higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 3

(9020023)

14 November 2022 (X-paper)
09:00–11:30

This question paper consists of 10 pages.

287Q1N2214

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TIME: 2½ HOURS
MARKS: 180

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.

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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 (1.1.1–1.1.8) in the ANSWER BOOK.

1.1.1 Infancy lasts from …

A two to six months.
B six to twelve months.
C birth to one year.
D one to three years.

1.1.2 The picture below represents a new-born's …





A Moro reflex
B tonic neck reflex
C grasp reflex
D rooting reflex

1.1.3 During a … miscarriage, the foetus is alive and the process may be prevented.

A complete
B threatened
C induced
D inevitable

1.1.4 Tests which are done on women who have been through menopause to detect osteoporosis:

A Mammogram
B Pap smear
C Ultrasound
D Bone density

1.1.5 An eating disorder characterised by secretive binge eating, followed by induced vomiting:

A Bulimia nervosa
B Anorexia nervosa
C Obesity
D Malnutrition

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1.1.6 An illness that is defined by a feeling of sadness along with no interest in the world:

A Schizophrenia
B Bi-polar disease
C Manic disorder
D Depression

1.1.7 Treatment needed for a couple to conceive a baby:

A Assisted conception
B Infertility
C Implantation
D Ovulation

1.1.8 Which is NOT a symptom of alcoholism?

A Craving
B Social dependence
C Tolerance
D Physical dependence

(8 × 1) (8)

1.2 Read the scenario and answer the questions that follow:

Thandi is 25 years old and 23 weeks pregnant, Gravida 2 and Para 0. On her way to work, she noticed vaginal bleeding. She immediately went to her clinic, but they were unable to save the pregnancy. She had an ectopic pregnancy when she was 20 years old.

1.2.1 Was Thandi's pregnancy viable? Motivate your answer. (2)

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

(a) This was Thandi's third pregnancy.

(b) Thandi had a spontaneous abortion.

(c) Thandi was in the third trimester of her pregnancy.

(d) Ectopic pregnancy is when the developing egg implants anywhere other than in the inner lining of the uterus.

(4 × 1) (4)

1.2.3 Discuss FOUR stages of grief. Apply each stage to Thandi's miscarriage. (4 × 2) (8)

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1.2.4 Following the miscarriage, the clinic advised Thandi to go onto contraception. She must decide between TWO methods.

(a) Redraw and complete the table in your ANSWER BOOK to help Thandi decide which method to use:

	CONTRACEPTIVE PILL	IUD (INTRA UTERINE DEVICE)
Mode of action	•	•
Advantages	•	•
Disadvantages	•	•

(3 × 2) (6)

(b) Make a judgment regarding which method you feel is best for Thandi. Substantiate your answer. (2 × 1) (2)

[30]

QUESTION 2

2.1 Choose a word from COLUMN B that matches a description in COLUMN A. Write only the letter (A–K) next to the question number (2.1.1–2.1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
2.1.1	Varicose veins in the scrotum causing pain and discomfort and reducing the sperm count	A	circumcision
		B	syphilis
2.1.2	The spermatic cord (vas deference and blood vessels) becomes twisted, compromising blood supply to the testes	C	menopause
		D	ovarian cysts
		E	human papilloma virus
2.1.3	Absence of menstruation due to stress, weight loss or pregnancy	F	endometriosis
2.1.4	Painful or difficult menstruation	G	varicoceles
2.1.5	A sexually transmitted disease responsible for the development of genital and anal warts	H	dysmenorrhoea
		I	testicular torsion
2.1.6	Endometrial tissue found elsewhere in the pelvis and abdomen	J	epispadia
		K	amenorrhoea

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2.1.7	Bacterial infection transmitted through sexual intercourse	
2.1.8	Surgical removal of the foreskin of the penis	
2.1.9	Permanent cessation of menstruation	
2.1.10	Fluid-filled growths on ovaries that may burst or become twisted	

(10 × 1) (10)

2.2 Read the extract and answer the questions:

DIARRHOEA IN CHILDREN UNDER FIVE YEARS OF AGE IN SOUTH AFRICA

Diarrhoea remains one of the leading causes of death, ill health and disability among children aged under five years in developing countries. In Africa, an estimated 696 million cases and 9,6 million severe episodes of diarrhoea occur among children in this age group. Diarrhoea leads to dehydration and accounts for 19% of deaths of under-fives in South Africa and for 46% on the African continent.

[Source: *https://www.hst.org.za/publications/NonHST*]

2.2.1 Define the term *dehydration*. (3 × 1) (3)

2.2.2 List FOUR signs and symptoms of dehydration. (4)

2.2.3 What do you think is the reason for diarrhoea to have such a high death rate among children in Africa? (4 × 1) (4)

2.2.4 How does one administer oral rehydration? (4 × 1) (4)

2.3 Define the concept *mental health*. (5 × 1) (5)

[30]

QUESTION 3

3.1 Copy the table below into your ANSWER BOOK, and classify the following injuries as INTENTIONAL or UNINTENTIONAL.

INTENTIONAL INJURY	UNINTENTIONAL INJURY

3.1.1 Burning your hand on the stove while cooking

3.1.2 Sexual assault

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 Read the scenario and answer the questions that follow:

Britney is 14 years old and is in her first serious relationship. Her boyfriend wants to have sex as it is a symbol of their love for each other.

