higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 2

9 March 2020

This marking guideline consists of 7 pages.

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QUESTION 1

1.1 1.1.1 C
1.1.2 A
1.1.3 E
1.1.4 D
1.1.5 F

(5 × 1) (5)

1.2 Health status of a defined group of people; actions and contributions that protect and improve the health of those people (2)

1.3
- Political conditions✓ – change in policy could affect funding of health care facilities.✓
- Economic conditions✓ – funding affects health as this could influence the type and extent of health care provided.✓
- Social conditions✓ – people have different cultural practices which may affect their health.✓
- Environmental conditions✓ – high stress levels at home can influence one's health.✓ (4 × 2) (8)

1.4 1.4.1 Increase of excess body fat that can have adverse health effects on a person (2)

1.4.2 Body mass index (BMI) (1)

1.4.3 Bad food choices are high in fat and high in sugar content which lead to gaining weight.

Lack of physical activity means that body energy does not expand; therefore unnecessary body fat is not shed. (2 + 2) (4)

1.4.4
- High blood pressure
- Heart disease
- Stroke
- Type-2 diabetes
- Certain types of cancer
- Sleep apnoea (Any 3 × 1) (3)

1.4.5
- BMI above 30 kg
- Sweating when doing minor activities
- Snoring when sleeping
- Tiredness
- Joint pain
- Shortness of breath when climbing stairs or walking short distance
- Difficulty sleeping (Any 5 × 1) (5)

[30]

QUESTION 2

2.1
2.1.1 C
2.1.2 B
2.1.3 B
2.1.4 D
2.1.5 D

(5 × 1) (5)

2.2 Balance between physical, spiritual, emotional and social state (2)

2.3
- Socio-economic factors✓ – Unsafe housing,✓ inadequate nutrition due to poverty
- Physical factors✓ – brain damage,✓ hereditary or systemic infection
- Psychological factors✓ – depression,✓ anxiety, neurosis or psychoses

(3 × 2) (6)

2.4
- Spiritual
- Emotional
- Intellectual
- Financial
- Environmental
- Intellectual
- Physical
- Social

(Any 2 × 1) (2)

2.5 2.5.1
- Periodic fever with chills
- Sweating
- Enlarged spleen
- Anaemia
- Jaundice

(Any 3 × 1) (3)

2.5.2 Malaria is examined in the laboratory✓ and this can be done through direct diagnoses✓ whereby a blood specimen is observed under a microscope or through indirect diagnoses which is done through the detection of plasmodia-specific antibodies in the body.✓ (3)

2.5.3
- Dispose of used needles.
- Apply vector control by using insecticide-treated mosquito nets.
- Spray insecticide.
- Wear protective clothing. (4)

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2.5.4
- Wash your hands often.
- Be smart about food preparation.
- Get vaccinated.
- Stay home if you have any signs or symptoms of infection.
- Practice safe sex.
- Clean the hot zones in your home.
- Do not share personal items. (5)

[30]

QUESTION 3

3.1 3.1.1
- Sneezing
- Coughing
- Kissing
- Talking, spraying saliva drops (Any 3 × 1) (3)

3.1.2
- Active TB
- Latent TB (2)

3.1.3
- Poor appetite
- Weight loss
- Tiredness
- Coughing, often with blood
- Night sweats (5)

3.1.4
- Yes TB can be cured.✓
- Adhere✓ to the treatment and continue staying on the treatment for the duration prescribed.✓
- Adhere to a proper eating plan.✓
- Early diagnosis is important, know the signs and symptoms of TB.✓ (5)

3.1.5
- Overcrowded conditions
- Weak immune system
- Not wearing a mask while treating a patient that has active TB
- Being in close contact with someone who has TB
- Inhalation of droplets expelled from a person with TB (5)

3.2 3.2.1 Cholera is spread through the ingestion of infected water or food. (2)

3.2.2
- Drinking contaminated water
- Inadequate sanitation
- Clean water being left uncovered after it has been collected
- Poor personal hygiene
- Poor domestic hygiene (5)

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3.2.3
- Diarrhoea
- Nausea
- Vomiting
- Dehydration
- Irritability
- Lethargy (3)

[30]

QUESTION 4

4.1
- Policy development
- Collecting and disseminating evidence for public health policies, strategies and actions
- Prevention and control of disease
- Intersectoral action for better health
- Human resources development and capacity building for public health (5)

4.2

ACUTE DISEASE	CHRONIC DISEASE
• Starts suddenly and short-lived • Associated with extreme pain • Can resolve itself • Can be dangerous	• Lasts long or a lifetime • Develops slowly • Sometimes rarely cured • Costly to manage

(3 × 2) (6)

4.3
4.3.1 Acute
4.3.2 Acute
4.3.3 Acute
4.3.4 Chronic
4.3.5 Chronic

(5 × 1) (5)

4.4 Goal 1: Eradicate extreme poverty and hunger
Goal 2: Achieve universal primary education
Goal 3: Promote gender equality and empower women
Goal 4: Reduce child mortality
Goal 5: Improve maternal health (5)

4.5 The prevalence rate helps us to understand how many of the population have been infected by a disease.✓
It indicates how many people have been infected in a specific time period.✓
To work this out, one should take the number of people affected✓ by the disease in the population then divide that by the number of people in the population at that time.✓ (4)

4.6
- Surveillance
- Outreach programs
- Health education
- Policy enforcement
- Counselling
- Advocacy
- Case management

(Any 5 × 1) (5)
[30]

QUESTION 5

5.1 5.1.1 Nutrition is a process of nourishing or being nourished by ingesting food and using it for growth and development.

5.1.2 Malnutrition is a condition which develops when an individual does not get the proper amount of vitamins, minerals and other nutrients needed to maintain a healthy body and healthy bodily functions.

5.1.3 Undernourishment is the outcome of insufficient food intake and repeated infectious diseases.

(3 × 2) (6)

5.2

NUTRIENT	EXAMPLE
• Carbohydrates	• Potatoes
• Proteins	• Eggs
• Fats	• Avocado
• Fibre	• Peas
• Water	• Natural water

(5 × 2) (10)

5.3
- Aging
- Mental health
- Cancer
- Psychological changes

(4)

5.4 Yes

Underlying causes for undernourishment could be due to:

- Food insecurity
- Lack of knowledge of healthy eating
- Political factors
- Economic factors
- Unhygienic living conditions
- Unfair sharing of food within the household
- Inadequate access to health services (Any FOUR)

OR

No

- Middle to high socio-economic circumstances
- Can afford healthy lifestyle
- Healthy lifestyle includes a balanced diet
- Access to health services

(ONE mark for Yes or No and FOUR marks for reasons) (5)

5.5

- Irritability
- Tiredness
- Weight loss
- Weak muscles
- Skin changes
- Hair changes
- Hair loss (Any 5 × 1) (5)

[30]

TOTAL: 150

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