higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 3

(9020023)

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
PUBLIC HEALTH
NQF LEVEL 3
TIME: 2½ HOURS
MARKS: 180

INSTRUCTIONS AND INFORMATION

1. Answer all the questions.
2. Read all the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Use only a black or blue pen.
5. Write neatly and legibly.

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QUESTION 1

1.1 Choose the correct term from those in brackets. Write only the answer next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 With (anaemia/kwashiorkor), the number or red blood cells in the blood is lower than usual.

1.1.2 (Bulimia nervosa/Anorexia nervosa) is characterised by extreme weight loss.

1.1.3 The first stage of grief is (depression/denial).

1.1.4 A sign of alcoholism is building (tolerance/acceptance).

1.1.5 'Baby blues' is known as (premenstrual syndrome/postpartum depression).

1.1.6 (Love/Rape) is defined as forced sexual intercourse.

1.1.7 A bone density test is done to detect (menopause/osteoporosis).

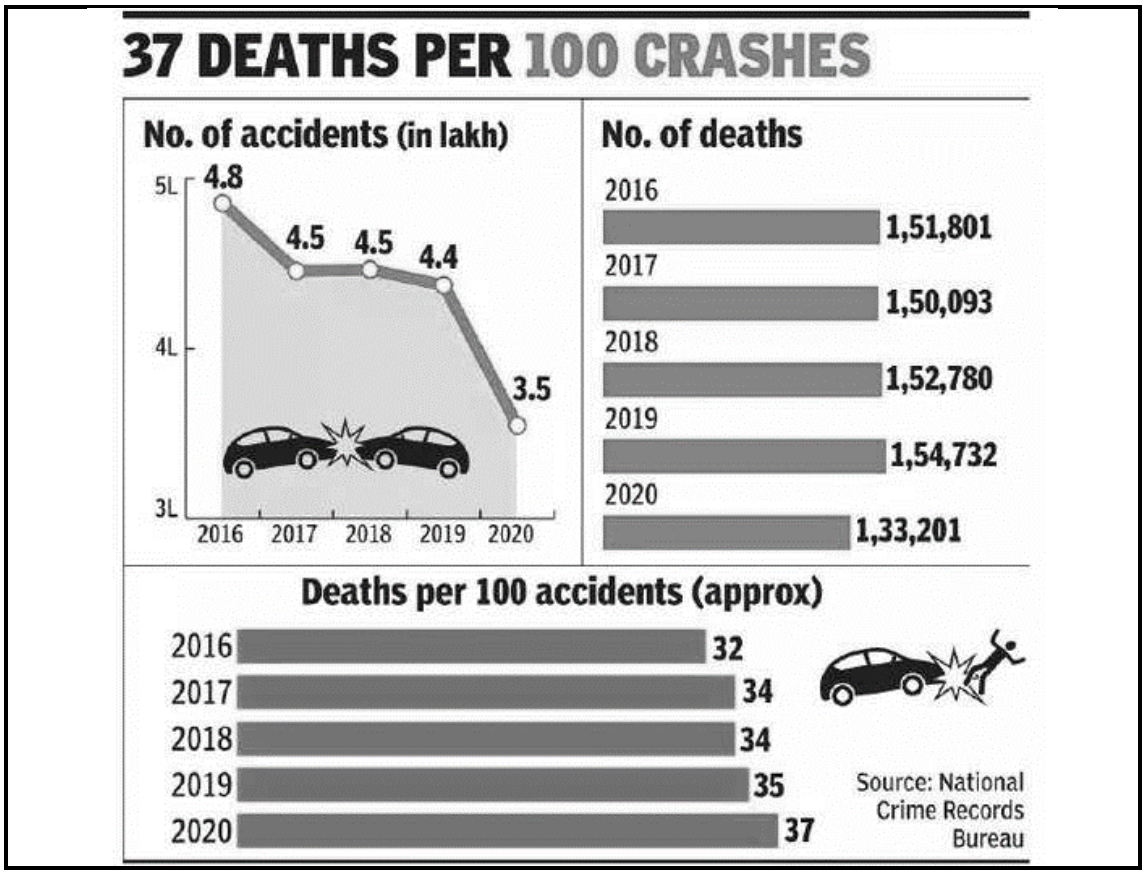
1.1.8 Abnormal growth of uterine cells is referred as (uterine cancer/uterine fibroids).

1.1.9 (Undernutrition/malnutrition) results when there is an imbalance between the body's nutritional requirements and the availability of nutrients.

1.1.10 An overactive thyroid is known as (hyperthyroidism/hypothyroidism).

(10 × 1) (10)

1.2 Examine the statistics below and answer the questions.



1.2.1 Define the term *injury*. (3)

1.2.2 Identify the type of injury illustrated in the statistics above. Substantiate your answer. (1 + 2 × 1) (3)

1.2.3 Discuss the impact of a serious injury following a road traffic incident on the health of a family. (4 × 2) (8)

1.3 Name THREE types of disturbances or mental illness. Provide an example of each. (3 × 2) (6)

[30]

QUESTION 2

2.1 Differentiate between the following terms:

2.1.1 *Collective violence* and *interpersonal violence*

2.1.2 *Osteoarthritis* and *rheumatoid arthritis*.

2.1.3 *Vaccination* and *immunisation*.

