higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

# MARKING GUIDELINE

## NATIONAL CERTIFICATE (VOCATIONAL)

## PUBLIC HEALTH
## NQF LEVEL 3

## 14 NOVEMBER 2022

**This marking guideline consists of 10 pages.**

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## QUESTION 1

1.1 1.1.1 C
1.1.2 C
1.1.3 B
1.1.4 D
1.1.5 A
1.1.6 D
1.1.7 A
1.1.8 B

(8 × 1) (8)

1.2 1.2.1 No.✓ A pregnancy is viable from 28 weeks of gestation. Thandi was 23 weeks pregnant.✓ (Any relevant 2 × 1) (2)

1.2.2 (a) False
(b) True
(c) False
(d) True

(4 × 1) (4)

1.2.3
- Denial.✓ During this stage, Thandi will be in disbelieve that she lost the pregnancy.✓
- Anger.✓ During this stage, Thandi will be upset that she lost the pregnancy✓
- Bargaining.✓ During this stage, Thandi might ask herself 'what if she went to the doctor sooner?'✓
- Depression.✓ During this stage, Thandi will become severely sad and unable to cope with the miscarriage.✓
- Acceptance.✓ During this stage, Thandi accepts the miscarriage and is able to move forward or even plan a next pregnancy.✓ (Any relevant 4 × 2) (8)

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1.2.4 (a)

| | CONTRACEPTIVE PILL | IUD (INTRA UTERINE DEVICE) |
|---|---|---|
| Mode of action | • Stops ovulation✓<br>• Thickens mucus of cervix<br>• Thins the uterine lining | • Thickens mucus of cervix✓<br>• Creates a hostile environment for sperm |
| Advantages | • Popular method✓<br>• 99% effective<br>• Convenient<br>• Allows for spontaneity in lovemaking<br>• Reversible<br>• Cheap | • 99% effective✓<br>• Allows for spontaneity in lovemaking<br>• Can be removed if pregnancy is desired<br>• Secrecy of contraceptive use is assured<br>• Tolerated well<br>• Can be inserted for 5–7 years |
| Disadvantages | • Not safe for everyone depending on medical history✓<br>• Has side effects: nausea, weight gain, headache, depression, increased blood pressure, blood clots<br>• Offers no protection against STI or HIV<br>• Needs a prescription from a medical doctor or can be obtained from a clinic | • Side effects: pain, bleeding, vaginal discharge and pelvic inflammatory disease✓<br>• May be incorrectly placed<br>• Do not protect against STI or HIV |

(Any relevant 3 × 2) (6)

(b) Recommend IUD✓ as it has fewer side effects than the oral pill. Secrecy of contraceptive use and can be inserted for 5–7 years.✓

**OR**

Recommend the oral pill✓ as it is easier to obtain, cheap.✓

(Any relevant 2 × 1) (2)

**[30]**

## QUESTION 2

2.1

| | |
|---|---|
| 2.1.1 | G |
| 2.1.2 | I |
| 2.1.3 | K |
| 2.1.4 | H |
| 2.1.5 | E |
| 2.1.6 | F |
| 2.1.7 | B |
| 2.1.8 | A |
| 2.1.9 | C |
| 2.1.10 | D |

(10 × 1) (10)

2.2 2.2.1 Dehydration is excessive loss of fluid✓ from the body as a result of persistent vomiting,✓ diarrhoea,✓ sweating, or lack of fluid intake.
(Any relevant 3 × 1) (3)

2.2.2
- Dry mouth and tongue
- Sticky saliva
- Reduced urine output with dark yellow urine
- An absence of tears
- Loss of rigor of the skin
- Rapid breathing
- Sudden loss of weight
- Sunken eyes
- Loose skin
- Reduced levels of consciousness
- A weak pulse
- Low blood pressure (Any relevant 4 × 1) (4)

2.2.3
- Illness
- Lactose intolerance
- A sensitive gut
- Formula milk sensitivity
- Incorrect mixing of formula feeds – such as diluting or condensing the milk
- The use of unsanitised/unclean water (Any relevant 4 × 1) (4)

2.2.4
- Continue to breastfeed exclusively
- Give thin soup or very thin porridge
- Left-over water from cooking rice or samp
- Clean water
- Sports drinks
- Weak, black tea
- Homemade rehydration recipes (8 level teaspoons of sugar; ½ teaspoon of salt; 1 litre cooled boiled water; or 2 level teaspoons of sugar; 2 pinches of salt; 1 cup of cooled boiled water)
- Give small amounts of fluid regularly
- Can give with a syringe, spoon, cup with a straw or a bottle

