higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 4

(9020034)

15 November 2022 (X-paper)
09:00–12:00

This question paper consists of 8 pages.

349Q1N2215

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TIME: 3 HOURS
MARKS: 200

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 Read the paragraph below and answer the questions.

'GREEN INHALERS' COULD REDUCE CARBON FOOTPRINT – STUDY

Ecofriendly asthma inhalers could lower both greenhouse emissions and medical costs, according to a new British study. Inhalers use hydro-fluoroalkane (HFA) propellants to atomise and pump out the medication, but HFAs are potent greenhouse gases. Metered-dose inhalers are responsible for 3,9% of the carbon footprint of the National Health Service (NHS) in the United Kingdom, the authors of the study noted.

Effective green alternatives are available, such as dry-powder inhalers and aqueous mist inhalers. The carbon footprints of metered-dose inhalers were 10 to 37 times higher than those of dry-powder inhalers according to the study published in the journal *BMJ Open*.

[Source: *https://www.news24.com/health24/lifestyle/environmental-health/news/green-inhalers-could-reduce-carbon-footprint-study-20191031*]

1.1.1 Define the term *health* according to the World Health Organisation. (5 × 1) (5)

1.1.2 Persons who suffer from asthma are more at risk of being infected with COVID-19.

(a) State FIVE personal hygiene practices necessary to reduce this risk. (5 × 1) (5)

(b) State SIX hygiene practices in the home necessary to reduce this risk. (6 × 1) (6)

1.1.3 State TWO benefits according to the above article, of the eco-friendly asthma inhalers. (2)

1.1.4 Give TWO examples of ecofriendly inhalers that are currently available. (2)

1.1.5 Give TWO reasons why it is better for people and the environment that green inhalers are used rather than inhalers using HFAs. (2 × 2) (4)

1.2 Differentiate between the following types of exercise and give TWO examples of each:

1.2.1 Aerobic exercises

1.2.2 Anaerobic exercises (2 × 4) (8)

1.3 Give EIGHT reasons why it is important to exercise. (8)

[40]

QUESTION 2

2.1 Children with disabilities can feel overwhelmed and alone.

2.1.1 Discuss how having a pet may contribute to the psychological well-being of a child with a disability. (4 × 2) (8)

2.1.2 Discuss animal-assisted therapy. (4)

2.1.3 *Intersectoral involvement* is a principle of health promotion.

Explain how this principle can be used to increase services to disabled children. (4 × 1) (4)

2.2 Waste is substances or objects which are disposed of. The following are examples of waste:

composting banana peels; disposed coke bottles at landfills; repair a computer screen; reuse plastic bags; incinerate medical syringes; using canvas bags for shopping

2.2.1 Copy and complete the following table in the ANSWER BOOK. Fill in the differences between biodegradable waste products and non-biodegradable waste products.

BIODEGRADABLE WASTE	NON-BIODEGRADABLE WASTE	
Definition of each		
(2)	(2)	(4)
Effect on the environment		
(1)	(1)	(2)
TWO examples each of waste products (Choose items from the list above.)		
(2)	(2)	(4)

2.2.2 Describe the waste hierarchy from least preferred to most preferred options of managing waste. Give ONE example of each by making use of the list above. (5 × 2) (10)

2.2.3 Give advice to your friend on how she can reduce the waste produced in her household. (4)

[40]

QUESTION 3

3.1 Choose an item from COLUMN B that matches a description in COLUMN A. Write only the letter (A–I) next to the question number (3.1.1–3.1.8) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1.1	Partial or complete obstruction of the airway	A	spinal injuries
3.1.2	Apply direct pressure	B	rules of nine
3.1.3	The heart cannot pump blood effectively around the body	C	fracture
3.1.4	A crack or a break in the continuity of a bone	D	danger sign of a head injury
3.1.5	Initial treatment or assistance given to a patient before the arrival of qualified health professionals	E	recovery position
3.1.6	Convulsions	F	shock
3.1.7	Trauma to the spinal cord and vertebrae	G	treatment of serious bleeding
3.1.8	A way to assess the percentage of burn	H	choking
		I	first aid

(8 × 1) (8)

3.2 Read the extract below and answer the questions.

GENDER-BASED VIOLENCE IN SOUTH AFRICA

Gender-based violence (GBV) is a profound and widespread problem in South Africa, impacting on almost every aspect of life. GBV (which disproportionately affects women and girls) is systemic and deeply entrenched in institutions, cultures and traditions in South Africa.

The expectations associated with different genders vary from society to society and over time. Patriarchal power structures dominate in many societies, in which male leadership is seen as the norm and men hold the majority of power. Patriarchy is a social and political system that treats men as superior to women – in many cases where women cannot protect their bodies, meet their basic needs, participate fully in society and men perpetrate violence against women with impunity. GBV can be physical, sexual, emotional, financial or structural and can be perpetrated by intimate partners, acquaintances, strangers and institutions.

[Source*: https://www.saferspaces.org.za/understand/entry/gender-based-violence-in-south-africa*]

3.2.1 Give a short definition of patriarchy as given in the article. (3 × 1) (3)

3.2.2 Differentiate between the following:

(a) Abuse

(b) Violence

(2 × 3) (6)

3.2.3 What do you think are the effects of GBV on an individual's wellness? (3 × 2) (6)

3.3 Read the case scenario and answer the questions.

After a car accident a girl was found conscious, crying and her leg was bleeding. Her boyfriend was lying next to her, unconscious but breathing.

3.3.1 Triage the couple above and motivate the answer. (6 × 1) (6)

3.3.2 Describe basic first aid to:

(a) The male (6)

(b) The female (5)

[40]

QUESTION 4

4.1 Define the following terms:

4.1.1 Occupational health and safety

4.1.2 Employer

4.1.3 Employee

(3 × 2) (6)

4.2 State SIX points to explain the statement:

'Health and safety is a team effort in the workplace.' (6)

4.3 Give FIVE examples of a workplace safety hazard that either you or someone else has experienced that was potentially dangerous. (5)

4.4 State SIX points regarding employees who do not respect the workplace rules. (6)

4.5 4.5.1 Define the term *noise pollution.* (3)

4.5.2 Describe the impact noise pollution may have on people's mental health. (4)

4.5.3 State FOUR possible effects that the impact of noise pollution may have on people's physical health. (4)

4.5.4 State SIX signs of hearing impairment. (6)

[40]

QUESTION 5

5.1 It helps to be aware of one's actions when considering actions to sustain and maintain a healthy environment.

Discuss how the following can contribute to a healthier environment:

5.1.1 Disseminating knowledge through educational campaigns

5.1.2 Recycling

5.1.3 Saving water

5.1.4 Planting trees

(4 × 3) (12)

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5.2 Diabetes is the number one cause of death among women in South Africa, and the second leading cause of death in men, according to Statistics South Africa.

5.2.1 Health education can be provided at primary, secondary and tertiary level.

Focussing on the primary health education level, state FOUR points of information that the public should have regarding ways in which to prevent diabetes. (4)

5.2.2 Name the FIVE action key areas for health promotion practice and apply each area to diabetes. (5 × 2) (10)

5.2.3 Managing a good nutritious diet, can control diabetes.

Discuss the role of nutrition to maintain good health. (4)

5.2.4 Compile a diet plan for a diabetic patient. Include food groups consisting of THREE macronutrients and TWO micronutrients. (5 × 2) (10)

[40]

TOTAL: 200

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