higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 2

20 November 2024

This marking guideline consists of 7 pages.

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QUESTION 1

1.1 1.1.1 D
1.1.2 B
1.1.3 H
1.1.4 E
1.1.5 A
1.1.6 G
1.1.7 F
1.1.8 I

(8 × 1) (8)

1.2 1.2.1 Community health refers to the health status✓ (i.e., birth rates, death rates, various illnesses in a community, etc.✓.) of a defined group of people,✓ or community, and the actions✓ and conditions✓ that protect✓ and improve the health✓ of the community. (Any 5 × 1) (5)

1.2.2 Community B✓

- Community B – looks healthy because people are exercising✓ and the children play in the park.✓
- This community has trees.✓
- The environment seems clean,✓ no rubbish, no air pollution✓

- Community A – looks like the community members throw their rubbish in their drinking water.✓
- They do not care for their environment✓ and their actions contribute to poor environmental wellness.✓ (Any 7 × 1) (7)

1.2.3 (a) Norm is a rule✓ which describes acceptable behaviour✓ within a culture.✓ (Any 2 × 1)

(b) It seems that it is acceptable behaviour✓ to throw rubbish into the river.✓

(2 × 2) (4)

1.3 Health

- Physical, emotional, social, spiritual well-being
- Presents with observable signs and symptoms
- Listlessness and tiredness are manifestations of any of the affected components of health

Wellness:

- Living a physical, emotional, social, psychological and spiritually healthy lifestyle
- Symptoms and signs may not be visible
- Listlessness and restlessness are not necessarily a manifestation of not being in a happy mood (Any 2 × 3) (6)

[30]

QUESTION 2

2.1 2.1.1 Public health involves the use of all available resources✓ for the identification of health needs,✓ the modification of the physical, social, and economic environment✓ and the provision of a variety of services,✓ including health services, to provide a population with the conditions✓ which would allow and encourage✓ them to be healthy – as a group and as individuals.✓
Public health involves approaches✓ to cure, prevent and promote the improvement of health at community level. (Any 5 × 1) (5)

2.1.2 2,2✓ million✓ (10,4million−8,2 million; new cases or events over a specified period for the population at risk for the event). (2)

2.1.3
- Policies and regulations can enforce✓ smoking bans in public places,✓ such as shopping malls.✓
- Cigarette packaging✓ should display information✓ about the dangers of smoking.✓
- It is illegal✓ to sell cigarettes✓ to people under the age of 18.✓

(Any 4 × 1) (4)

2.1.4 (a) Communicate✓ facts, ideas, and skills that change✓ knowledge attitudes, values, beliefs, behaviour and practices✓ (i.e., smoking) of individuals and communities.✓

(b) Using commercial marketing✓ (i.e. Facebook, internet, TikTok) principles and technologies✓ for programmes✓ designed to influence the knowledge, attitudes, values, beliefs, and behaviour of the population.✓

(2 × 4) (8)

2.1.5
- COPD✓ (chronic obstructive pulmonary disease)/emphysema✓
- Heart failure✓
- Hypertension✓
- Lung cancer/mouth cancer/throat cancer✓ (Any 3 × 1) (3)

2.2

ACUTE DISEASE	CHRONIC DISEASE
• COVID-19 • Cholera • Seasonal flu • Heart attack • Fractures • Pneumonia	• Hypertension • Kidney failure

(8)
[30]

QUESTION 3

3.1
3.1.1 True
3.1.2 True
3.1.3 False
3.1.4 True
3.1.5 True
3.1.6 False
3.1.7 True
3.1.8 True
3.1.9 True
3.1.10 False

(10 × 1) (10)

3.2
- Primary prevention of HIV infection among women of childbearing age.✓
- Preventing unintended pregnancies among women living with HIV.✓
- Preventing HIV transmission from mother to baby during the pregnancy,✓ by making HIV testing compulsory✓ and providing ARVs to positive mothers.✓
- Preventing HIV transmission from mother to baby during labour✓/birth.
- Preventing HIV transmission from women living with HIV to their infants during breastfeeding. (Any 6 × 1) (6)

3.3
- Voluntary HIV counselling and testing is a cost-effective prevention✓ strategy to control HIV & AIDS✓ because it leads individuals to reduce✓ risky behaviour that may result in HIV infection.✓
- The idea is that when people know about their status, they will take responsibility✓ for their sexual behaviour.
- For example, practicing safe sex,✓ like using condoms, etc. (Any 4 × 1) (4)

