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

This question paper consists of 8 pages.

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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 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 (1.1.1–1.1.5) in the ANSWER BOOK.

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

A Mental health
B Physical health
C Spiritual health
D Social health

1.1.2 Emotional distress lead may lead to …

A social interaction.
B physical ill health.
C happiness.
D joy.

1.1.3 … includes social conditions that give rise to under-nutrition.

A Meetings
B Poverty
C Parties
D Work

1.1.4 A genetic factor that affects the health of individuals does not include …

A a history of genetic disorders.
B marriage with a close relative.
C having birth defects.
D marriage with a childhood friend.

1.1.5 External factors that may affect an individual's health include …

A heredity.
B low immunity.
C broken skin.
D air pollution.

(5 × 1) (5)

1.2 Identify the THREE factors that affect the wellness of people. Give ONE example of each factor. (3 × 2) (6)

1.3 Cholera is a waterborne disease.

1.3.1 What is meant by a *waterborne* disease? Which microorganism causes cholera.

1.3.2 What are the signs of cholera?

1.3.3 What are the risk factors for the spread of cholera?

(3 × 3) (9)

1.4 Describe the ways of preventing the spread of an infectious disease. (5 × 2) (10)

[30]

QUESTION 2

2.1 Read the following scenario and answer the questions.

MEET TWO FAMILIES FROM DURBAN:

FAMILY NAIDOO

Mrs Naidoo is a single mom caring for four children. She works as a cashier at PEP stores. She has depression which causes her to stay home frequently. She can only afford one meal a day.

- On Mondays, Wednesdays and Fridays they have a polony sandwich (white bread) with fries.
- Tuesdays and Thursday they have broccoli instant soup with 1 slice of white bread.
- On Sundays she cooks fish fingers and pre-packaged instant mash.

Her youngest child was diagnosed with asthma which was worsened by pneumonia.

FAMILY SINGH

Mrs Singh is a doctor and is a known diabetic. She and her husband both like to cook curries and biryani using only fresh ingredients such as chicken, carrots, gem squash and spinach. They sometimes treat themselves with ice cream and raspberries.

2.1.1 Explain the term *good nutrition*. (2)

2.1.2 Copy the table below in the ANSWER BOOK and arrange the different food(s) from the families according to NUTRITIOUS and NON-NUTRITIOUS FOOD.

NUTRITIOUS	NON-NUTRITIOUS

(4 × 2) (8)

2.1.3 Which family is more likely to experience malnutrition? Substantiate your answer. (4)

2.1.4 Discuss the difference between *acute* and *chronic* diseases. Identify from the case scenario ONE example of each disease. (3 × 2) (6)

2.1.5 Identify ONE example of *communicable* and *non-communicable* diseases from the case scenario. (2)

2.1.6 Advise Mrs Naidoo on how to manage her depression. (4 × 2) (8)

[30]

