higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 3

19 November 2024

This marking guideline consists of 10 pages.

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QUESTION 1

1.1 1.1.1 Anaemia
1.1.2 Bulimia nervosa
1.1.3 denial
1.1.4 tolerance
1.1.5 postpartum depression
1.1.6 Rape
1.1.7 osteoporosis
1.1.8 uterine cancer
1.1.9 malnutrition
1.1.10 hyperthyroidism

(10 × 1) (10)

1.2 1.2.1 Injury is the damage✓ to a body✓ caused by some external✓ means. (3)

1.2.2 Unintentional injury.✓ Accidents✓ are not done on purpose.✓ (3)

1.2.3
- The injured family member may require intensive medical care, surgeries, and rehabilitation,✓ which can place a significant burden on the family in terms of time and resources.✓
- The family may experience heightened stress✓ due to the ongoing health needs of the injured person, potentially leading to exhaustion and the neglect of their own health✓.
- The family members may experience a wide range of emotions✓, including shock, grief, guilt, anger, and anxiety, as they cope with the trauma of the accident and the ongoing recovery process of the injured individual.✓
- The costs✓ associated with medical treatment, rehabilitation, and potential modifications to the home for the injured person can be overwhelming for a family. This can lead to financial strain, potentially resulting in debt and economic instability✓.
- Family roles and dynamics may shift significantly.✓ A family member may need to become a caregiver for the injured person, leading to role changes and added responsibilities.✓
- These changes can cause stress and tension within the family as they adapt to their new roles.
- Families may become socially isolated due to the demands of caring for the injured family member. This isolation can further exacerbate feelings of loneliness and emotional distress.
- If there are children in the family, they may be profoundly affected by the injury of a parent or sibling. Witnessing the trauma and dealing with changes in family dynamics can impact their emotional and psychological well-being.
- In cases of permanent disability resulting from the injury, the family may need to adapt to a new normal, which can be emotionally challenging and require ongoing support and adjustments.

(Any 4 × 2) (8)

1.3
- Disturbance of thinking.✓ Disorientation; inability to follow orders; inability to focus on reality; illogical and unreasonable sequence of thought perception (loss of contact with reality).✓
- Disturbance of emotions.✓ Anxiety; fear; anger; loneliness; depression; euphoria in its extreme form✓
- Disturbance in behaviour.✓ Negativism; regression; aggression; manipulation; self-destruction; hyperactivity; compulsion; and suspicion.✓

(3 × 2) (6)
[30]

QUESTION 2

2.1 2.1.1
- Collective violence refers to violence committed by large groups of people or by states,✓ such as wars or disruptive behaviour during strikes.✓

- Interpersonal violence is violence that takes place between people or groups of people.✓ This occurs, for instance, between family, friends, neighbours, intimate partners, gangs.✓ (2 × 2)

2.1.2
- Osteoarthritis refers to the wear and tear✓ of the cartilage lining of the joints.✓

- Rheumatoid arthritis is a chronic autoimmune disorder✓ that causes inflammation of the lining of the joints, causing them to be swollen, painful and warm.✓ (2 × 2)

2.1.3
- Vaccination is the act of introducing a vaccine✓ into the body to produce protection from a specific disease.✓

- Immunisation is the process by which a person becomes protected✓ against a disease through vaccination.✓ (2 × 2)

(3 × 4) (12)

2.2
2.2.1 B
2.2.2 E
2.2.3 K
2.2.4 F
2.2.5 H
2.2.6 I
2.2.7 J
2.2.8 A
2.2.9 C
2.2.10 D

(10 × 1) (10)

2.3 According to this model, violence is the result of a complex interplay of:
- Individual✓ (person's gender, age, character, temperament, drug abuse)✓
- Relationship✓ (relationship with family/peers/friends at school)✓
- Community✓ (neighbourhood, school, self, gangsterism)✓
- Societal✓ (government policies, poverty, unemployment, no education).✓

All this plays a role in why people tend to become violent. (4 × 2) (8)