3.4 3.4.1 Malnutrition is a condition✓ which develops when an individual does not get the right amount of vitamins, minerals and other nutrients✓ that the body needs to maintain healthy tissue✓ and body functions.✓ (Any 4 × 1) (4)

3.4.2
- Ageing:✓ Older people often don't eat well due to many reasons such as problems with teeth and dentures.✓
- Mental health:✓ Some older people suffer from depression and dementia which are major contributors to poor appetite and malnutrition.✓
- Disease:✓ Cancer, HIV, TB, etc. all have a negative effect on how food is absorbed into the body.✓ (Any 3 × 2) (6)

[30]

QUESTION 4

4.1
4.1.1 multiplication
4.1.2 communicable
4.1.3 bacteria
4.1.4 direct
4.1.5 airborne
4.1.6 different
4.1.7 nosocomial
4.1.8 additional
4.1.9 bacteria
4.1.10 prodromal

(10 × 1) (10)

4.2
- Adhere to the basic measures for infection control (standard and additional precautions)✓
- Identify hazards and minimise risks✓
- Identify who is at risk and from what✓
- Appoint an infection control committee and an infection control practitioner✓
- Educate and train health care workers to improve their awareness✓ and to encourage their compliance with infection control standards✓
- Encourage individuals to perform hand washing and maintain personal hygiene✓
- Use of personal protective equipment✓
- Education on the proper management of clinical waste✓
- Sterilize instruments and equipment✓
- Establish good quality support services such as reputable companies that clean the linen) ✓
- Improve surveillance and outbreak investigations in the community✓
- Protect the community better, which includes health status✓assessments, immunisations and testing of immune status
- Manage incidents involving exposure to blood or body fluids✓
- Manage infections among health care workers✓ (Any 8 × 1) (8)

4.3 4.3.1
- Poor appetite
- Loss of weight
- Coughing (often with blood in the sputum)
- Sweating at night
- Feeling tired most of the time (Any 4 × 1) (4)

4.3.2
- Start by vaccinating babies (BCG)
- Educate on the importance of a healthy diet
- Early treatment for a person diagnosed with TB
- Adherence to treatment and finishing the course of medication
- Isolation of people diagnosed with TB to prevent the spread
- Encourage proper ventilation in the place where the patient lives
- Avoiding infecting others by covering one's mouth when coughing (Any 5 × 1) (5)

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4.3.3
- Ensure that the patient adheres✓ to the treatment. This can be done through DOTS (direct, observe treatment services).✓
- Adherence means that one takes medication as prescribed on the right times.✓
- Finishing the course.✓ (Any 3 × 1) (3)

[30]

QUESTION 5

5.1
5.1.1 Blood in urine
5.1.2 Too much exposure to the sun
5.1.3 Maintaining a healthy diet
5.1.4 Lump in the breast
5.1.5 Radiotherapy
5.1.6 Leukaemia
5.1.7 Smoking
5.1.8 Bleeding between menstrual cycles
5.1.9 Melanoma
5.1.10 Chemotherapy

(10 × 1) (10)

5.2
5.2.1 Hypertension is a condition in which the blood pressure✓ in the arteries✓ is consistently✓ elevated.✓ Normal blood pressure is 120/80 mmHg,✓ whereas hypertension is when the blood pressure reading is consistently higher than 130/90 mmHg.✓ (Any 3 × 1) (3)

5.2.2 Yes✓
- His blood pressure reading was 210/124✓ – which is very high.
- Various issues may result in him becoming hypertensive, such as his age (52 years old),✓ he is obese;✓ he smokes a packet of cigarettes per day✓; he consumes a lot of alcohol,✓ and genetic factors✓ (his father was also hypertensive). (Any 6 × 1) (6)

5.2.3
- He can damage his blood vessels✓ (can harden them✓ – arteriosclerosis)
- Heart complications: ✓Hypertension can lead to a heart attack as a result of insufficient oxygen to the heart due to poor circulation✓
- Brain damage:✓ Hypertension causes damage to the blood vessels of the brain. The vessels can burst or become blocked with a clot.✓
- Kidney damage:✓ Hypertension causes damage to the blood vessels surrounding and within the kidneys✓
- Eye problems:✓ Hypertension may cause damage to the blood vessels of the eyes leading to loss of vision and blindness✓

(Any 3 × 2) (6)

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5.2.4
- He should exercise more
- He should eat healthy foods on a more regular basis
- He should stop smoking
- He should drink less alcohol
- He should take the medication as prescribed by the doctor
- He should go for regular check-ups (Any 5 × 1) (5)

[30]

TOTAL: 150

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