higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 4

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This marking guideline consists of 9 pages.

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QUESTION 1

1.1 1.1.1 It is a physical or mental condition that limits a person's movements, senses or activities. ✓✓ (Any relevant answer) (2)

1.1.2
- Lack of elevators
- Lack of ramps
- Lack of automatic doors
- Lack of braille signage or lack of tactile maps for the blind
- Lack of telecommunication devices, i.e. no TTY1 phones for the deaf
- Lack of access to toilets for wheelchair users
- Lack of access to libraries for wheelchair users
- No transport facilities for wheelchair users (Any 6 × 1) (6)

1.1.3
- Physical disability✓ – paraplegia; hemiplegia; amputations✓
- Learning disability✓ – dyslexia; attention deficit disorder✓
- Psychiatric disability✓ – mental illness; schizophrenia; compulsive disorder✓
- Sensory disability✓ – blind; deaf✓
- Neurological disability✓ – cerebral palsy✓ (Any 3 × 2) (6)

1.1.4
- People with disabilities are excluded✓ from mainstream society.✓
- They experience difficulty✓ accessing resources they are entitled to as a fundamental right.✓
- There is a strong relationship✓ between disability and poverty.✓
- They are vulnerable✓ to abuse and neglect. ✓
- They lack✓ empowerment, resources and agency.✓
- They are the least employable of all groups in society.
- They are more likely to use social grants. (Any 5 × 2) (10)

1.1.5
- Be informed about the reality of the disabled person.
- Get a social support group.
- When you are struggling to cope, speak to someone.
- Be alert as the disabled person can easily be abused.
- Ask for help.
- Ask questions about wheelchair accessibility and medical assistance.
- Document the person’s medical history and keep this information current. (Any relevant 6 × 1) (6)

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1.2
- Pets provide emotional support; Pet owners are less likely to suffer from depression.✓
- Pets can contribute towards the improvement of the owner's physical health; The owner must walk the dog.
- They provide company.✓
- It can act as a guide (guide dog). ✓
- They can help to find meaning in life after retirement.✓
- Animals can be beneficial to children; Teach children to take care of their pets.
- Animals can be beneficial to children with disabilities, for example in equestrian training.
- Animals are beneficial for the elderly; It boosts their vitality; help to find meaning and joy in life after retirement.
- Pets boost socialisation, i.e. allow to make friends with others who have pets. (Any relevant 5 × 1) (5)

1.3
- Bath✓ the puppy monthly.
- Take the puppy for required vaccinations.✓
- Feed✓ the puppy.
- Play✓ with the puppy.
- Make sure the area is safe✓ for the puppy to play.
- Walk or provide exercise for the puppy.
- If the owner can afford it, provide training for the puppy.(Any relevant 5 × 1) (5)

[40]

QUESTION 2

2.1 2.1.1 True✓ The environment includes the traffic, factories, rubbish, water and sanitation, air quality, etc. The environment can play a role in how healthy or ill a person is.✓

2.1.2 False✓ Humans depend on plants, vegetables and animals for food.✓

2.1.3 True✓ It is our responsibility to recycle or reuse waste materials and not just throw these around in communities. If not properly disposed of, these will attract pests, etc.✓

2.1.4 True✓ Water is a valuable resource. Wasting it will be to the detriment of the human race.✓

2.1.5 False✓ Environmental health deals with the health of everyone in the environment.✓

(Any relevant 5 × 2) (10)

2.2 2.2.1
- Physical, mechanical and environmental✓
- It refers to the physical space of the home. ✓
- It refers to the unsafe conditions that may cause accidents at home.✓ (3)

2.2.2
- A hazard is a source of or exposure to danger.
- A risk is the possibility that injury or damage can occur. (2 × 2) (4)

2.2.3
- Open bottle of medication
- Water spill on the floor
- Hair appliance plugged in and left on the side of the bathtub
- Unhooked bathroom curtain
- Opened tube of toothpaste/Open toothpaste on the floor
- Car toys on the mat (Any relevant 5 × 1) (5)

2.2.4
- Open bottle of medication – the child can take it and overdose accidentally✓
- Water spill on the floor – the child can slip and fall✓
- Hair appliance plugged in and left on the side of the bathtub – the child can electrocute himself/herself✓
- Unhooked bathroom curtain – the child can trip and fall over it✓
- Opened tube of toothpaste/Open toothpaste on the floor – the child can slip and fall on it✓
- Car toys on the mat – the child can slip and fall over it✓

(Any relevant 5 × 1) (5)