QUESTION 3

3.1 Study the image below and answer the questions.

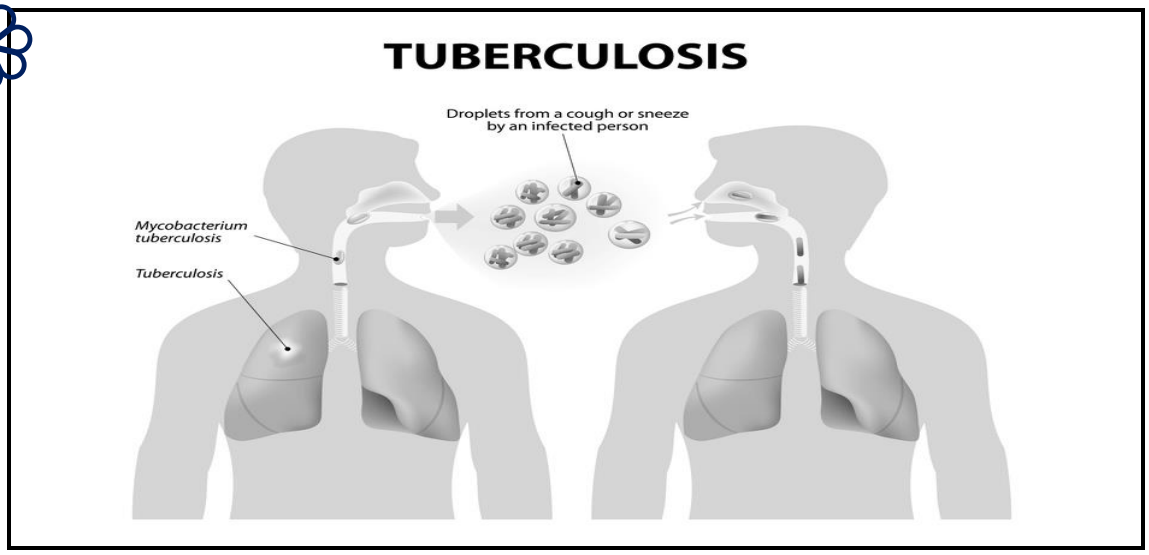


FIGURE 1

[Source: *http://oasisinternationaljournal.org/news/2020/03/31/new-who-recommendations-to-prevent-tuberculosis-aim-to-save-millions-of-lives/#.Yv0m43ZBxPY*]

3.1.1 Define the term *infection*. (3)

3.1.2 Choose the correct term from those in brackets. Write only the answer next to the question number (a)–(e) in the ANSWER BOOK.

(a) TB is caused by (a virus/bacteria).
(b) The above image shows (pulmonary/extra-pulmonary) TB.
(c) TB is (an airborne/a droplet) infection.
(d) Above person will be diagnosed with (active/latent) TB.
(e) (Chest X-rays/pap smears) are used to diagnose TB.

(5 × 1) (5)

3.1.3 What signs and symptoms will indicate TB in a person? (4)

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3.1.4 Fill in the following stages/description of infection. Use TB as an example. Write only the answer next to the question number (a)−(d) in the ANSWER BOOK.

STAGES OF TB INFECTION

A	B	C	D
Pathogen replicates	Prodromal period	Clinical signs and symptoms	Person returns to health

(4)

3.1.5 List FOUR opportunistic infections to which a TB patient may be prone. (4)

3.1.6 You are working as a nurse at a local clinic where there was an outbreak of TB.

Highlight some of the clinic's infection control practices to curb the spread of TB. (5 × 2) (10)

[30]

QUESTION 4

4.1 Choose a disease/condition from COLUMN B that matches a description in COLUMN A. Write only the letter (A–K) next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
4.1.1	Type of diabetes found mainly in childhood	A	gestational diabetes
4.1.2	Condition in which the blood pressure in arteries is consistently elevated	B	emphysema
4.1.3	Hardening of arteries	C	obesity
4.1.4	Enlargement and destruction of the air sacs	D	diabetes type 1
4.1.5	Type of diabetes found during pregnancy	E	hypertension
4.1.6	Fat collecting along damaged areas of artery walls	F	cardiac enlargement
4.1.7	BMI of 30 or higher	G	arteriosclerosis
4.1.8	Type of diabetes caused by poor lifestyle choices	H	diabetes type 2
4.1.9	Chronic inflammation of the bronchi	I	congenital heart disease
4.1.10	Heart conditions due to birth defects	J	chronic bronchitis
		K	atherosclerosis

(10 × 1) (10)

4.2 What is the difference between *community health and community wellness*?
(4 × 2) (8)

4.3 Discuss how the health status of a community can be assessed. Mention what actions can be taken to protect the health of a community. (7)

4.4 Define the term *Millennium Development Goals* (MDGs). (5)
[30]

QUESTION 5

5.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (5.1.1–5.1.10) in the ANSWER BOOK.

5.1.1 Epidemiology is important to understand how disease affects the health of human beings.

5.1.2 Public health is the responsibility of the government.

5.1.3 The prevalence rate of HIV in a community can help us to understand what proportion of the community is affected by HIV at a specific time.

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

5.1.5 Public health's main aim is to focus on curative measures.

5.1.6 Equity is about fairness, justice and upholding human rights.

5.1.7 Mental health is not identified as a public health issue.

5.1.8 Pandemics affects the health of many peoples.

5.1.9 Skipping vaccines will have negative consequences.

5.1.10 Churches, youth groups, stokvels, and sports clubs are examples of community organisations.

(10 × 1) (10)

5.2 Name any FIVE types of cancer and give a different cause for each. (5 × 2) (10)

5.3 Explain how both *health teaching* and *policy enforcement* can be used as public health interventions in the management of heart disease. (2 × 5) (10)

[30]

TOTAL: 150

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