaturated margarine</td>
<td></td>
</tr>
</tbody>
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**Questions**

1. Which nutrients is he most likely deficient in? What signs are evident to support this?
2. What are the contributing factors that are linked to these deficiencies?
3. Can you identify a major deficiency syndrome which may be present, judging by his physical signs?
4. What are the relevant functions of each nutrient he is deficient in?
5. How might you approach attempting to improve his diet?

- Online students should discuss in the relevant weekly forum