(Any relevant 4 × 1) (4)

2.3 Mental health is a state of well-being✓ in which the individual realises his or her own abilities,✓ cope with the normal stresses of life,✓ work productively and fruitfully✓ and is able to make a contribution to the community.✓

(Any relevant 5 × 1) (5)

**[30]**

**QUESTION 3**

3.1

| **INTENTIONAL INJURY** | | **UNINTENTIONAL INJURY** | |
|---|---|---|---|
| 3.1.2 | Sexual assault✓ | 3.1.1 | Burning your hand on the stove while cooking✓ |
| 3.1.3 | Overdosing on sleeping tablets following a divorce✓ | 3.1.4 | Sustaining a brain injury during a car crash due to brake failure✓ |
| | | 3.1.5 | Baby drowned in the bathwater because the mom was busy on her cell phone✓ |

(5 × 1) (5)

3.2 3.2.1 Menarche (1 × 1) (1)

3.2.2
- Dramatic increase in height and weight, gain fat.
- Grows taller and her body outline changes, widening of the hips and pelvis.
- Early breast development.
- Growth of pubic and armpit (axilla) hair.
- Genitals develop (Any relevant 5 × 1) (5)

3.2.3
- Love includes an emotional response✓ such as a sense of belonging; it includes patience, kindness, tolerance, acceptance, respect and reaching out to others.✓
- Whereas sex refers to a physical response;✓ sexual intercourse, desire, lust, etc.✓ (Any relevant 2 × 2) (4)

3.2.4 Yes✓
- Britney might experience peer pressure✓ from her boyfriend.
- He is trying to convince her that having sex is a symbol of her love for him (emotional factors).✓
- She is only 14 years old and might lack the knowledge about sexuality✓ and the use of contraception.✓
- Often young teenagers are sent away from their local clinics if they express interest in contraception.
- Girls from poor socio-economic communities have a higher rate of pregnancy. (Any relevant 4 × 1 + 1) (5)

3.3 3.3.1 Anaemia means that either the number of red blood cells is lower✓ than usual, or the level of haemoglobin is low.✓
(Any relevant 1 × 2) (2)

3.3.2
- Pale appearance✓
- Feeling unwell✓
- Feeling of excessive tiredness✓
- Breathlessness✓
- Dizziness✓
- Weakness or fainting
- Inflammation of the mouth and tongue
- Pallor and jaundice of the mucous membranes of the eyes, mouth and gums
- Brittle spoon-shaped fingernails
- Ecchymosis and petechiae
- Headaches
- Nausea
- Chest pain
- Occasional jaundice
- Abdominal pain (Any relevant 4 × 1) (4)

3.3.3
- Nutritional deficiencies, diet lacking certain vitamins and minerals such as iron
- Smoking
- Excess use of alcohol
- Chronic illness
- Certain medications
- Trauma
- Occupational exposure such as radiation
- Gender and age
- Heredity
- Pregnancy (Any relevant 4 × 1) (4)

**[30]**

## QUESTION 4

4.1
4.1.1 Hypertension
4.1.2 Presbycusis
4.1.3 Osteoarthritis
4.1.4 Leukaemia
4.1.5 Cataracts
4.1.6 Osteoporosis
4.1.7 Rheumatoid arthritis
4.1.8 Urinary incontinence
4.1.9 Stroke
4.1.10 Parkinson's disease

(10 × 1) (10)

4.2 4.2.1 Alzheimer's disease is caused by the loss of nerve cells in the brain.✓ It is when an older person is unable to learn and remember new information,✓ unable to reason or think about something✓ and/or have trouble with language or recognising objects.

(Any relevant 3 × 1) (3)

4.2.2

| BASIC ADLs | IALs |
|---|---|
| • Brushing her hair<br>• Washing herself<br>• Getting dressed and undressed | • Taking her medication<br>• Cooking lunch<br>• Washing the dishes |

(Any relevant 6 × 1) (6)

4.2.3
- Rose can move in with her family for help.✓
- A home-based carer can provide care.
- Rose can go to a nursing home.

(Any relevant 1 × 1) (1)

4.3
- Child can experience serious psychological problems such as chronic depression,✓✓ anxiety, post-traumatic stress disorder, dissociation and anger.
- Child might experience difficulty in identifying✓✓ and processing their emotions.✓✓
- Child might regress.✓✓
- Child might grow up and repeat the cycle of abuse✓✓ to their children.
- Sexual abuse can lead to serious physical problems✓ such as injury to the reproductive organs.
- Child might be in extreme danger which can lead to death.

