higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 2

(9020012)

20 November 2018 (X-Paper)
09:00–11:00

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.

NCEO

QUESTION 1

1.1 Define the following terms:

1.1.1 Health

1.1.2 Wellness

1.1.3 Community health

1.1.4 Community wellness

1.1.5 Sexually transmitted infection

(5 × 2) (10)

1.2 List FOUR common signs or symptoms of depression. (4)

1.3 Name and explain the THREE levels of prevention for the control of non-infectious chronic disease. (3 × 2) (6)

1.4 How does community health and wellness affect individual health and wellness? (5 × 2) (10)

[30]

QUESTION 2

2.1 Give ONE word or a term for each of the following descriptions of public health interventions by choosing a word or a term from the list below. Write only the word or term next to the question number (2.1.1–2.1.5) in the ANSWER BOOK.

case-finding; social marketing; advocacy; policy enforcement; counselling; referral

2.1.1 Engaging at an emotional level to increase self-care and coping

2.1.2 Locating those with risk factors and connecting them with resources

2.1.3 Compelling compliance with laws and regulations

2.1.4 Assisting people to get further help

2.1.5 Acting on someone's behalf

(5 × 1) (5)

2.2 Indicate whether the following conditions are ACUTE or CHRONIC. Choose the answer and write only 'acute' or 'chronic' next to the question number (2.2.1–2.2.5) in the ANSWER BOOK.

2.2.1 Influenza

2.2.2 Depression

2.2.3 Heart attack

2.2.4 Cancer

2.2.5 Hypertension

(5 × 1) (5)

2.3 What is the overall main purpose of public health? (2)

2.4 What is the difference between *incidence* and *prevalence*? (2 × 2) (4)

2.5 Explain the origin of the Millennium Development Goals. (2 × 2) (4)

2.6 List the SIX Millennium Development Goals that are related to health and wellness. (6)

2.7 Explain how information could be gathered to assess the health status of a community. (2 × 2) (4)

[30]

QUESTION 3

3.1 Choose a type of cancer from COLUMN B that matches a possible warning sign or description of early symptom in COLUMN A. Write only the letter (A–F) next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1.1	Persistent cough or hoarse throat	A	lung cancer
3.1.2	Change in size or colour of moles	B	colon cancer
3.1.3	Often has no symptoms until later stages	C	laryngeal cancer
3.1.4	Bloody sputum	D	bladder cancer
3.1.5	Rectal bleeding	E	skin cancer
		F	ovarian cancer

(5 × 1) (5)

3.2 What is cancer? (2)

3.3 Name TWO viruses that can cause cancer. (2)

3.4 Why is hypertension called as a silent killer? (2)

3.5 List SIX risk factors for hypertension. (6)

3.6 What does the self-management of diabetes involve? (3)

3.7 Construct and complete a table like the one below to show the differences between Diabetes Type 1 and Type 2.

FEATURE	TYPE 1	TYPE 2
Speed of onset		
Age of onset		
Body type/weight		
Prevalence (less or more common)		
Insulin deficiency or resistance		

(10 × 1) (10)
[30]

QUESTION 4

4.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

4.1.1 Physical health includes good functioning of the gastrointestinal system.

4.1.2 Heredity affects the health of individuals.

4.1.3 TB is a vector-borne infection.

4.1.4 Overcrowding contributes to the spread of TB.

4.1.5 Proper nutrition can help to prevent TB.

4.1.6 Sweating may be a symptom of malaria.

4.1.7 DOTS is a central strategy for the control of obesity.

4.1.8 Immunodeficiency is an external factor affecting health.

4.1.9 Overnutrition and undernutrition are both forms of malnutrition.

4.1.10 Both the physical and psychological environment can affect community health.

(10 × 1) (10)

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4.2 List FOUR risk factors for the development of non-infectious chronic diseases. (4)

4.3 List FIVE components of wellness. (5)

4.4 Give SIX ways in which to prevent the spread of infectious diseases. (6)

4.5 Explain how mental health and physical health relate to each other, using an example. (5 × 1) (5)

[30]

QUESTION 5

5.1 Give TWO reasons explaining the importance of knowing your HIV status. (2)

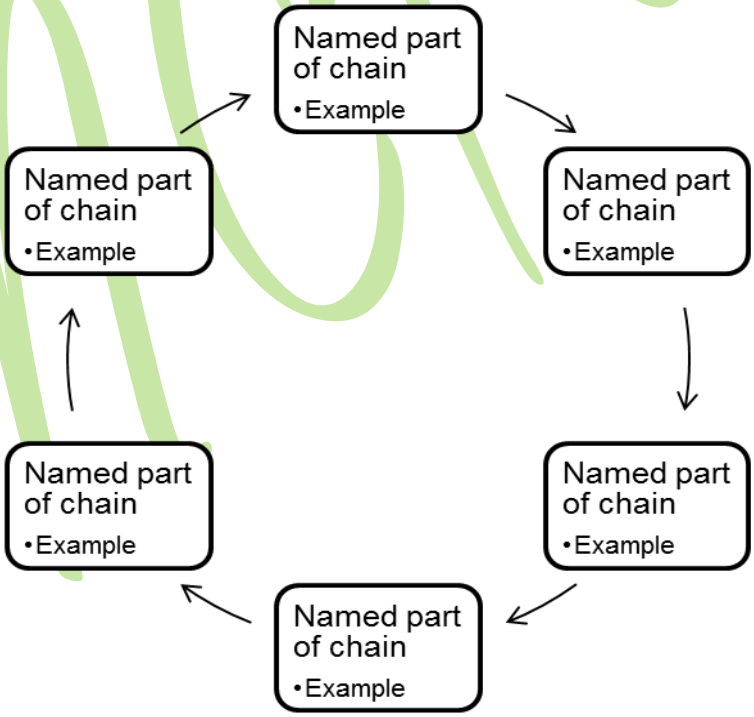
5.2 List FOUR signs or symptoms of TB. (4)

5.3 List FOUR signs or symptoms of cholera. (4)

5.4 How can cholera be prevented? (4)

5.5 What measures can be taken to prevent malaria? (4)

5.6 Draw and label a diagram of the chain of infection, including all SIX parts of the chain in the correct order and give ONE common example for each part, as shown in the diagram below:



(6 × 2) (12)

[30]

TOTAL: 150

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