higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 2

24 November 2023

This marking guideline consists of 7 pages.

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QUESTION 1

1.1 1.1.1 A
1.1.2 B
1.1.3 B
1.1.4 D
1.1.5 D

(5 × 1) (5)

1.2
- Socio-economic factors✓ − Unsafe housing,✓ inadequate nutrition due to poverty; unsafe water and poor sanitation; no electricity; overcrowding; no refuse removal services; unemployment; little to poor education
- Physical factors✓ − brain damage,✓ heredity/genetics or systemic infection.
- Psychological factors✓ − depression,✓ anxiety, neuroses or psychoses; obsessive compulsive disorder; mental health disease such as bi-polarity.

(Any relevant 3 × 2) (6)

1.3 1.3.1 A waterborne infection is caused by micro-organisms✓ transmitted in water.✓ In cholera it is faecal-contaminated drinking water. The micro-organism is a bacterium (bacterium vibrio cholera).✓ (3)

1.3.2
- Vomiting
- Profuse watery diarrhoea
- Flushed face
- Extreme thirst
- Dry, warm skin
- Cannot pass urine or passes reduced amounts, dark yellow urine
- Dizziness, made worse by standing
- Weakness
- Cramping in the arms and legs
- Crying with few or no tears
- Sleepy or irritable
- Unwell
- Headaches
- Dry mouth, dry tongue with thick saliva (Any 3 × 1) (3)

1.3.3
- Use of contaminated water especially in rural areas
- Clean water collected in dirty containers
- Inadequate sanitation
- Social gatherings being catered for in unhygienic conditions
- Poor personal and domestic hygiene
- Clean water being left uncovered after collection

(Any relevant 3 × 1) (3)

1.4
- Wash✓ your hands often.✓
- Be careful✓ during food preparation.✓
- Ensure your baby✓ get all scheduled vaccines.✓
- Stay home✓ if you have any signs or symptoms of an infection.✓
- Practice safe sex;✓ use condoms.✓
- Clean✓ the 'hot zones' in your home.✓
- Don't share✓ personal items.✓ (Any relevant 5 × 2) (10)

[30]

QUESTION 2

2.1 2.1.1
- Nutrition is a process of nourishing or being nourished by ingesting food✓ and using it for growth and development.✓
- Good nutrition is needed to prevent diseases and promote health.✓
- Good nutrition incorporates six essential food groups✓ (carbohydrates, protein, fats, vitamins, minerals and water)

(Any relevant answer) (2)

2.1.2

NUTRITIOUS	NON-NUTRITIOUS
• Broccoli instant soup • Chicken • Carrots • Spinach • Gem squash • Raspberries	• Polony • White bread • Fries • Ice cream • Fish fingers

(Any 4 × 2) (8)

2.1.3 Family Naidoo.✓
Because malnutrition is a condition which develops when an individual does not get the proper amounts of vitamins, minerals and other nutrients that the body needs to maintain a healthy body and healthy body functions, which is the case of the Naidoo family.✓ Their main nutrition is junk food and processed foods, which are full of fats.✓ They are under-nourished, eating only one meal a day.✓ Other reasons for malnutrition in this family are Mrs Naidoo's depression✓ and poverty.✓ (1 + 4) (4)

2.1.4
- Acute disease starts suddenly✓ and is short-lived.✓ It can be associated with extreme pain✓ and can be dangerous.✓ It most often resolves itself.✓
- Example from the case scenario: pneumonia.✓
- Chronic disease lasts longer✓ or even a lifetime. It develops slowly.✓ It's costly✓ to manage and often need a multi-professional approach.✓ It is rarely cured.✓
- Examples from the case scenario: depression,✓ asthma✓ and diabetes,✓ malnutrition.✓ (Any relevant answers 3 × 2) (6)

2.1.5
- Communicable disease: pneumonia✓
- Non-communicable disease: depression,✓ diabetes,✓ and asthma✓ (Any 2 × 1) (2)

2.1.6
- She must focus✓ on recovery✓
- Surround✓ herself with people who are supportive✓ and positive
- Go✓ for counselling✓
- Take treatment✓ as prescribed✓
- Monitor✓ her symptoms✓ (Any 4 × 2) (8)

[30]

QUESTION 3

3.1 3.1.1 An infection is the invasion of body tissues✓ by disease-causing micro-organisms, their multiplication✓ and the reaction of body tissues to these micro-organisms and the toxins that they produce.✓ (Any relevant 3 × 1) (3)

3.1.2
(a) Bacteria
(b) Pulmonary tb
(c) Airborne
(d) Active
(e) Chest X-rays (5)

3.1.3
- Poor appetite
- Weight loss
- Coughing for more than 2 weeks
- Coughing blood
- Night sweats
- Tiredness
- Fever
- Shortness of breath
- Difficulty breathing (Any 4 × 1) (4)