[30]

QUESTION 3

3.1 3.1.1 False
3.1.2 False
3.1.3 True
3.1.4 True

(4 × 1) (4)

3.2
- Basic activities of daily living are daily tasks✓ necessary for fundamental functioning.✓

- Instrumental activities of daily living are not necessary✓ for fundamental functioning but enable the individual to live independently in a community.✓

(2 × 2) (4)

3.3

BASIC ACTIVITIES OF DIALY LIVING	INSTRUMENTAL ACTIVITIES OF DIALY LIVING
• Bathing/washing • Bowel and bladder management • Mobilisation • Eating • Feeding • Getting dressed and undressed	• Shopping • Housekeeping • Accounting • Food preparation • Management of medication • Transportation

(Any 3 × 2) (6)

3.4 Menstruation is cyclic uterine bleeding✓ due to hormonal changes.✓ It occurs when the ovum is not fertilised,✓ which is about 14 days after ovulation✓ in a 28-day-cycle. Shedding of the lining of the uterus takes place,✓ causing blood to exit via the vagina.✓ This process lasts between five to seven days.✓ The first day of bleeding is considered the first day of the menstrual cycle.✓
(Any 5 × 1) (5)

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3.5
- Hormonal imbalance
- Ovarian malfunction
- Sudden weight loss or excessive weight gain
- Excessive exercise
- Eating disorders
- Stress
- Regular excessive alcohol intake
- Infection
- Use of intrauterine device
- Pregnancy
- Giving birth
- Breastfeeding
- Contraceptives
- Menopause
- Uterine malfunction (Any 5 × 1) (5)

3.6
- Physical activity develops children's self-esteem and confidence.
- It strengthens their ability to overcome challenging situations.
- They enjoy a more positive outlook on life.
- Children develop social skills such as leadership and empathy.
- Exercise increases blood flow to all body tissue.
- Improves the body's ability to absorb oxygen through aerobic exercise
- Increased blood flow promotes the body's transportation of waste products.
- Active children breathe better and sweat more.
- Children increase their overall fitness through exercise.
- Children who exercise regularly have stronger immune systems.
- Exercise strengthens the entire cardiovascular system, including the heart and lungs.
- Children who exercise regularly are less likely to become overweight and will have better control of their body fat.
- Children who exercise regularly develop stronger bone and muscle structures.

(Any 6 × 1) (6)
[30]

QUESTION 4

4.1
4.1.1 ectopic pregnancy
4.1.2 illegal abortion
4.1.3 primary infertility
4.1.4 medical abortion
4.1.5 dysmenorrhea
4.1.6 inevitable abortion
4.1.7 Pap smear
4.1.8 threatening abortion
4.1.9 secondary infertility
4.1.10 mammogram

(10 × 1) (10)

4.2 4.2.1 The cord should be cleaned when the nappy is changed,✓ using surgical spirits or alcohol swabs✓ to reduce the risk of infection✓. This takes place from birth✓ until 7−10 days post-delivery when umbilical cord falls off.✓ (Any 3 × 1) (3)

4.2.2 Breastfeeding

- It protects✓ the baby from serious illness because it contains antibodies and immunities, which are passed from the mother to the baby.✓
- It protects✓ the mother from ovarian cancer, breast cancer and hip fractures.✓
- It uses up the fat✓ the mother stores in pregnancy.✓
- Breastfeeding helps the uterus✓ to contract more quickly.✓
- It is more convenient✓ – no bottles and no sterilisation.✓
- Bonding✓ is thought to be better between mother and baby. It feels warm and comforting for both mother and baby.✓
- It is cheaper✓ than bottle-feeding and the nappies are more pleasant to change.✓
- It does not cause allergies.✓
- The milk always comes at the right temperature.✓
- Breastfeeding is free.✓
- Better protection against cot deaths✓
- No preparation is needed.✓

