higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 2

(9020012)

15 November 2022 (Y-paper)
13:00–15:00

This question paper consists of 8 pages.

347Q1N2215

Copyright reserved

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. Start each section on a new page.
5. Use only a blue or black pen.
6. Write neatly and legibly.

Copyright reserved

QUESTION 1

1.1 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Obesity is measured by …

A body mass index
B weight
C centimetres
D length and age

1.1.2 … health is a state of emotional, social, and intrapersonal well-being.

A Mental
B Physical
C Emotional
D Social

1.1.3 An illness that involves the body, mood, and thoughts, and affects the way a person eats, sleeps, feels about him or herself, and thinks about things.

A Diabetes
B Obesity
C High blood pressure
D Depression

1.1.4 Emotional distress may lead to …

A social health
B ill physical health
C happiness
D joy

1.1.5 An example of a non-infectious disease:

A TB
B Cholera
C Diabetes
D Malaria

1.1.6 Cancer cells which spread to other parts of the body is referred to as …

A benign
B tumour
C metastasis
D leukemia

1.1.7 Treatment option for cancer:

A Chest X-ray
B Chemotherapy
C Antibiotics
D Isolation

1.1.8 The most dangerous type of skin cancer:

A Melanoma
B Leukemia
C Lymphoma
D Carcinoma

1.1.9 A disease related to smoking.

A Flu
B Allergy
C Emphysema
D Eczema

1.1.10 A term used to describe diseases of the lung …

A COPD
B ADHD
C HGH
D FSH

(10 × 1) (10)

1.2 Define the following terms:

1.2.1 Wellness

1.2.2 Community wellness

(3 × 2) (6)

1.3 Name FOUR types of risk conditions that affect the wellness of a community and give ONE example for each factor. (4 × 2) (8)

1.4 Provide examples of how poverty can affect a community's health and explain how these factors can lead to diseases and other health risks. (3 × 2) (6)

[30]

QUESTION 2

2.1 Read the extract below and answer the questions.

COVID -19 PANDEMIC

COVID-19 is an infectious disease caused by a new coronavirus called SARS-CoV-2. The WHO (World Health Organisation) first learned of this new virus on 31 December 2019, following a report of a cluster of cases of 'viral pneumonia' in Wuhan, China. COVID-19 is recognised as a global pandemic.

[Source: *www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19*]

2.1.1 What is meant by the term *infectious disease*? (4 × 1) (4)

2.1.2 Name TWO ways the COVID-19 disease can be transmitted. (2)

2.1.3 Identify FOUR sign and symptoms of the COVID-19 disease. (4)

2.2 Tuberculosis (TB) is a communicable disease that is highly infectious and may spread from person to person.

2.2.1 List THREE ways this disease can spread. (3)

2.2.2 Name the TWO types of TB. (2)

2.2.3 List FIVE common signs and symptoms of TB. (5)

2.2.4 How is TB diagnosed? (4)

2.2.5 Discuss THREE conditions that are favourable for the development and spreading of TB. (3 × 2) (6)

[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 Epidemiology is the study of how disease is distributed in populations and the factors that influence this distribution.

3.1.2 Surveillance is a public health intervention which monitors health events through the on-going collection and analysis of data.

3.1.3 Prevalence rate helps us understand what proportion of the population is affected by the disease at a specific time.

3.1.4 Incidence rate is the number of new cases of a disease that occur during a specific period of time.

3.1.5 The Millennium Declaration was signed in 2010.

3.1.6 The goal of human rights and development is to ensure the well-being and dignity of everyone in the world.

3.1.7 Mental health is not seen as public health issue.

3.1.8 An epidemic is a contagious disease that does not affect many people.

3.1.9 To miss vaccines does not have negative consequences.

3.1.10 Examples of community organisations include churches, youth groups, stokvel, sports clubs.

(10 × 1) (10)

3.2 Compare *chronic* and *acute diseases* in table format. (2 × 3) (6)

3.3 The Millennium Development Goals aims to encourage development by improving social and economic conditions.

3.3.1 List the SIX Millennium Development Goals. (6)

3.3.2 In your opinion, have all the MDGs been met in South Africa? (4)

3.3.3 What do you think are the challenges in South Africa regarding public health? (4)

[30]

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.

blood pressure; thirst; vaccines; BMI; WHO; chronic; acute; glucose; obesity; radiation; under-nutrition; hypertension; Type 2; Type 1; insulin; rabies

4.1.1 … is a condition in which the blood pressure in the arteries is consistently higher than it should be.

4.1.2 Infectious disease.

4.1.3 The force of blood pushing against the walls of arteries as it flows through them.

4.1.4 Diabetes Mellitus occurs when the body cannot use … normally

4.1.5 A sign of diabetes is …

4.1.6 …. diabetes often occurs in people over the age of 40 who are overweight and do not exercise.

