higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

COMMUNITY ORIENTED PRIMARY CARE
NQF LEVEL 4

(9010124)

22 November 2019 (X-Paper)
09:00–12:00

This question paper consists of 12 pages and 1 addendum.

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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. Start each section on a NEW page.
5. Use only BLUE or BLACK ink.
6. Write neatly and legibly.

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QUESTION 1

1.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Hypertension is one of the most infectious diseases that contribute to the burden of disease in South Africa.

1.1.2 In order for health in poor communities to improve, changes must be made to the social environment.

1.1.3 People infected with TB will automatically contract HIV.

1.1.4 Early testing, diagnosis and treatment of cancer is an example of primary prevention.

1.1.5 Public dissatisfaction is a challenge of the existing health care system of South Africa.

1.1.6 In a social community, the needs of the community fall within geographical boundaries.

1.1.7 A workshop consists of three interrelated activities, namely planning, implemention and evaluation.

1.1.8 As a health care worker, it is important to obtain consent from people for every new activity.

1.1.9 When designing questionnaires, the intentions and purpose of the research must be stated clearly.

1.1.10 One of the steps included in the scientific method of research is consent.

(10 × 1) (10)

1.2 Read the article abstract below and answer the questions.

SOUTH AFRICA'S MATERNAL MORTALITY RATE IS ON THE ROAD TO RECOVERY

South Africa is fighting an uphill battle to bring down its maternal mortality rate after a significant spike in deaths during the height of the country's HIV pandemic.

The rate of deaths rose dramatically after 1998, almost doubling to 302 per 100,000 live births by 2009 with the trend line still rising. Since then, the rate has declined by about one-third, but has still not returned to the 1998 level of 150 deaths per 100,000 live births.

South Africa is also not close to meeting its Millennium Development Goal target of 38 deaths per 100,000 live births.

[Source: *http://theconversation.com/south-africas-maternal-mortality-rate-is-on-the-road-to-recovery-40272*]

1.2.1 Define the term *maternal mortality*. (3 × 1) (3)

1.2.2 Explain how improved health care standards contributed to reducing the maternal mortality rate. (2 × 1) (2)

1.2.3 Discuss how the availability of anti-retroviral drugs could have contributed to reducing the maternal death rate. (3)

1.2.4 Substantiate why you think HIV positive women can contract TB. (2 × 2) (4)

1.3 Health care professionals must lead health care teams.

Substantiate with reasons why you agree with the above statement. (7)

1.4 Read the article abstract below and answer the questions.

Listeriosis: A disease that is caused by eating food contaminated with the bacterium Listeria Monocytogenes. Listeriosis is an important public health problem. Some of the symptoms include fever, muscle aches, nausea and diarrhoea. If infection spreads to the nervous system, symptoms such as headache, stiff neck, confusion, loss of balance or convulsions can occur. Persons who are at risk of contracting listeriosis can prevent the infection by avoiding certain high-risk foods and by handling food properly. Raw food from animal sources (such as beef, pork or poultry) should be cooked thoroughly and uncooked meats should be kept separate from vegetables, cooked foods and ready-to-eat foods. Raw vegetables should be washed thoroughly before being eaten and raw (unpasteurised) milk or foods made from raw milk should be avoided.

[Adapted from: *https://www.medicinenet.com/script/main/art.asp?articlekey=4175*]

1.4.1 Discuss how COPC Principle 1 can improve the health of people who are at risk of or affected by listeriosis. (5)

1.4.2 Which component of comprehensive care is best applied in the article? Substantiate your answer. (2)

1.4.3 Indicate whether the information in the article is primary or secondary information. Substantiate your answer. (2)

1.4.4 Explain what is meant by the following statement below.

'Listeriosis is an important public health problem.' (2)
[40]

QUESTION 2

2.1 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 (2.1.1–2.1.10) in the ANSWER BOOK.

2.1.1 A COPC steering committee should ideally consist of … members.

A 3–4
B 6–7
C 8–12
D 9–15

2.1.2 A/An … is a trained health care professional.

A art/music therapist
B laboratory assistant
C survey analyst
D clinical associate

2.1.3 Strategic planning is a …

A small picture step.
B big picture plan.
C strategy to support ongoing learning.
D complex physical and social system.

2.1.4 … is the relationship between input and output.

A Efficiency
B Effectiveness
C Impact
D Monitoring

2.1.5 … measures whether a task meets its objectives.