OR

Bottle-feeding

- Other people✓ can feed the baby.✓
- The baby may go longer between feeds✓ because formula takes longer to digest.✓
- It is easy✓ to see how much the baby has had to drink.✓
- It is easy✓ to return to work.✓
- There is less chance of passing on pathogens from mom to baby.✓
- Mother will not experience sore nipples or tender breasts.✓
- Some women feel embarrassed✓ to feed in front of people, which leads to social isolation.✓ (Any 8 × 1) (8)

4.2.3 Cot death refers to the unexplained✓ death✓ of a seemingly healthy infant✓ and usually occurs before the baby is six months old.✓ (4)

4.2.4

- Baby should sleep on his/her back.
- Only use natural fibre linen.
- Don’t over-wrap in blankets or clothing.
- Don’t smoke during breastfeeding or in same room as the baby.
- Room should not be too hot.
- The baby should be placed in the ‘feet-to-foot’ position.
- Don’t have too many soft toys; pillows and blankets in the cot.
- If baby is unwell, seek help immediately. (Any 5 × 1) (5)

[30]

QUESTION 5

5.1 Developmental milestones are targets/skills✓ which the baby/child must reach by a specific time.✓ (2)

Rooting reflex is important to help the infant find the nipple✓ to suck✓ the milk. It is when you stroke the cheek or side of the lips✓ of the baby to turn her or his head in the direction of the stroke.✓ (2 × 2) (4)

Developmental milestones for a 3-month-old baby

- Has gained enough muscular coordination to hold his or her head up✓ and raise the shoulders✓
- Has lost the Moro, rooting and grasp reflexes✓
- Produces real tears✓
- Can follow objects with his or her eyes✓
- Can smile and coo at his or her mother✓ (Any 2 × 1) (2)

Developmental milestones for a 6-month-old baby

- Has learned to roll over
- Can sit for short periods of time
- Holds things with both hands and directs them towards his or her mouth
- Responds with verbal sounds when the mother speaks
- Recognises family members
- Develops a fear of strangers (Any 2 × 1) (2)

5.2 Some ways in which poverty may be linked to an increased risk of sexual abuse include:

- Limited access to education:✓ Poverty can limit access to quality education, which can affect a person's knowledge and awareness of their rights, boundaries, and how to protect themselves from abuse.✓
- Lack of parental supervision:✓ Economic constraints may lead to parents or caregivers working long hours or multiple jobs, leaving teenagers unsupervised or under the care of others, which can increase the risk of abuse.✓
- Limited access to healthcare:✓ Poverty can restrict access to healthcare and mental health services, making it difficult for survivors of abuse to receive support, counselling, or medical care.✓
- Housing instability:✓ Families living in poverty may frequently move or live in unstable housing conditions, which can expose teenagers to different environments and potentially higher-risk situations.✓
- Substance abuse:✓ Poverty can be associated with higher rates of substance abuse within families, which can increase the likelihood of abusive behaviour.✓
- Economic exploitation:✓ Some individuals living in poverty may be at risk of economic exploitation or coerced into situations where they are more vulnerable to sexual abuse.✓

OR

- It is important to note that not all people living in poverty will experience sexual abuse,✓ and sexual abuse can happen to people from all socioeconomic backgrounds.✓ The risk factors for sexual abuse are complex and multifaceted, and poverty is just one of many potential contributing factors.✓
- Preventing sexual abuse and supporting survivors requires comprehensive efforts,✓ including education, awareness, access to support services, and addressing the underlying social and economic factors that contribute to vulnerability. If you (or someone you know) are in need of help related to sexual abuse, please reach out to a trusted professional or an organisation specialising in sexual abuse support and prevention.✓ (Any 4 × 2) (8)

5.3 Mind map includes the following:

- Exercise
- Nutrition
- Spiritual balance
- Sexual relationship beliefs
- Socioeconomic status/financial stability
- Access to reliable health services
- Emotional and mental stability
- Physical environment
- Education
- Gender
- Genetics
- Employment
- Intrapersonal relationships
- Interpersonal relationships and social supports
- Cultural beliefs (Any 6 × 1) (6)

