higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 4

15 November 2022

This marking guideline consists of 8 pages.

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QUESTION 1

1.1 1.1.1 Health is a state of general physical,✓ mental, spiritual, psychological✓ and social well-being and not merely the absence of disease✓ or infirmity. (Any relevant 5 × 1) (5)

1.1.2 (a)
- Wash hands regularly with soap and water.
- Sanitise hands.
- Take a shower or bath daily.
- Cough or sneeze in the crook of the arm and not in the hand.
- Carry tissues to catch coughs and sneezes.
- Dispose of tissues as soon as possible.

(Any relevant 5 × 1) (5)

(b)
- Sweep and mop floors with a good quality detergent.
- Sanitise all surfaces.
- Clean the bathroom.
- Wipe down all kitchen cupboards.
- Wash the windows and open them for good ventilation.
- Wipe off all surfaces that people possibly touch regularly.
- Clean all high-traffic areas.
- Clean walls in the house (bedroom, lounge, bathroom, etc.) (Any relevant 6 × 1) (6)

1.1.3
- Lower greenhouse emissions
- Reduce medical costs (2)

1.1.4
- Dry-powder inhalers
- Aqueous mist inhalers (2)

1.1.5
- Green inhalers are ecofriendly which means they are not harmful to the environment.
- They reduce the carbon footprint by decreasing the carbon dioxide emissions.
- Medical costs are reduced by preventing further illnesses due to using harmful inhalers. (Any relevant 2 × 2) (4)

1.2 1.2.1
- Aerobic exercises are all exercises✓ that use oxygen.✓
- These are cardiovascular exercises such as swimming,✓ jogging,✓ cycling.

1.2.2
- Anaerobic exercises include exercises where muscle activity✓ uses oxygen faster than the body can supply.✓
- Examples are weightlifting,✓ circuit training,✓ Pilates,✓ yoga.

(2 × 4) (8)

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1.3
- Exercise is important for normal physical development.
- Builds muscle strength.
- Less likely to be overweight.
- Increases gross and fine motor skills.
- Exercise is important for normal psychological development.
- Develops the ability to handle stress better.
- Develops a better self-image.
- Increases a person's confidence.
- Exercise is important for normal social development.
- Helps with building stronger interactions.
- People learn to follow rules and regulations.
- People learn how to work in a team. (Any relevant 8 × 1) (8)

[40]

QUESTION 2

2.1 2.1.1
- Having a pet can assist a child to interact with other people.
- It may assist in reducing stress.
- A pet can give a sense of calmness.
- Playing with a pet can give the child a boost of confidence and remind him/her that he/she too can achieve and do things.
- A pet can be a distraction from the child's pain or frustration.
- A pet can be an emotional friend to speak to.

(Any relevant 4 × 2) (8)

2.1.2
- Animal-assisted therapy involves the use of animals
- such as dogs, cats, horses, etc.,
- to interact with patients
- who suffer from disorders such as depression, anxiety disorders, eating disorders, autism, etc. (Any relevant 4 × 1) (4)

2.1.3
- Intersectoral involvement includes all different sectors/services/organisations in a community working together with one another.
- Different services would be involved with disabled children such as the health sector (doctors, nurses, physiotherapists, occupational therapists),
- the transport sector, welfare sector (social workers), telecommunication sector, education sector, etc.
- These sectors can form partnerships with one another to ensure better service delivery. (Any relevant 4 × 1) (4)

2.2 2.2.1

BIODEGRADABLE WASTE	NON-BIODEGRADABLE WASTE
Definition of each	
• Organic origin • Can be broken down by natural processes within a reasonable time frame. (2)	• Non-living • Do not break down for many years. (2)
Effect on the environment	
• Less of a threat to health and the environment (1)	• Can be harmful to health and the environment (1)
TWO examples each of waste products (Choose items from the list above.)	
• Banana peels • Canvas bags (2)	• Coke bottles • Computer screens • Plastic bags • Medical syringes (Any relevant 2)

(4) (2) (4)