A Efficiency
B Effectiveness
C Impact
D Monitoring

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2.1.6 A formative evaluation is done …

A before a task is implemented.
B during an intervention.
C near the end of a project.
D after completion of a task.

2.1.7 The following is not a challenge to the existing health care system:

A Public versus private sector
B Dissatisfied service providers
C Adequate service provider-user relation
D Public dissatisfaction

2.1.8 Unsuccessful partnerships between organisations can result from …

A lack of hygienic equipment.
B the wrong number of participants.
C too many employees.
D not sharing responsibilities.

2.1.9 Vertical equity means …

A people with the same needs must receive the same resources.
B people with more needs must receive more resources.
C people must be treated the same irrespective of race.
D women and children must receive health care before men.

2.1.10 The role of an evaluator during reporting is to …

A present evidence and judgments to an organisation.
B watch over activities while it is being done.
C monitor the implementation of an intervention.
D ensure that plans are being implemented.

(10 × 1) (10)

2.2 Define each of the following terms:

2.2.1 Informed consent (4 × 1) (4)

2.2.2 Barriers (2 × 1) (2)

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2.3 Read the article abstract below and answer the questions.

HOW WARD-BASED PRIMARY HEALTH CARE WORKS

STEP 1: To begin ward-based primary health we need to find out who lives in your home.
STEP 2: The community health workers (CHWS) will come back and find out about each individual's health.
STEP 3: Through their ward-based outreach teams, the CHWs attend to health problems that need urgent attention.
STEP 4: Planning and intervening.

[Adapted from: *http://www.up.ac.za/en/familymedicine/article/2080699/implementing-copc*]

2.3.1 Give the correct names for the descriptions in steps 1, 2 and 3. (3)

2.3.2 Describe the household members who can give consent in order for CHWs to do health care in their homes? (5)

2.3.3 Name TWO primary health care professionals that can work in homes of people. (2)

2.3.4 Discuss the importance of the FOUR steps to COPC. (5)

2.4 Differentiate between *formative*, *mid-way* and *summative evaluation*. Give the answer in table form as indicated below.

FORMATIVE	MID-WAY	SUMMATIVE
•	•	•

(3 × 3) (9)

[40]

QUESTION 3

3.1 Choose an item from COLUMN B that matches a description in COLUMN A. Write ONLY the letter (A–M) next to the question number (3.1.1–3.1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1.1	Health-related information that provide a snapshot overview of the health of a defined community	A	rationing
3.1.2	Statistical data about the characteristics of a population	B	consent
3.1.3	Tool used to display or summarising data	C	health profile
3.1.4	Tool for collecting and recording information	D	sexual abuse
3.1.5	System of limiting the amount of something that each person is allowed to have or do	E	demographic data
3.1.6	Quantifiable characteristics of a population which researchers use as supporting evidence for describing the health of a community	F	cardiovascular disease
3.1.7	To agree to do something	G	physical abuse
3.1.8	Causing pain, injury and harm to another person through intentional and unwanted contact	H	health indicators
3.1.9	Fats that the body make and gets from food	I	lipids
3.1.10	Statements about work quality	J	performance standards
		K	demographic data
		L	frequency table
		M	questionnaire

(10 × 1) (10)

3.2 Read the scenario below and answer the questions.

Through a local institutional support assessment, an opportunity was created for the maternity unit in a poor community and a local organisation to form a partnership. The partnership is meant to reduce malnutrition in children from birth to five years of age. A decision was made to hold a workshop with the relevant stakeholders. The purpose of the workshop is to share information on the severity of the problem. Pregnant women of the local community were also invited to attend the workshop.

3.2.1 Plan a workshop to bring about a shared understanding amongst the stakeholders from different organisations and the pregnant women. Answer this question by completing the ADDENDUM (attached). Remove the ADDENDUM and place it in your ANSWER BOOK. (14)

3.2.2 Why would it be beneficial to hold the workshop at the beginning of the partnership? (3)

3.2.3 List FIVE main issues the stakeholders should agree on before forming a partnership. (5)

3.2.4 Discuss how civil practice can ensure a successful partnership. (2)

3.2.5 Discuss how a local institutional support assessment contributed to the partnership. (3)

3.2.6 Why is it important for the organisations to monitor the implementation of their activities? (3)

[40]

QUESTION 4

4.1 Give ONE word/term for each of the following descriptions by choosing a word/term from the list below. Write only the word/term next to the question number (4.1.1–4.1.5) in the ANSWER BOOK.

planning; evaluation; consent; monitoring; impact; action steps; self-monitoring; strategic steps

4.1.1 A concept that refers to whether an intervention had an effect on the problem

4.1.2 Small picture steps

4.1.3 Agreeing to participate in research

4.1.4 Keeping track of one's own activities

4.1.5 An assessment done to determine the worth and significance of an intervention

(5 × 1) (5)

4.2 Read the article extract below and answer the questions. Write only the answer next to the question number (4.2.1–4.2.4) in the ANSWER BOOK.

