higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 2

(9020012)

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13:00–15:00

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
PUBLIC HEALTH
NQF LEVEL 2
TIME: 2 HOURS
MARKS: 150

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 a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A−I) next to the question number (1.1.1–1.1.8) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1.1	Good interaction with others	A	spiritual wellness
1.1.2	Living a healthy lifestyle, i.e., exercise and healthy nutrition	B	physical wellness
1.1.3	Being in touch with reality, being able to assess one's own abilities	C	intellectual wellness
1.1.4	The ability to maintain social, financial, etc. responsibility among family members	D	social wellness
1.1.5	Acknowledge the power behind the existence of living organisms	E	family wellness
1.1.6	Understanding and taking care of one's financial circumstances	F	career wellness
1.1.7	Enrichment in one's occupational life enhances one's life skills and broadens one's knowledge	G	financial wellness
1.1.8	Promotes interaction with nature	H	mental wellness
		I	environmental wellness

(8 × 1) (8)

1.2 Examine the pictures below and answer the questions that follow.



COMMUNITY A



COMMUNITY B

1.2.1 Define the term, *community health*. (5)

1.2.2 Explain why you would prefer to live in community B? (7)

1.2.3 Community culture is based on the norms of a community.

(a) Define the term, *norm*.

(b) Describe the attitudes of the people from Community A.

(2 × 2) (4)

1.3 Discuss the differences between *health* and *wellness*. (2 × 3) (6)

[30]

QUESTION 2

2.1 Read the extract and answer the questions that follow.

CIGARETTE PREVALENCE IN SOUTH AFRICA

Roughly about 8,2 million adults smoked cigarettes in South Africa in 2021. This has increased to 10,4 million adults in 2023. Smoking has a significant negative effect on the health of an individual but also can have dire consequences on the health of the public.

2.1.1 Define the concept, *public health*. (5)

2.1.2 What was the incidence rate of new smokers in 2023? (2)

2.1.3 Policy development is one of the main purposes of public health.

Discuss how policy development can be used to lower the effect of smoking on the health of the public. (4)

2.1.4 Discuss how the following public health interventions can be implemented to lower the incidence of new smokers.

(a) Health teaching

(b) Social marketing

(2 × 4) (8)

2.1.5 Smoking can lead to various non-communicable diseases.

List THREE such diseases. (3)

2.2 Copy the table below in the ANSWER BOOK. Tabulate the diseases in the list as either ACUTE or CHRONIC.

COVID-19; cholera; seasonal flu; hypertension; kidney failure; heart attack; fractures; pneumonia

ACUTE DISEASE	CHRONIC DISEASE
•	•

(8)
[30]

QUESTION 3

3.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (3.1.1–3.1.10) in the ANSWER BOOK.

3.1.1 Pesticides and fertilizers commonly used in farming are linked to certain childhood cancers.

3.1.2 Epidemiology is the study of disease and its effect on humans.

3.1.3 Rabies is a vector borne infection.

3.1.4 Malaria is caused by parasites.

3.1.5 Men can also get breast cancer.

3.1.6 The number of people dying of chronic obstructive pulmonary disease is doubled in people with a high socio-economic status.

3.1.7 Frequent urination is a sign of diabetes type 1.

3.1.8 Excessive alcohol consumption is a leading cause of various cancers.

3.1.9 Achieving universal primary education is a millennial goal.

3.1.10 Type 2 diabetes is usually found in children.

(10 × 1) (10)

3.2 HIV infections can be transmitted from the mother to the child.

Explain the strategies that were proposed by the WHO to reduce this transmission. (6)

3.3 Discuss the importance of knowing one's HIV status. (4)

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3.4 19,1% of the African population, more than double the rate in Asia (8,3%), are malnourished.

3.4.1 Define the term, *malnutrition*. (4)

3.4.2 Discuss THREE causes of malnutrition in adults. (3 × 2) (6)

[30]

QUESTION 4

Read the scenario below and answer the questions that follow.

STANFORD CLINIC

Stanford clinic showed a 32% increase in infectious diseases, such as TB, measles, pneumonia and seasonal flu. Surveillance done by the Department of Health identified that the clinic did not meet the standards of infection control, and the clinic was therefore closed. The Department found that cross infection was too high.

4.1 Choose the correct term from those in brackets and write it next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

4.1.1 An infection is the invasion of body tissue by microorganisms, their (multiplication/decrease) and the reaction of body tissue to microorganisms.

4.1.2 Infectious diseases are referred to as (non-communicable/communicable) diseases.

4.1.3 Infections are caused by microorganisms such as (humans/bacteria).

4.1.4 Seasonal flu is transmitted via droplets which is (indirect/direct) transmission.

4.1.5 Tuberculosis is transmitted through (airborne/droplet) contact.

4.1.6 Cross infection is transmitted between patients infected with the (same/different) pathogenic microorganisms.

4.1.7 (Subclinical/nosocomial) infection is an infection acquired in a hospital or clinic setting.

4.1.8 The clinic has to apply (additional/standard) precautions to limit the spread of infection in their clinic.

4.1.9 Tuberculosis is caused by a (virus/bacteria).

4.1.10 During the (prodromal/illness) period the patient will show early signs of an infection such as fever.

(10 × 1) (10)

4.2 Design a programme for Stanford Clinic to implement effective practices and procedures to control the spread of infection. (8)

4.3 Provide health education to the patients of Stanford clinic on TB.

Focus on the following:

4.3.1 Signs and symptoms (4)

4.3.2 TB prevention (5)

4.3.3 Compliance with treatment (3)

[30]

QUESTION 5

5.1 Complete the following sentences by choosing a word or words from the list below. Write only the answer next to the question number (5.1.1–5.1.10) in the ANSWER BOOK.

lump in the breast; chemotherapy; bleeding between menstrual cycles; melanoma; leukaemia; maintaining a healthy diet; smoking; radiotherapy; too much exposure to the sun; blood in urine; surgical removal

5.1.1 Sign and symptoms of bladder and kidney infection.

5.1.2 Cause of skin cancer.

5.1.3 Prevention of stomach cancer.

5.1.4 Sign and symptom of breast cancer.

5.1.5 Treatment for cancer using radium therapy.

5.1.6 Type of cancer which starts in blood-forming tissue such as bone marrow.

5.1.7 Cause of lung cancer.

5.1.8 Sign and symptom of uterine cancer.

5.1.9 Most dangerous cancer of the skin.

5.1.10 Treatment administered to cancer patients to destroy cancerous cells.

(10 × 1) (10)

5.2 Read the scenario below and answer the questions that follow.

Benjamin is a 52-year-old male. He is obese, smokes a packet of cigarettes per day, and likes to drink 6 beers every day. His father had hypertension and subsequently died. Benjamin complains of a constant headache. He visited the doctor and his blood pressure reading was 210/124.

5.2.1 Define the condition, *hypertension*. (3)

5.2.2 Would you say that Benjamin might also be hypertensive? Substantiate your answer. (6)

5.2.3 Explain the possible complications resulting from uncontrolled hypertension. (3 × 2) (6)

5.2.4 Create a treatment plan to help lower Benjamin's blood pressure. (5)

[30]

TOTAL: 150

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