2.2.2
- Disposal✓ - dispose coke bottles at landfills✓
- Other recovery✓ - incinerate medical syringes ✓
- Recycling✓ - composting banana peels✓
- Preparing for reuse✓ - repair a computer screen/reuse plastic bags ✓
- Prevention✓ - using canvas bags (5 × 2) (10)

2.2.3
- Reuse or repurposing items
- Repair items instead of replacing them when possible
- Buying more durable products and caring for possessions
- Choosing products with less packaging
- Selling, donating or gifting unwanted items to others who may appreciate them, instead of throwing them away
- Insisting that take-away food and drinks are served in biodegradable containers, e.g. paper bags and paper cups rather than Styrofoam. (Any relevant 4 × 1) (4)

[40]

QUESTION 3

3.1
3.1.1 H
3.1.2 G
3.1.3 F
3.1.4 C
3.1.5 I
3.1.6 D
3.1.7 A
3.1.8 B

(8 × 1) (8)

3.2 3.2.1 The article elaborates that patriarchy is a social✓ and political✓ system that treats men as superior to women.✓

(Any relevant 3 × 1) (3)

3.2.2 (a) Abuse is the improper usage or treatment✓ of a thing, often to unfairly or improperly gain benefit. It includes action such as degrading verbal language✓, treating women like a sex object or a slave, withholding money, etc.✓

(b) Violence is an act of physical force✓ that causes or is intended to cause harm that result in injury ✓ to your own body or to someone else's. The damage inflicted by violence may be physical, psychological or both.✓

(Any relevant answers) (2 × 3) (6)

3.2.3
- Psychological trauma and can have psychological,
- behavioural
- and physical consequences for survivors. (Any relevant 3 × 2) (6)

3.3 3.3.1
- Male✓ (code red) – seen to first ✓ as he is unconscious, but still breathing. Needs immediate attention.✓
- Female✓ (code yellow) – can be dealt with second✓ as she is conscious, crying. Can ask her to apply pressure to the wound, while dealing with the male.✓ (6)

3.3.2 (a)
- Assess the environment for any possible damage or threats to yourself and the patient.
- Call for help.
- Provide basic life support.
- Maintain an open airway (lifting the chin).
- Check breathing rate, depth.
- Feel carotid pulse, if no pulse, starts CPR – ratio of compressions to ventilations becomes 5:1.
- Keep doing CPR till emergency services arrive.
- If stable, keep in recovery position. (Any relevant 6 × 1) (6)

(b)
- She is conscious, so you asses the type of bleeding coming from her leg.
- Inspect the leg for wound size, depth or any other foreign things.
- If it is a small wound, apply pressure (with your gloves on)
- or ask a bystander to assist while you check the rest of her body.
- Wait with them until an ambulance arrives.

(Any relevant 5 × 1) (5)

[40]

QUESTION 4

4.1 4.1.1 Occupational health and safety is the attempts of the employer together with the employees in a specific workplace to minimise the possibility of workers getting hurt or injured or risking their health by any external factors in the workplace. (Any relevant ONE)

4.1.2 An employer is any person who employs or provides work for any person and who remunerates that person. (Any relevant ONE)

4.1.3 An employee is a person who is employed by another person and who receives remuneration. (Any relevant ONE)

(3 × 2) (6)

4.2
- The employer must provide clear rules and regulations.
- The employer must provide training opportunities regarding health and safety.
- Everyone in the workplace must wear PPEs if so required.
- All employees need to know what the rules and regulations are to ensure health and safety of all and work accordingly.
- All employees must work together for the health and safety of themselves and the other employees.
- Working together responsibly makes things easier for all.
- It is the responsibility of everyone in the workplace (employer, employee, health and safety officer) to identify any potential health and safety risks.
- A workplace must have a designated health and safety officer.
- No one must take short cuts – and it is everyone's responsibility to report anyone who is taking short cuts especially when working on machinery.