3.1.4
(a) Incubation period
(b) Early signs and symptoms such as fever
(c) Illness period
(d) Convalescent period (4)

3.1.5
- HIV
- COVID
- Pneumonia
- Seasonal flu
- Cholera
- Malaria
- Mumps
- Meningitis
- Candida/thrush (Any relevant 4 × 1) (4)

3.1.6
- Clinic will ensure that all patients and personnel✓ have the opportunity and facilities to wash their hands✓
- Use✓ of personal protective equipment✓ (wearing of gloves, aprons and masks). Have patients wearing masks when visiting clinic
- Properly dispose✓ of medical waste✓
- Sterilising✓ of equipment and instruments✓
- Environmental cleaning and spills managements✓ to control infection at community level✓
- Health care establishment support services i.e., linen, laundry and food services
- Surveillance and outbreak investigations in communities. Do mass community screenings to identify infectious cases
- Protection for community members, including health status assessments, immunisations and testing of immune status
- Management of incidents and infections
- Clinic highlights infection through doing extensive health promotion campaigns. Put posters on the walls, hand out pamphlets, etc. to notify community of TB outbreak

(Any relevant answers 5 × 2) (10)
[30]

QUESTION 4

4.1
4.1.1 D
4.1.2 E
4.1.3 G
4.1.4 B
4.1.5 A
4.1.6 K
4.1.7 C
4.1.8 H
4.1.9 J
4.1.10 I

(10 × 1) (10)

4.2 Community health refers to the health status of a defined group✓ of people, or community, and the actions and conditions✓ that protect✓ and improve the health of the community.✓
Whereas
Community wellness can be described as the extent✓ to which the organisation and structure✓ of the community enables✓ the community as a whole, as well as the community members,✓ to develop towards a fulfilled life and achieving the full potential.✓ (Any relevant answers 4 × 2) (8)

4.3
- The health status of the community members can be assessed by measurements of birth and death rates
- The causes of death
- New cases of specific diseases
- It can also be assessed by interviews done by community health workers in order to obtain information such as the physical, mental and spiritual health status or the social strata of the community (age, ability/disability/ sex and gender/race and social class) of community
- Finding out who has chronic diseases
- Types of disabilities/causes of disabilities etc.
- Observations can be done to assess what hygiene factors can influence their health.
- The actions and conditions that improve and protect the health of the community include the health facilities and the health personnel, i.e. put in ramps and lifts in buildings to improve accessibility
- Resources that may make health available to the community
- Identify who are the people and organisations in a community that can offer specific services (Any relevant answers 7 × 1) (7)

4.4 MDG and targets are aimed✓ at encouraging development✓ by improving✓ social and economic conditions✓ in the world's poorest countries.✓ (5)
[30]

QUESTION 5

5.1
5.1.1 True
5.1.2 False
5.1.3 True
5.1.4 True
5.1.5 False
5.1.6 True
5.1.7 False
5.1.8 True
5.1.9 True
5.1.10 True
(10 × 1) (10)

5.2
- Breast✓ − genetics; certain medications such as HRT.✓
- Cervical cancer✓ − HPV (human Papilloma Virus); smoking; genetics.✓
- Colon cancer✓ − eating junk food; alcohol abuse; smoking; genetics.✓
- Laryngeal cancer/throat cancer/mouth cancer✓ − smoking; HPV; genetics.✓
- Lung cancer✓ − smoking; air pollution; asbestos; genetics.✓
- Pancreatic cancer/stomach cancer − alcohol abuse; junk food; genetics.
- Skin cancer − long exposure to the sun; genetics.
- Stomach cancer- vomiting blood, indigestion, pain after eating and weight loss.
- Liver cancer – alcohol abuse; hepatitis virus; genetics (Any 5 × 2) (10)

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5.3

- Health teaching can be used to communicate✓ to various communities the cause✓ of heart disease (such as hypertension, heart attack, congestive heart failure, arrythmia),✓ what are the signs and symptoms,✓ how to prevent heart disease✓ on an individual and communal level;✓ and how to treat it.✓ Education can focus on creating health awareness campaigns✓, putting up posters or handing out pamphlets;✓ or giving education on radio/television/social media.✓
- Policy reinforcement is a public health intervention which can be used to force people to comply with the law, rules and regulations✓ on an individual level and communal level.✓ for example to have non-smoking policies in public places,✓ to have dangers of smoking advertised on cigarette boxes;✓ to create certain policies and taxes on food (such as sugar tax)✓ as junk food and smoking contributes to heart disease. Workplaces must have certain policies in place to keep water and air clean to avoid strain on people's heart.✓ (Any relevant answers 2 × 5) (10)

[30]

TOTAL: 150

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