higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 2

8 December 2020

This marking guideline consists of 7 pages.

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QUESTION 1

1.1 1.1.1 Wellness is the state of balance✓ between the physical,✓ emotional,✓ spiritual✓ and social being.✓ (5)

1.1.2 A – Financial
B – Spiritual
C – Emotional
D – Intellectual
E – Physical (5 × 1) (5)

1.1.3
- Instilling the principles of exercise, rest and sleep
- Providing a safe environment, cleanliness and sanitation
- Increasing each member's self-concept by promoting togetherness in facing life challenges
- Promoting social integration, understanding and companionship
- Promoting family values
- Supporting each other in times of conflict and difficulty
- Providing clarity of roles (Any 4 × 2) (8)

1.2 1.2.1 One can become infected with cholera by ingesting food or water✓ that has been contaminated by the bacteria called *vibrio cholerae*.✓ (2)

1.2.2
- Using contaminated water
- Collecting clean water in dirty containers
- Inadequate sanitation
- Not covering clean water
- Poor domestic hygiene
- Poor personal hygiene (Any 5 × 1) (5)

1.2.3
- Cramps in arms and legs
- Dry, warm skin
- Sleepy
- Unwell
- Headaches
- Dizzy
- Dry mouth
- Dark yellow urine
- Vomiting
- Watery diarrhoea (Any 5 × 1) (5)

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QUESTION 2

2.1 **Political conditions:**

- Policies must be in place for healthcare to work.
- Funding to implement these policies is important.
- Political conditions in different communities may affect the way healthcare is provided in these communities.

Economic conditions:

- Funding is important for facilities to operate successfully.
- It influences the extent to which healthcare is provided.
- The economic status of a community may determine the type of health service it receives.

Social conditions:

- Structural and cultural influences from their community may affect people's health.
- Different beliefs and practices may also influence health status.
- Diet, food handling, hygiene and safety directly affects the health status of the community.

Environmental conditions:

- Pollution affects health.
- The physical environment affects health.
- Dangers in the environment can lead to accidental injury such as stepping barefoot onto a broken bottle. (Any 4 × 2) (8)

2.2 **Low socioeconomic factors:**

- Housing that provides inadequate shelter
- Overcrowding that contributes to the spread of diseases such as cholera or tuberculosis
- Housing built with waste materials that leads to accidental injuries, like burns and electrical shocks
- Poor built-up communities that does not provide safe places for children to play
- Poor or no service delivery such as waste-removal services
- Poor communities with poor access to clean water and proper sanitation
- Poor communities often built near industrial areas (high-polluted areas) or railways (unsafe), etc.

High socioeconomic factors:

Vice versa of low socioeconomic factors (Any 4 × 1) (4)

2.3 Community wellness refers to the extent to which the organisation and structure✓ of a community enables✓ the entire community, as well as individual members, to attain its/their full potential and a fulfilled life.✓ (3)

2.4 Noninfectious disease refers to a condition not caused by a specific organism and that cannot be passed from one person to another person. (2)

2.5
- Biological factors: old age/genetics
- Behavioural factors: unhealthy lifestyle leading to noninfectious disease
- Societal factors: paralysis due to crime/car accident
- Structural factors: poverty
- Environmental factors: work injury (5 × 2) (10)

2.6
- Primary level
- Secondary level
- Tertiary level (3)

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QUESTION 3

3.1
3.1.1 Acute
3.1.2 Chronic
3.1.3 Chronic
3.1.4 Chronic
3.1.5 Acute
3.1.6 Acute
3.1.7 Acute
3.1.8 Chronic
3.1.9 Chronic
3.1.10 Acute

(10 × 1) (10)

3.2

Acute disease	Chronic disease
• Starts suddenly • Short-lived symptoms • Cost-effective to manage • Very dangerous	• Develops slowly • Takes a long time to manage • Costly to manage • Requires specialists