(Any relevant 6 × 1) (6)

4.3
- A community health worker accidentally pricking herself after testing a patient for HIV.
- A community health worker working in a TB clinic, not wearing a mask and was potentially exposed to TB droplets when a patient coughed.
- Workers being exposed to harmful fumes at work.
- A person who is working in a glass factory cuts himself/herself with glass while preparing an order for a client.
- A builder falls from a ladder that was not properly secured.
- Tripping over wires lying on the floor while at work. (Any relevant 5 × 1) (5)

4.4
- They are careless.
- They do not take the rules seriously.
- They cannot be trusted with important deadlines.
- They might be doing the work wrong.
- They might not put 100% effort into producing quality work.
- The need to be constantly watched.
- They can endanger the lives of their co-workers.
- They can endanger their own lives.
- They can cost the company money and time. (Any relevant 6 × 1) (6)

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4.5 4.5.1 Noise pollution is the unwanted✓ sounds✓ louder than 85 decibels.✓ (3)

4.5.2
- Frequent or loud noise may trigger anxiety and stress
- Increase irritability
- Can cause feelings of anger and frustration
- Sensitivity to stress may increase
- May alter people's moods (Any relevant 4 × 1) (4)

4.5.3
- Loud noise may cause hearing impairment
- Short-term exposure to loud noise may cause raised blood pressure
- Headaches
- Sleep deprivation (Any relevant 4 × 1) (4)

4.5.4
- Turns one's one ear towards the speaker.
- Lacks concentration.
- Lacks attention.
- Often seems withdrawn or alone.
- Does not respond to sounds in the environment.
- Repeatedly asks for information to be repeated.
- Shows irrelevant responses to a question.
- Does not respond to a question/conversation immediately.
- Reads the other person's lips. (Any relevant 6 × 1) (6)

[40]

QUESTION 5

5.1 5.1.1
- By providing information each South African citizen can become empowered and take action to keep the environment clean.
- Information gives the public access to appropriate channels to voice their concerns
- and change their lifestyle and choices.

5.1.2
- Each recycled item leads to fewer items on landfills.
- Recycling saves resources such as trees, etc.
- Recycling such as composting brings valuable nutrients back to the soil.

5.1.3
- Water is a scarce
- and valuable resource.
- Water resources have become polluted by chemical waste and household waste.
- Water is important for all forms of life including that of plants and trees.

5.1.4
- Planting trees can reverse deforestation
- and prevent soil erosion.
- Planting trees increases rainfall.
- Trees provide food and shelter.

(Any relevant answers) (4 × 3) (12)

5.2 5.2.1
- Primary prevention will focus more on how to prevent a person from becoming diabetic.
- How to have a well-balanced nutritious meal.
- Avoid junk food.
- Avoid fizzy and sugary drinks.
- Be active.
- Test blood sugar levels annually from the age of 40.
- Know the signs and symptoms of diabetes.
- Know the family history. (Any relevant 4 × 1) (4)

5.2.2
- Promote a safe environment for people to live and work in,✓ for example ensure water and healthy foods are available in the workplace and not just convenient foods. Communities should have parks where people can be active.✓
- Develop a public health policy,✓ for example, government can introduce sugar tax.✓
- Promote community action,✓ for example get community members to be active, i.e. organise park runs.✓
- Develop personal skills.✓ Be educated in diabetes. If already diagnosed with diabetes learn how to self-test your blood sugar, and learn how to act when sugar levels are either very high or very low.✓
- Reorientate the health service,✓ for example have clinics open after hours and over weekends for diabetic patients who are working.✓ (Any relevant 5 × 2) (10)

5.2.3 Food consists of nutrients that the body requires in specific amounts✓ to promote growth,✓ repair and maintaining of tissue✓. Nutrients provide energy✓ and regulate and protect body processes in especially high-risk groups (such as those who have diabetes). (4)

5.2.4
- Carbohydrates: complex carbs such as whole wheat and fibre (whole wheat bread; brown pasta; brown rice)
- Proteins: fish, chicken, beans, eggs
- Fats: avocado, nuts
- Minerals: vegetables such as spinach, green beans, carrots
- Vitamins: vegetables and fruit such as apples (Any 5 × 2) (10)

[40]

TOTAL: 200

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