(3 × 4) (12)

2.2 Choose a system from COLUMN B that matches the correct physical changes in the first trimester of pregnancy in COLUMN A. Write only the letter (A–K) next to the question number (2.2.1–2.2.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
2.2.1	Blood pressure is usually lower in pregnant women	A	skeletal system
2.2.2	Breathing rate normally increases	B	cardiovascular system
2.2.3	Breasts increase in size and weight	C	nervous system
2.2.4	Linea nigra appears	D	muscular system
2.2.5	Haemorrhoids (piles) are common in pregnant women	E	respiratory system
2.2.6	Frequent urination is a common occurrence	F	skin
2.2.7	Pituitary gland releases the hormone prolactin which is necessary for breastfeeding	G	lymphatic system
2.2.8	Pelvic joints relax, which causes the 'waddling' walk	H	digestive system
2.2.9	Many pregnant women experience decreased attention, short memory span	I	urinary system
2.2.10	Muscle cramping seems to increase during pregnancy	J	endocrine system
		K	reproductive system

(10 × 1) (10)

2.3 Discuss the causes of violence. Make use of the ecological model for your discussion. (4 × 2) (8)

[30]

QUESTION 3

Read the scenario and answer the questions:

THE RAMOS FAMILY

Ava Ramos (34) is a single parent with two daughters aged 12 (Maria) and 6. She also cares for her 76-year-old mom (Claire), who recently suffered a stroke.

3.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

3.1.1 A stroke is defined as a blood clot lodged in the heart.

3.1.2 Claire is seen as a young-old person.

3.1.3 Claire might experience urinary incontinence following the stroke.

3.1.4 Hypertension could cause a stroke.

(4 × 1) (4)

3.2 Claire needs assistance with her activities of daily living.

Differentiate between *basic activities of daily living* and *instrumental activities of daily living.* (2 × 2) (4)

3.3 List THREE activities of daily living under each heading. Copy and complete the table below in the ANSWER BOOK.

BASIC ACTIVITIES OF DAILY LIVING	INSTRUMENTAL ACTIVITIES OF DAILY LIVING
•	•

(3 × 2) (6)

3.4 Explain the *menstrual cycle* to Maria. (5)

3.5 List FIVE factors that may affect Maria's menstrual cycle. (5)

3.6 Explain to Ava why it is important for her daughters to perform regular physical exercise. (6)

[30]

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QUESTION 4

4.1 Complete the following sentences by choosing a word or words from the list below. Write only the answer next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

inevitable abortion; primary infertility; threatening abortion; dysmenorrhoea; ectopic pregnancy; illegal abortion; mammogram; Pap smear; amenorrhoea; medical abortion; secondary infertility

4.1.1 Lindiwe's first foetal scan showed the fertilised embryo embedded in the left Fallopian tube.

4.1.2 Xia is a teenager who is 16 weeks pregnant. She saw an advertisement of Dr Lovemore who can do a 'backstreet' abortion, regardless of the length of gestation.

4.1.3 Suveena is 34 years old (gravida 0) and has been struggling to fall pregnant for the last 12 years.

4.1.4 Candice is 16 weeks pregnant. She was diagnosed with severe eclampsia and must abort the pregnancy to save her own life.

4.1.5 Bianca complains of severe pain during her menstruation.

4.1.6 Crystal is 12 weeks pregnant. She started bleeding, and the medical team is unable to save the pregnancy.

4.1.7 Melissa has a family history of cervical cancer. She is urged by her family to go for screening.

4.1.8 Asandiswa is 20 weeks pregnant. She went into early labour, but the doctor managed to stop the contractions.

4.1.9 Maya is a gravida 2. She and her husband are trying to fall pregnant again, but have been unsuccessful for the past year.

4.1.10 Phelo received a type of X-ray to detect breast cancer.

(10 × 1) (10)

4.2 Read the scenario and answer the questions.

You are a health care worker in the MOU (maternal obstetric unit). Zandile (24 years) has just given birth to her first baby.

4.2.1 Explain to Zandile how and when to clean her baby's umbilical cord. (3)

4.2.2 Zandile is not sure whether she should breastfeed or bottle feed her baby.

Suggest ONE of these methods that would best suit her. Include the benefits as well as the disadvantages. (8)

4.2.3 Explain the term *cot death* to Zandile. (4)

4.2.4 Explain to Zandile what she should do to minimise the chances of a cot death. (5)

[30]

QUESTION 5

5.1 Create a small poster which can be used in a postnatal ward. Your poster must include the following information:

- Definition of developmental milestones (2 × 1) (2)
- Importance of the rooting reflex and breastfeeding (2 × 2) (4)
- Developmental milestones for a 3-month-old baby (2 × 1) (2)
- Developmental milestones for a 6-month-old baby (2 × 1) (2)

5.2 Defend the following statement:

'Living in poverty increases the risk for women to experience sexual abuse.'

(4 × 2) (8)

5.3 Draw a mind map to illustrate SIX general factors that could influence the health of women. (6)

5.4 Name SIX physical changes in an older person. (6)

[30]

QUESTION 6

6.1 Read the scenario and answer the questions.

You are a health promoter and is visiting Benjamin's (13 years old) school to talk about male sexuality.

6.1.1 Explain the term *male sexuality*. (3)

6.1.2 Explain the role of each of the following in the male reproductive system. Copy and complete the table below in your ANSWER BOOK.

PART	ROLE IN REPRODUCTIVE SYSTEM
Testosterone	
Prostate gland	
Sperm	

(3)

6.1.3 What is the onset of puberty in boys called? (1)

6.1.4 Educate Benjamin on the physical changes his body will go through during puberty. (5)

6.1.5 List FOUR sexually transmitted diseases that Benjamin should be aware of. (4)

6.1.6 Explain to this school group the difference between *love* and *sex*. (2 × 2) (4)

6.2 Support the following statement.

Over the last four years, South Africans experienced many challenges that had an effect on their mental health, such as the COVID-19 pandemic, load shedding and increased unemployment. (5 × 2) (10)

[30]

TOTAL: 180

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