4.1.7 … is a condition where a person has too much body fat which leads to increased health problems.

4.1.8 When a person does not eat enough food, … will develop

4.1.9 … is a treatment option for cancer

4.1.10 Obesity is measured by …

(10 × 1) (10)

4.2 Name THREE causes for high blood pressure. (3)

4.3 Name TWO signs and symptoms of depression. (2)

4.4 Cancer is a disease in which abnormal cells divide uncontrollably and can invade other tissues in the human body.

4.4.1 Name any FIVE types of cancer and give a brief description of the early signs. (5 × 2) (10)

4.4.2 Illustrate, by means of a mind map, how to prevent cancer. (5)

[30]

QUESTION 5

5.1 Choose the correct word between brackets. Write only the word next to the question number (5.1.1–5.1.5) in the ANSWER BOOK.

5.1.1 (Career/Family) wellness is necessary to do work that is meaningful and fulfilling.

5.1.2 The four components of (health/wellness) are physical, mental, social, and emotional.

5.1.3 The (WHO/WOH) defines health as a complete state of physical, mental, social, and emotional well-being, and not only the absence of disease.

5.1.4 A person who has ill (health/wellness) shows signs and symptoms.

5.1.5 The four components of health (relate/differ) to each other. (5 × 1) (5)

Copyright reserved

5.2 List the SIX categories of nutrients that the body acquires from food. (6)

5.3 Read the following extract and answer the questions.

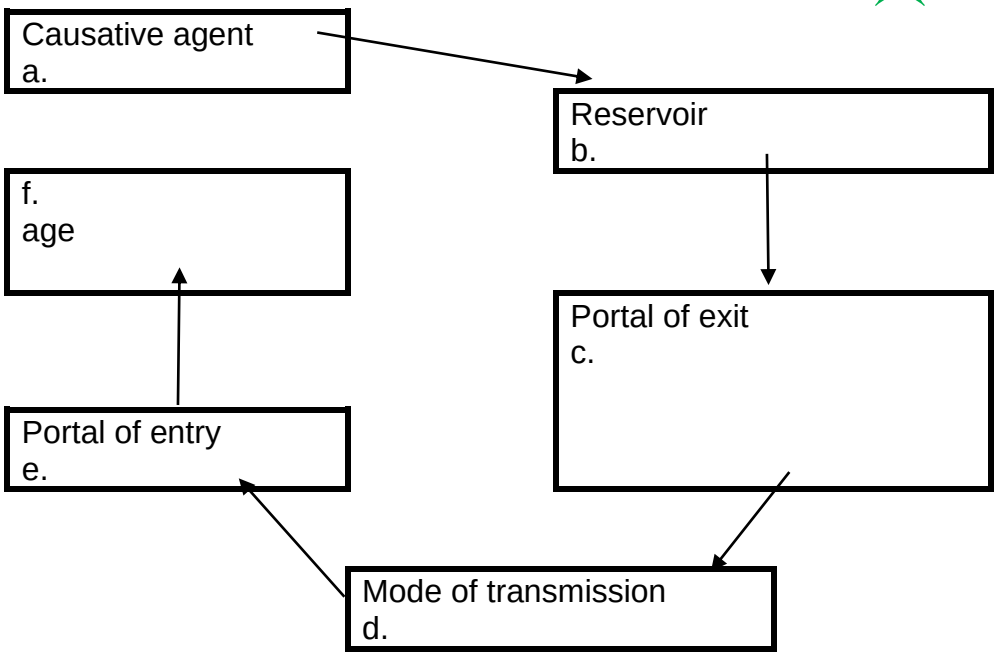
HIV

Human Immunodeficiency Virus (HIV) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (Acquired Immunodeficiency Syndrome). There is currently no effective cure. Once people get HIV, they have it for life. But with proper medical care, HIV can be controlled. People with HIV who get effective HIV treatment can live long, healthy lives and protect their partners.

[Source: *www.cdc.gov/hiv/basics/whatishiv.html*]

5.3.1 List THREE signs and symptoms of HIV. (3)

5.3.2 Use the chain of infection below and apply it to HIV. Write only the answer next to the letter (a–f) in the ANSWER BOOK.



(6 × 1) (6)

5.3.3 What perceptions do you think people have of those infected with HIV? (3 × 1) (3)

5.3.4 In your opinion, can male circumcision prevent HIV infection? Substantiate your answer. (2)

5.3.5 What is the treatment for HIV? (1)

5.3.6 Support the following statement:
People infected with HIV are also prone to STIs. (2 × 2) (4)

[30]

TOTAL: 150

Copyright reserved