3.2.1 What is the term used to describe puberty in girls? (1 × 1) (1)

3.2.2 Describe the physical changes Britney will go through during puberty. (5 × 1) (5)

3.2.3 Advise Britney on the differences between love and sex. (2 × 2) (4)

3.2.4 In your opinion, is Britney in danger of falling pregnant? Motivate your answer. (4 × 1 + 1) (5)

3.3 Discuss anaemia under the following headings:

3.3.1 Definition (1 × 2) (2)

3.3.2 Symptoms (4 × 1) (4)

3.3.3 Causes (4 × 1) (4)

[30]

QUESTION 4

4.1 Choose ONE term from the list below for each of the following descriptions and write it next to the question number (4.1.1–4.1.10) in the ANSWER BOOK. Each term may only be used ONCE.

stroke; osteoarthritis; leukaemia; Parkinson's disease; cataracts; osteoporosis; rheumatoid arthritis; menopause; urinary incontinence; hypertension; presbycusis

4.1.1 Blood pressure of 140/90 or higher for three consecutive times

4.1.2 Hearing loss due to the loss of sensory receptors in the inner ear

4.1.3 The wear and tear of the cartilage lining of the joint

4.1.4 Blood cancer

4.1.5 Clouding of the lens of the eye

4.1.6 Condition caused by the loss of calcium from the bones making them less dense and thus more fragile and easily broken

4.1.7 Chronic auto-immune disorder that causes inflammation of the lining of the joints resulting in swelling and pain

4.1.8 Inability to control urination

4.1.9 A blockage due to a blood clot, or a bleeding blood vessel in the brain

4.1.10 Brain disorder that causes a progressive loss of muscle control leading to shaking while resting, poor balance, stiffness, walking difficulties, etc.

(10 × 1) (10)

4.2 Read the scenario and answer the questions:

CARING FOR ROSE

Rose (84 years old) has Alzheimer's disease. She has trouble with the following daily tasks:

- Brushing her hair
- Washing herself
- Taking her medication
- Cooking lunch
- Getting dressed and undressed
- Washing the dishes

4.2.1 What is *Alzheimer's disease*? (3 × 1) (3)

4.2.2 Copy the table below into your ANSWER BOOK. Tabulate the differences between *basic activities of daily living (ADLs)* and *instrumental activities of living (IAL)*, by choosing from the daily tasks Rose has trouble with.

BASIC ADLs	IALs
•	•

(6 × 1) (6)

4.2.3 Make ONE suggestion to help Rose achieve her daily tasks. (1)

4.3 Discuss the impact of child abuse on the health of a child. (5 × 2) (10)

[30]

QUESTION 5

5.1 Discuss the following causes of mental disorders:

5.1.1 Social and environmental causes (6 × 1) (6)

5.1.2 Physical and psychological causes (4 × 1) (4)

5.2 Read the following extract and answer the questions:

COVID-19 HITS ITALY HARD

- On a per capita basis, Italy lies 37th in the world for the number of coronavirus cases, but 4th when it comes to deaths.
- In 2019, Italy had the oldest population in Europe, with 22,8% of its people aged over 65.
- It has one of the highest life expectancies worldwide at 83 years.
- 71% of over-65s had at least two underlying health conditions.

[Source: *https://www.weforum.org/agenda/2020/12/italy-death-toll-pandemic-covid-coronavirus-health-population-europe/*]

5.2.1 Define the concept *elderly population.* (4 × 1) (4)

5.2.2 In your opinion, what is the connection between Covid-19 and old age? (4 × 1) (4)

5.3 In 2002, the World Health Organisation (WHO) published the *World Report on Violence and Health*, which showed that violence is a global public health concern.

5.3.1 Define the term *violence*. (6 × 1) (6)

5.3.2 Differentiate between *self-directed violence, interpersonal violence,* and *collective violence*. Provide an example of each. (3 × 2) (6)

[30]

QUESTION 6

6.1 Read the scenario and answer the questions:

BABY AYESHA (6 MONTHS)

Baby Ayesha was breastfed for the first 6 months. At birth, she weighed 3,6 kg, where at 6 months she weighed 7 kg. Ayesha's mom doesn't believe in vaccinations as Ayesha was breastfed. Ayesha stays home and doesn't go to any crèche.

6.1.1 List EIGHT benefits of breast milk. (8)

6.1.2 Is baby Ayesha ready for solids? Support your answer by quoting from the scenario. (2 × 1) (2)

6.1.3 Where should Ayesha be with regard to her developmental milestones? (5 × 1) (5)

6.1.4 Do you agree or disagree with Ayesha's mom regarding vaccines? (2 × 2 + 1) (5)

6.2 Compare the effects of pregnancy on teenage girls and married women. Copy the table and complete it in your ANSWER BOOK.

	TEENAGE GIRLS	MARRIED WOMEN
Nutrition		
Access to medical services		
Complications during pregnancy?		
Effects on mother		
Effects on child		

(10 × 1) (10)
[30]

TOTAL: 180

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