DRUNK DRIVING: A COMMON CAUSE OF ROAD ACCIDENTS IN SOUTH AFRICA

According to a SAPS article, 'Your blood may not have an alcohol content of more than 0,05%.' Now, depending on one's body, for some people that means that by having just one beer it could put them over the limit. The consequences for this could be a fine of up to R2 000, or have you wind up in prison with a criminal record and a suspended license. Or worse, driving drunk could result in a fatal accident.

[Adapted from: *http://blog.suzukiauto.co.za/blog/9-most-common-causes-of-road-accidents-in-south-africa*]

4.2.1 Identify one of the main causes in the article, which may affect one's health and well-being. (1)

4.2.2 Give THREE action steps, barriers and expected results for your answer mentioned in QUESTION 4.2.1. Redraw and give the answer in table form as shown below.

HEALTH PRIORITY	ACTION STEPS	BARRIERS	EXPECTED RESULTS

(3 × 3) (9)

4.2.3 Name at least FOUR relevant members to sit on a COPC Steering Committee, who will make a significant contribution to reducing the death rate due to road accidents. Give reasons why you chose each member.

Present you answer as shown below.

MEMBER	REASON
•	•

(4 + 4) (8)

4.2.4 Drunken driving may cause road accidents.

Give reasons why you agree with this statement. (5)

4.3 Health care workers need to comply with certain ethical requirements when obtaining information from people or doing research.

4.3.1 List FIVE of these ethical requirements. (5 × 1) (5)

4.3.2 Give TWO reasons why it is important for health care workers to obtain consent from people when asking them to share information. (2 × 2) (4)

4.3.3 Explain the purposes of a local health status assessment. (3)

[40]

QUESTION 5

5.1 Read the scenario below and answer the questions.

In Community X, there is a high prevalence rate of domestic violence. The community only has one clinic, which serves children up to the age of 13 years. Adults who are victims of domestic violence need to travel to a health facility approximately 10 km away.

5.1.1 Discuss THREE reasons why there will always be resource gaps in communities. (3 × 2) (6)

5.1.2 Identify ONE resource gap in the above scenario. (1)

5.1.3 Name the act which stipulates what domestic violence in South Africa is. (1)

5.1.4 Name TWO ways in which to help solve domestic violence in the community. (2)

5.1.5 Put together a health care team consisting of FOUR members that can assist in addressing domestic violence in Community X and give reasons why you chose each member.

Tabulate your answer as shown below.

TEAM MEMBER	REASON
•	•

(4 + 4) (8)

5.2 You collected the following information below of Household Z. After collecting the information, you decided on a specific intervention to manage the health care needs in the household.

Study the information provided below and answer the questions.

Relation	Gender	Age	Vulnerability
Head of the household (HH)	F	52	Diabetes
Father of six-month-old baby, no relation to HH	M	34	HIV status unknown
Daughter of HH	F	32	HIV positive, stable and on ART
Son of HH	M	30	Healthy, unemployed
Baby	F	6 months	Breastfed by the 32-year-old female, HIV negative, teething

5.2.1 Which household member would you prioritise for the intervention? Substantiate your answer. (3 × 1) (3)

5.2.2 Describe the information presented in the table in words. (5 × 2) (10)

5.2.3 It is important for the intervention to be evaluated.

Give reasons why you agree with the above statement? Substantiate your answer. (7 × 1) (7)

5.2.4 Substantiate why you think it is important for you to do self-monitoring. (2)

[40]

TOTAL: 200

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EXAMINATION NUMBER: | | | | | | | | | | | | | |

ADDENDUM

WORKSHOP PLANNING				
	ITEM	**APPROACH/ ACTIVITY**	**DURATION**	**PERSON RESPONSIBLE**
TOPI	(1)	(1)	(1)	(1)
TOPIC CONTENT	(2)	(1)	(1)	
PARTICIPANTS	(1)	(1)	(1)	
MATERIAL	(1)			
VENUE	(1)			
TIME	(1)			
			TOTAL	(14)

REMOVE THIS ADDENDUM AND HAND IT IN WITH THE ANSWER BOOK.

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