2.2.5

HAZARD: COCKROACH INFESTATION	
STEP	**RISK ASSESSMENT**
State the risk	Cockroaches are carriers of microbes – potential risk of becoming infected
State who may be harmed	Every household member
State TWO action to address the hazard	Frequent cleaning of the bathroom Repair water leaks Seal entry points such as pipes Put down bait stations
Monitor and review	Assess action regularly – once a week

(5 × 1) (5)

2.3
- Farmers in the community use pesticides✓ – they seep into the soil and may contaminate the underground water supply✓
- Farmers in the community use fertilisers✓ – they can cause a respiratory disease✓
- People in the community may not have access to clean water and sanitation✓ forcing them to use dams and rivers, possibly contaminated.✓
- The people in the community may not use rubbish bins,✓ either due to a lack of education or a lack of refuse removal services – this attracts pests and may cause diseases✓
- Lack of electricity cause many in the community to make fires✓ – causing pollution✓
- Burning tires during protests✓ – causing air pollution✓ (Any relevant 4 × 2) (8)

[40]

QUESTION 3

3.1 3.1.1

- Violence is the intentional use✓
- of physical force or power,✓
- threatened or actual, against oneself, another person,✓
- or against a group or community, that either results in injury, death, psychological harm or deprivation.✓ (4)

3.1.2

- Poverty
- Lack of public service infrastructure
- Uneducated females (lack of knowledge)
- Financial dependence
- Lack of employment (Any 4 × 1) (4)

3.1.3

- Often men who share feelings of insecurity, inferiority, powerlessness and helplessness become violent.
- Men who experience conflict with their assumptions of male supremacy.
- Emotional immaturity.
- Idea that it is acceptable that men can be aggressive.
- Inability to express their overwhelming feelings of inadequacy.
- They can experience extreme jealousy and possessiveness.
- It is a way to show power and control. (Any relevant 3 × 2) (6)

3.2 Definition

Anaemia is not a disease but an indication of an underlying disorder that results in a decreased amount of oxygen delivery✓ to body tissues and organs. Either the number of red cells in the blood is lower than usual✓ or the level of hemoglobin in the red blood cells is low.✓ (2)

Causes

- Lack of iron
- Nutritional deficiency because of poverty or mental illness such an anorexia nervosa
- Excessive smoking and drinking of alcohol
- Chronic illness such as cancer; HIV
- Certain medication such as radiation
- Trauma – that resulted in blood loss
- Occupational exposure – such as X-ray exposure (radiation)
- Gender and age – females and the elderly are more prone to anaemia

(Any 4 × 1) (4)

Signs and symptoms
- Constant tiredness and pallor✓
- Breathlessness✓
- Dizziness✓
- Headaches✓
- Nausea
- Palpitations
- Shortness of breath (Any 4 × 1) (4)

Treatment
- Follow a diet rich in iron and vitamin C
- Iron supplements
- Blood transfusion (Any 2 × 1) (2)

3.3 3.3.1
- Primary level:✓ Provide health education to all communities regarding COVID-19;✓ this it to prevent them from getting COVID -19.✓ Information such as wearing a mask in public spaces✓; washing hands; importance of COVID-19 vaccine, etc.✓
- Secondary level✓: Provide health education to people who experience signs and symptoms of COVID-19;✓ or have been in contact with someone who has been diagnosed with COVID✓. Information such as importance of isolation;✓ washing hands regularly; wearing a mask; going for testing, etc.✓
- Tertiary level:✓ Provide health education to people who have been diagnosed with COVID-19 and need to prevent further complications✓ and the spread of the infection.✓ Information such as importance of treatment adherence; isolation; washing hands; what to do if symptoms worsen✓ (Any relevant 3 × 3) (9)

3.3.2 Inter-sectoral involvement is where different sectors✓ of society such as welfare, safety, health, telecommunication, transport, etc.✓ work together in partnership✓ for the benefit of a community✓. This principle can be used to manage the spread of COVID-19 for example:
- Health department✓ (health services) can provide information✓ to telecommunication services such as radio, television, internet to communicate✓ important information of COVID-19.
- Welfare services can provide grants to impoverished individuals and families.✓
- Grocery shops, churches,✓ etc. can work together with local clinics to provide food parcels for poor communities.✓

(Any relevant 5 × 1) (5)
[40]

QUESTION 4

4.1

BIODEGRADABLE	NON-BIODEGRADABLE
• Cardboard boxes • Paper • Wood • Eggshells	• Plastic bottles • Glass • Aluminium cans • Computer hardware • Plastic grocery bags • Medical syringes

(10 × 1) (10)

