higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 2

(9020012)

8 December 2020 (X-paper)
09:00–11:00

This question paper consists of 6 pages.

447Q1N2008

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TIME: 2 HOURS
MARKS: 150

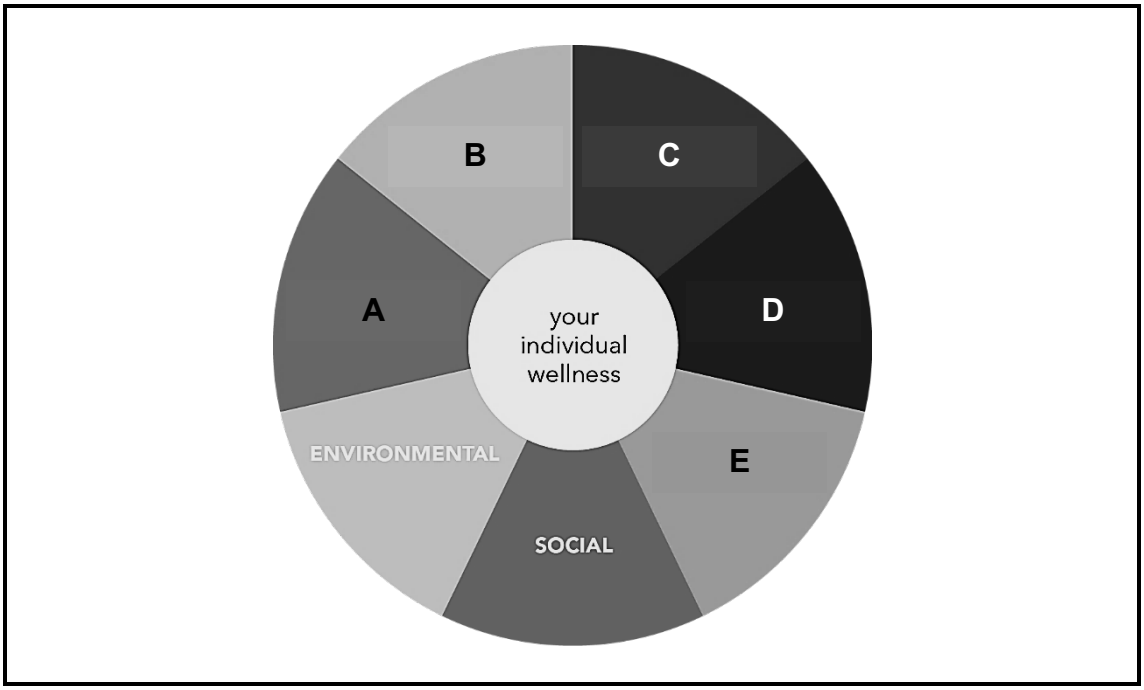
INSTRUCTIONS AND INFORMATION

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 question on a new page.
5. Use only a black or blue pen.
6. Write neatly and legibly.

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QUESTION 1

1.1 Study the image below and answer the questions.



[Adapted from: *http://studentlife.bresciablog.com/2016/11/16/the-wellness-wheel/*]

1.1.1 Define the term *wellness*. (5)

1.1.2 Label the image by writing only the answer next to the letter (A–E) in the ANSWER BOOK. (5 × 1) (5)

1.1.3 Explain FOUR important aspects regarding family wellness. (4 × 2) (8)

1.2 Cholera is a waterborne infectious disease.

1.2.1 How does one become infected with cholera? (2)

1.2.2 Give FIVE risk factors that contribute to the spread of cholera. (5)

1.2.3 List FIVE signs or symptoms of a cholera infection. (5)

[30]

QUESTION 2

2.1 Name and briefly explain FOUR societal risk conditions that may affect the health of community members. (4 × 2) (8)

2.2 Explain how socioeconomic factors determine the type of housing and living environment available to a community. (4)

2.3 Define the term *community wellness*. (3)

2.4 Define the term *noninfectious disease*. (2)

2.5 List FIVE factors that cause noninfectious disease and give ONE example of each. (5 × 2) (10)

2.6 Name the THREE levels of noninfectious disease prevention. (3)

[30]

QUESTION 3

3.1 State whether the following diseases are acute or chronic by writing only 'Acute' or 'Chronic' next to the question number (3.1.1–3.1.10) in the ANSWER BOOK.

3.1.1 Flu

3.1.2 Diabetes

3.1.3 Cancer

3.1.4 Kidney failure

3.1.5 Heart attack

3.1.6 Cough

3.1.7 Headache

3.1.8 Hypertension

3.1.9 Asthma

3.1.10 Pneumonia

(10 × 1) (10)

3.2 Give THREE differences between *acute disease* and *chronic disease*. (3 + 3) (6)

3.3 Give FIVE main purposes of public health. (5)

3.4 Define the *millennium development goals* (MDGs). (3)

3.5 List the SIX MDGs. (6)

[30]

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QUESTION 4

4.1 Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–L) next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
4.1.1	Infection with more than one kind of organism at the same time	A	cross infection
4.1.2	Infection transmitted between people infected with different pathogenic microorganisms	B	dustborne infection
4.1.3	Acute infection occurring near the end of a disease and often causing death	C	mixed infection
4.1.4	Infection by microorganisms transmitted in water	D	terminal infection
4.1.5	Infection with normal harmless organisms becoming pathogenic because the immune system is compromised	E	vectorborne infection
4.1.6	Infection due to inhalation of respiratory pathogens	F	waterborne infection
4.1.7	Infection by inhalation of pathogens that have become affixed to dust particles	G	secondary infection
4.1.8	Infection caused by microorganisms transmitted from one host to another by a carrier	H	pyogenic infection
4.1.9	Infection that occurs due to the reactivation of organisms present in a dormant focus	I	opportunistic infection
4.1.10	Infection by a pathogen following an infection by a pathogen of another kind	J	droplet infection
		K	exogenous infection
		L	endogenous infection

(10 × 1) (10)

4.2 Read the scenarios below and answer the questions.

Scenario 1	Scenario 2
Billy has malaria after being bitten by a mosquito.	Mary had unprotected sex with her boyfriend and contracted syphilis.

4.2.1 Define the term *infection*. (2)

4.2.2 Which scenario is an example of indirect infection transmission? Substantiate the answer. (1 + 2) (3)

4.2.3 List THREE signs or symptoms of malaria. (3)

4.2.4 Draw the chain of infection using scenario 1 (Billy) as an example. (6 × 2) (12)

[30]

QUESTION 5

5.1 Read the extract below and answer the questions.

Obesity, like HIV and tuberculosis, has reached epidemic proportions globally. More than one billion adults are overweight and at least 300 million of them clinically obese. Obesity is a major contributor to diabetes, heart disease, stroke, hypertension, etc.

[Adapted from: *https://www.mountelizabeth.com.sg/healthplus/article/the-relationship-between-obesity-diabetes-and-the-heart*]

5.1.1 Identify TWO *noninfectious* diseases, other than obesity, from the extract. (2)

5.1.2 Define the term *obesity*. (3)

5.1.3 What is the body mass index (BMI) used for? (2)

5.1.4 List SIX signs or symptoms of obesity. (6)

5.1.5 Give THREE causes of obesity in children. (3)

5.1.6 Design a plan for addressing the obesity epidemic. (5)

5.2 Differentiate between *type 1, type 2* and *gestational diabetes*. (3 × 3) (9)

[30]

TOTAL: 150

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