(Any 3 + any 3) (6)

3.3
- Policy development
- Collecting and disseminating evidence for public-health policies, strategies and actions
- Prevention and disease control
- Intersectoral action for better health
- Human resource development and capacity building for public health (5)

3.4 The MDGs are outlines of comprehensive and ambitious goals✓ that aim✓ to deal with some of the world's most demanding development concerns.✓ (3)

3.5
- Eradicating extreme poverty and hunger
- Achieving universal primary education
- Promoting gender equality and empowering women
- Reducing child mortality rates
- Improving maternal health
- Combating HIV/AIDS, malaria and other diseases (6)

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QUESTION 4

4.1
4.1.1 C
4.1.2 A
4.1.3 D
4.1.4 F
4.1.5 I
4.1.6 J
4.1.7 B
4.1.8 E
4.1.9 L
4.1.10 G

(10 × 1) (10)

4.2 4.2.1 An infection is the invasion of body tissue by disease-causing microorganisms, their multiplication and the reaction of host tissues to the infectious agents and the toxins they produce. Infectious disease, also known as transmissible disease or communicable disease, is illness resulting from an infection. (2)

4.2.2 Case scenario 1 (Billy)✓ Indirect contact is the transmission of the infection via objects✓ such as vectors (mosquitoes).✓ (1 + 2) (3)

4.2.3
- Acute attack of periodic fever with chills
- Rigor
- Sweating
- Enlarged spleen (splenomegaly)
- Haemolytic anaemia
- Jaundice (Any 3 × 1) (3)

4.2.4
- Causative agent: parasite
- Reservoir: mosquito
- Host: human
- Portal of entry: skin
- Mode of transmission: vector
- Portal of exit: skin (6 × 2) (12)

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QUESTION 5

5.1 5.1.1
- Heart disease
- Hypertension
- Stroke
- Diabetes (Any 2 × 1) (2)

5.1.2 Obesity is a condition characterised by the build-up✓ of excess body fat✓ to the extent that it may have a negative effect on one's health.✓ (3)

5.1.3 The BMI is used to indicate a person's weight. It measures one's height and weight thus indicating if you are underweight/normal weight/ overweight/obese. (2)

5.1.4
- BMI above 30 kg/m²
- Snoring when sleeping
- Difficulty in sleeping
- Shortness of breath when walking or climbing stairs
- Inability to cope with sudden physical activity
- Feeling tired everyday
- Joint or back pain (Any 6 × 1) (6)

5.1.5
- Bad food choices
- Lack of physical activity
- High sugar intake
- Genetics (Any 3 × 1) (3)

5.1.6
- Find the root cause of obesity by identifying and addressing both the cause of weight gain and barriers to weight loss.
- Obesity can be the result of overeating or lack of exercise or due to prescribed treatments such as hormone replacement.
- The most important thing is that the obese individual should recognise the benefits of weight loss and be ready to change.
- People should be aware that obesity is a chronic condition, meaning its progress is slow.
- The goal should be to achieve what is achievable and maintain it – do not be unrealistic. (Any 5 × 1) (5)

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5.2 **Diabetes type 1:**

- It is usually diagnosed in childhood.
- The body makes little to no insulin.
- The person must use insulin injections to survive.
- The condition can be inherited/often caused by a virus/autoimmune disease.
- It is a chronic disease.

Diabetes type 2:

- It is usually diagnosed in adulthood often above the age of 40.
- It is associated with people who are overweight and do not exercise much.
- The person might not necessarily use insulin to manage the disease – oral medication can also treat diabetes.
- It is a chronic disease.

Gestational diabetes:

- High blood glucose develops during pregnancy in women who do not have diabetes.
- They often develop type 2 diabetes and cardiovascular disease later in life.
- Poor diabetes management in the last three months of pregnancy can cause abnormally large babies, causing problems for the baby and mother at birth. (Any 3 × 3) (9)

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TOTAL: 150

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