4.2
- Cardboard boxes: recycle; compost
- Paper: recycle; downcycle, i.e. making toilet paper from used paper
- Wood: reuse; repurpose; compost
- Eggshells: compost (anaerobic digestion)
- Medical syringes: incineration with energy recovery
- Plastic bottles: reuse; recycle
- Glass: reuse; recycle or repurpose
- Aluminum cans: reuse; recycle or repurpose
- Computer hardware: repair; recycle
- Plastic grocery bags: recycle; reuse (Any relevant 10 × 1) (10)

4.3 4.3.1
- Noise pollution is disturbing and excessive noise✓
- that may harm human and animal life.✓ (Any relevant 1 × 2) (2)

4.3.2
- Cellphone✓
- Machinery
- Cars driving
- Loud radio sounds
- Loud music
- Arguments
- Factories/Industries
- Airports/Airplanes (Any 5 × 1) (5)

4.3.3
- The person can get a headache from the noise
- Hearing loss
- Increased blood pressure
- Poor psychological health (increased stress and anxiety levels)
- Sleep disturbance (Any relevant 4 × 2) (8)

4.4
- How germs are spread
- The importance of cleaning your hands after using the toilet
- Hands should be washed before preparing and consuming food, when in contact with illness, when in contact with sick persons, when in contact with children or babies
- The risks of not washing hands
- Diseases that may be spread due to non-handwashing

(Any relevant 5 × 1) (5)
[40]

QUESTION 5

5.1 5.1.1
- Give five gentle back slaps.
- Give five chest thrusts.
- Gently rub the baby's back.

5.1.2
- Expose the wound.
- Put a clean cloth over the wound and apply direct pressure to the cloth.
- Raise the arm to slow down the bleeding.
- Cover the arm with a bandage. (Any relevant THREE)

5.1.3
- Place the leg under cold running water.
- Keep it submerged for 10–20 minutes.
- Do not remove stuck clothing.
- Do not use any topical solution or butter, etc.

5.1.4
- Immobilise the arm,✓ i.e. put her arm in a sling.✓
- Take her to an emergency department for further treatment. ✓

5.1.5
- Open and maintain his airway.
- Ensure minimal movement.
- Immobilise or instruct Lukho not to move his neck or head.
- Stabilise his head with a neck collar or with whatever you have available.
- Immediately call for medical assistance.

(Any relevant 5 × 3) (15)

5.2 5.2.1 Glasgow coma scale (1)

5.2.2 12✓/15✓ (2)

5.2.3
- Ensure the environment is safe for you and Mohamed.
- Mohamed's head injury doesn't seem too serious on immediate assessment.
- Therefore, place Mohamed in the recovery position.
- Make sure that his head is stable using a neck collar.
- Maintain an open airway.
- Assess breathing and circulation.
- Phone for immediate and urgent assistance.
- Protect yourself by wearing gloves. (Any relevant 6 × 1) (6)

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5.2.4 (a)
- Employer must provide suitable and safe environment for workers.
- Must take steps to eliminate or control risks to health and safety of employees.
- Must provide employees with personal protective equipment.
- Must establish the risks to health and safety of employees at work and what measures need to be taken to prevent the risks.
- Must provide information and training to employees.
- Take all measures needed to ensure compliance with the OHSA.
- Ensure the work is supervised by a person trained to deal with emergencies.

(Any relevant 4 × 1) (4)

(b)
- Wear the personal protective equipment that is given to him.
- Do not take shortcuts when following work procedures.✓
- Report any unsafe machines.
- Carry out required task observations properly.
- Follow safe work procedures.
- Obey the warning notices placed around the workplace.

(Any relevant 4 × 1) (4)

(c)
- Must review the effectiveness of health and safety measures.
- Identify potential hazards and potential major incidents at the workplace.
- Examine the causes of incidents.
- Investigate complaints from any employee on matters arising from the above functions.
- Inspect the workplace.
- Participate in consultation with inspectors at the workplace.

(Any relevant 4 × 1) (4)

5.2.5 Occupational Health and Safety Act – 1993✓.
- Provides for the health and safety of persons in the workplace✓
- Provides for the health and safety of persons in the use of equipment and machinery
- Protects the public against hazards to their health and safety as a result of or in connection with the activities of the persons at work
- Establishes an advisory council for occupational health and safety

Compensation for Occupational Injuries and Diseases Act -1993✓
- Provides a system of no-fault compensation for employees injured or who contracted diseases during the course of their employment.✓

(Any relevant 2 × 2) (4)

[40]

TOTAL: 200

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