5.4

- Restricted eyesight
- Cataracts
- Hearing loss
- Decreased stamina
- High blood pressure
- Wrinkling skin
- Grey hair
- Thinning of skin
- Body shrinking
- Poor bladder control
- Abdominal fat distribution
- Weight loss
- Loss of muscle tone
- Increased stiffness (Any 6 × 1) (6)

[30]

QUESTION 6

6.1 6.1.1 Male sexuality refers to the male✓ sexual response✓ brought on by the hormone testosterone.✓ (3)

6.1.2

PART	ROLE IN REPRODUCTIVE SYSTEM
Testosterone	• Influences the shape and appearance of the male body✓ • Causes the sexual organs responsible for producing sperm to mature ✓ • Responsible for the development of secondary sexual characteristics✓ • Regulates spermatogenesis✓ and libido in males✓ (Any ONE)
Prostate gland	Responsible for producing semen
Sperm	• Contain the genetic material of the male • Fertilising an egg cell

(3 × 1) (3)

6.1.3 Spermarche (1)

6.1.4
- Boys gain more muscle,✓ yet experience temporary clumsiness.✓
- Boys develop a voracious appetite.✓
- There are many physical changes during puberty, and many relate to the sexual organs ─ the most obvious being the enlargement of the genitals.✓
- The sexual organs mature in readiness for sperm production.✓
- Puberty is accompanied by a final spurt of growth.✓
- Enlargement of voice box and vocal cords; voice becomes deeper.✓
- Larynx tilts and starts to stick out, forming the Adam's apple.✓

(Any 5 × 1) (5)

6.1.5
- Chlamydia
- Gonorrhoea
- Syphilis
- Mycoplasma
- Chancroid
- Mumps
- HIV
- Non-gonococcal urethritis (Any 4 × 1) (4)

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6.1.6
- The word 'love' is often confusing because it is used in so many different ways. Feeling 'in love' includes desire and arousal;✓ it is about a sense of belonging.✓ Love is embedded in our culture;✓ it originates in our attitudes. It includes aspects of kindness,✓ reaching out to others; acceptance; patience and respect.✓
- Sex refers to sexual intercourse;✓ the physical act for procreation.✓ (2 × 2) (4)

6.2
- Social and environmental causes of mental health relate to the physical and social environment that a person lives in.✓ Where someone lives, their living conditions and their support network play a role in how that person deals with the stresses of everyday life.✓
- The COVID-19 pandemic brought about considerable stress✓ and anxiety due to the fear of infection, illness, and death.✓
- Lockdowns, social isolation,✓ and disruptions to daily routines contributed to feelings of loneliness and depression.✓
- Uncertainty about the future✓ and concerns about loved ones' health exacerbated mental health issues.✓
- Increased unemployment rates✓ resulted in financial instability and insecurity for many South Africans.✓
- Financial stress can lead to anxiety, depression, and a sense of hopelessness,✓ as people struggle to meet their basic needs.✓
- Frequent power outages and load shedding disrupted daily life and economic activities.✓
- The uncertainty of when power would be available led to frustration and anxiety, affecting people's overall mental well-being.✓
- Lockdowns and restrictions on social gatherings limited social interactions and support networks.✓
- Lack of social contact can lead to feelings of isolation, loneliness, and a decline in mental health.✓
- The strain on the healthcare system during the pandemic may have limited access to mental health services for those in need.✓
- Limited access to care and resources can exacerbate existing mental health issues or prevent individuals from seeking help.✓
- Poor living conditions, such as overcrowding or lack of access to clean water and sanitation, can increase stress and contribute to mental health issues.✓
- Inadequate housing may lead to a sense of insecurity and exacerbate feelings of hopelessness.✓
- The strength and availability of one's support network, including family, friends, and community, are critical in dealing with the stresses of everyday life.✓
- Isolation from support systems or strained relationships can negatively impact mental well-being.✓ (Any 5 × 2) (10)

[30]

TOTAL: 180

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