higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 2

(9020012)

8 March 2018 (X-Paper)
9:00 – 12:00

This question paper consists of 6 pages.

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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. Write neatly and legibly.

NCED

QUESTION 1

1.1 Complete the following sentences by using the word or words in the list below. Write only the word or words next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

rabies; social; tuberculosis; wellness; history; air pollution; mental; vector-borne; immunodeficiency; prions; water-borne

1.1.1 … health includes emotional and psychological wellbeing.

1.1.2 … health is indicated by the ability to interact with and be around other people without being fearful.

1.1.3 Family medical … may include genetic factors that affect individual health.

1.1.4 … is an external factor that may affect health.

1.1.5 … is a state of balance.

1.1.6 Cholera is an example of a … disease.

1.1.7 … are infectious proteins.

1.1.8 … is an example of an airborne disease.

1.1.9 Malaria is a … disease.

1.1.10 The human … virus is spread primarily through sexual contact.

(10 × 1) (10)

1.2 What is an *infection*? (3)

1.3 List FIVE components of wellness. (5 × 1) (5)

1.4 What can you do to prevent spreading your infection to others when you have a cold? (4 × 1) (4)

1.5 Explain how having a physically active lifestyle would contribute to each of the components of health and promote good overall health. (4 × 2) (8)

[30]

NSC

QUESTION 2

2.1 Define the following terms:

2.1.1 Community health

2.1.2 Community wellness

2.1.3 Epidemiology

2.1.4 Incidence

2.1.5 Prevalence

(5 × 2) (10)

2.2 List SIX factors that would put you at risk for high blood pressure (6 × 1) (6)

2.3 List the SIX millennium development goals related to health and wellness (6 × 1) (6)

2.4 How is epidemiology useful? (4 × 2) (8)

[30]

QUESTION 3

3.1 List THREE common signs or symptoms of depression. (3 × 1) (3)

3.2 Give THREE complications of poor diabetes control. (3 × 1) (3)

3.3 Explain the difference between diabetes Type 1 and Type 2. (2 × 2) (4)

3.4 Construct and complete a table like the one below and give ONE relevant public health intervention to address each challenge in the South African public health sector listed below:

Challenge	Intervention
Poor maternal and child health	
HIV	
TB	
Chronic disease	
Violence	

(5 × 2) (10)

3.5 Identify ways in which socioeconomic status can affect the health of communities. (5 × 2) (10)

[30]

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QUESTION 4

4.1 Choose an/a item/word from COLUMN B that matches a description in COLUMN A. Write only the letter (A–J) next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
4.1.1	Most commonly affects the lungs	A	VCT
4.1.2	The ability to fight infections is lost	B	not infectious
4.1.3	An acute condition	C	malaria
4.1.4	Transmitted via a mosquito	D	DOTS
4.1.5	Symptom of cholera	E	severe diarrhoea
4.1.6	Latent TB infection	F	heart attack
4.1.7	TB outside the lungs	G	ARVs
4.1.8	Promote adherence to TB treatment	H	AIDS
4.1.9	Increases CD4 count	I	TB
4.1.10	Central prevention strategy for AIDS control	J	extrapulmonary TB

(10 × 1) (10)

4.2 List FOUR common signs or symptoms of TB. (4 × 1) (4)

4.3 What would increase your risk of getting a drug-resistant strain of TB? (2 × 1) (2)

4.4 What can be done to prevent cholera in communities at risk? (4 × 1) (4)

4.5 As a health worker, what advice should you give to someone who has recently been diagnosed with HIV? (5 × 2) (10)

[30]

NCV

QUESTION 5

5.1 Identify the FIVE most common non-infectious chronic diseases from the list below.

malaria; TB; obesity; cancer; HIV/AIDS; depression; rabies; heart and lung diseases; diabetes; cholera

(5)

5.2 What is malnutrition? (2)

5.3 Explain the meaning of the term *obesity*. (2)

5.4 Name the THREE main conventional treatments for cancer. (3)

5.5 List FOUR general risk factors for non-infectious chronic diseases. (4)

5.6 What lifestyle changes are advised for the management of chronic heart and lung disease (4 × 1) (4)

5.7 Summarise possible reasons for malnutrition in adults. (5 × 2) (10)

[30]

TOTAL: 150

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