(Any relevant 5 × 2) (10)
**[30]**

## QUESTION 5

5.1 5.1.1

- Poor living conditions (poor energy services, water and sanitation services)
- Poor support network
- Poverty
- Social isolation
- Substance abuse
- Unemployment
- Highly stressful job
- Crime in communities
- Gangs operating in communities
- Abuse in family/domestic abuse/child abuse
- Sexual abuse
- Noise pollution
- Overcrowding (Any relevant 6 × 1) (6)

5.1.2 Physical causes: Biological factors✓ such as genetics, trauma to the brain (head injury).✓
Psychological causes include coping with past or current traumatic experiences✓ such as abuse, bereavement or divorce.✓
(Any relevant 4 × 1) (4)

5.2 5.2.1 Elderly population is the increasing proportion✓ of people 60 years and older in the population.✓ An elderly population challenges society to adapt so that the health, functional capacity and social participation of the aged are maximised. An elderly population also indicates that the percentage of young people are small✓ and therefore has a low birth rate.✓ Ageing population refers to when 10% of population is above 60 years and older. (Any 4 × 1) (4)

5.2.2

- Elderly people have weak immune systems and are therefore more prone to infections.
- Because of their lifestyle choices over a long period (such as smoking, drinking alcohol, eating junk food), they have a weakened respiratory, cardio vascular, and digestive system.
- Elderly people are often placed in old-age homes (many old people living in a small space) – easy spread of Covid 19.
- They often don't have access to proper health care due to mobility restrictions.
- Due to decreased memory and ability to think, they might often forget their medication schedules. (Any relevant 4 × 1) (4)

5.3 5.3.1 Intentional use✓ of physical force✓ against your own body✓ or someone else's,✓ which results in injury,✓ death, psychological harm, maldevelopment or deprivation.✓ (Any relevant 6 × 1) (6)

5.3.2
- Self-directed violence includes harmful acts or thoughts against the self,✓ such as suicide or attempted suicide, cutting yourself, abusing alcohol or drugs.✓
- Interpersonal violence is violence which takes place between people or groups of people.✓ Such as violence in family or against intimate partner, or violence in the community such as gang fights, sexual assault, etc.✓
- Collective violence refers to violence committed by large groups of individuals or by states,✓ such as wars or disruptive behaviour during strikes.✓ (Any relevant 3 × 2) (6)

**[30]**

## QUESTION 6

6.1 6.1.1
- 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 during pregnancy and the uterus contracts more quickly.
- It is more convenient – no bottles and not sterilising.
- 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 any allergies.
- The milk always comes at the right temperature.
- Breastfeeding is free. (Any relevant 8 × 1) (8)

6.1.2 Yes.✓ She is six months old.✓ Her weight has doubled since birth. (2 × 1) (2)

6.1.3
- By now she has learned to roll over
- Can sit for short periods of time
- Holds things with both hands and directs them towards her mouth
- Responds with verbal sounds when the mother speaks
- Recognises family members
- Develops a fear of strangers (Any relevant 5 × 1) (5)

6.1.4 Disagree.✓ Vaccines are the best way to build the immune system✓ against various diseases.✓ Ayesha is only 6 months old; her immune system is still developing✓ and is vulnerable to many childhood diseases such as measles, polio, etc.✓

**OR**

Agree.✓ Through breastfeeding✓ the mom passes on her antibodies to the baby.✓ Her weight has doubled,✓ which indicates that she has a good functioning immune system.✓ The baby is not in contact with other children as they stay home and therefore won't come into contact with diseases. (Any relevant 2 × 2 + 1) (5)

6.2

| | TEENAGE GIRLS | MARRIED WOMEN |
|---|---|---|
| Nutrition | Mother starts pregnancy malnourished and the baby is born malnourished. | Mother is well-nourished and the baby is born well-nourished. |
| Access to medical services | No access to proper medical care, and no or late check-ups during pregnancy. | Usually go for regular check-ups. |
| Complications during pregnancy? | Yes, due to the underdeveloped body of adolescents. | No, the mother's body is fully developed. |
| Effects on mother | • Drop out of school.<br>• Poor chance of a good occupation. | • Complete education.<br>• Continues with career after pregnancy. |
| Effects on child | • Mostly born premature.<br>• Risk of developmental disability. | • Almost always full-term pregnancy.<br>• Baby develops normally. |

(Any relevant 10 × 1) (10)
**[30]**

**TOTAL: 180**

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