higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 3

(9020023)

8 December 2020 (Y-paper)
13:00–15:30

This question paper consists of 8 pages.

449Q1N2008

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TIME: 2½ HOURS
MARKS: 180

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. Use only a black or blue pen.
5. Write neatly and legibly.

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QUESTION 1

1.1 Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–I) next to the question number (1.1.1–1.1.8) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1.1	Progressive disorder marked by memory loss and cognitive decline	A	disturbances in thinking
1.1.2	Caused when a blood clot blocks blood flow to the brain	B	stroke
1.1.3	Disorientation and an inability to focus on reality	C	osteoarthritis
1.1.4	Hyperactivity and aggression	D	Parkinson's disease
1.1.5	Progressive autoimmune disease, causing inflammation, swelling and pain of joints and other organs	E	disturbances in emotions
1.1.6	Loneliness, fear, anger and depression	F	Alzheimer's disease
1.1.7	Progressive neurological disorder affecting movement	G	osteoporosis
1.1.8	Degenerative joint disease caused by cartilage loss in a joint due to wear and tear	H	disturbances in behaviour
		I	rheumatoid arthritis

(8 × 1) (8)

1.2 Differentiate between *basic* and *instrumental* activities of daily living. (2 + 2) (4)

1.3 Rose is 72 years old and lives alone in a small one-bedroom apartment. She receives a pension but her only son takes most of it to support his family. Last year, Rose suffered a stroke which severely affected her left side. She now must use a walking stick and struggles with washing, dressing and going to the toilet. Cooking and cleaning the house have also been huge challenges for her. Recently, Rose has become more and more forgetful, even forgetting to take her medication when she should.

1.3.1 Identify THREE basic activities of daily living that Rose is struggling with. (3)

1.3.2 Identify THREE instrumental activities of daily living that Rose needs assistance with. (3)

1.3.3 What can be done to ensure that Rose receives assistance with her activities of daily living? (2)

1.3.4 Explain how Rose is being abused. (2)

1.4 List EIGHT health-related consequences of violence against women. (8)
[30]

QUESTION 2

2.1 Define *mental health*. (5)

2.2 List THREE psychological theories used to explain the causes of mental illness. (3)

2.3 Give THREE examples of screening tests recommended for women. (3)

2.4 Name FOUR types of cancers that affect mainly or only women. (4)

2.5 You are a community health worker and during one of your visits you see a three-month old baby being fed solids.

2.5.1 List THREE developmental milestones that a baby should reach by this age. (3)

2.5.2 Give FOUR signs that a baby is ready to be fed solids. (4)

2.5.3 Explain why a three-month old baby should not be fed solids. (2 × 2) (4)

2.6 Why is it important to record information in a Road to Health booklet? (2 × 2) (4)
[30]

QUESTION 3

3.1 Define each of the following terms:

3.1.1 Abuse (2)

3.1.2 Violence (4)

3.2 Name and explain THREE types of violence categorised according to who commits it. (3 × 2) (6)

3.3 Give TWO examples of each of the following types of contraceptives:

3.3.1 Barrier

3.3.2 Natural

3.3.3 Hormonal

(3 × 2) (6)

3.4 Give TWO advantages of hormonal contraception. (2)

3.5 Give TWO disadvantages of hormonal contraception. (2)

3.6 List FOUR reasons why a woman might choose to use contraception. (4)

3.7 Explain the difference between *family planning* and *contraception*. (2 + 2) (4)

[30]

QUESTION 4

4.1 Indicate whether each of the following injuries is intentional or unintentional by writing only 'Intentional' or 'Unintentional' next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

4.1.1 A baby drowning in bathwater

4.1.2 Abusing drugs

4.1.3 Sexual assault

4.1.4 A woman killed during an armed robbery

4.1.5 Burning yourself with chemicals at work

4.1.6 Child abuse

4.1.7 Assaulting a security guard during a protest

4.1.8 A car driving over a bridge into the water below due to brake failure

4.1.9 Falling down the stairs

4.1.10 Self-harming

(10 × 1) (10)

4.2 List FIVE physical side effects a woman may experience after having an abortion. (5)

4.3 Explain how experiencing a miscarriage may affect a woman emotionally. (5)

4.4 Advise a young mother on FIVE healthy hygiene practices when caring for a newborn baby. (5)

4.5 Why do you think abused children often grow up to be in abusive adult relationships? (5)
[30]

QUESTION 5

5.1 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (5.1.1–5.1.8) in the ANSWER BOOK.

5.1.1 The blastocyst implants in the wall of the uterus and develops into the placenta and …

A foetus.
B embryo.
C baby.
D zygote.

5.1.2 Middle old age refers to those who are … years old.

A 60
B 65
C 70
D 75

5.1.3 The involuntary startle response in newborns on hearing a loud noise is called the … reflex.

A rooting
B Moro
C step
D tonic

5.1.4 Kwashiorkor is caused by a lack of …

A protein.
B vitamins.
C iron.
D potassium.

5.1.5 A … should be able to control elimination.

A three-month-old
B toddler
C one-year-old
D nine-month-old

5.1.6 ... is the absence of menstruation.

A Dysmenorrhoea
B Amenorrhea
C Gonorrhoea
D Abnormal uterine bleeding

5.1.7 … is the ideal nourishment for a newborn.

A Braxton Hicks
B Vernix
C Meconium
D Colostrum

5.1.8 … years is the age at which men and women become eligible for an old-age grant in South Africa.

A 65
B 55
C 75
D 60

(8 × 1) (8)

5.2 Mary is 40 years old and 38 weeks pregnant with her second child. She has been battling alcoholism most of her adult life. She is visiting her antenatal clinic for the first time today. Her first child has been diagnosed with FAS.

5.2.1 What does *FAS* stand for? (2)

5.2.2 List FOUR physical characteristics Mary's first child might have. (4)

5.2.3 Is Mary a primigravida or multigravida? (1)

5.2.4 Which trimester is Mary currently in? (1)

5.2.5 Explain whether Mary's pregnancy should be viable or not. (2)

5.2.6 Name and explain FOUR symptoms of alcoholism. (4 × 2) (8)

5.2.7 Explain whether Mary has acted responsibly during her pregnancies. (2 × 2) (4)

[30]

QUESTION 6

6.1 Choose the correct term from those in brackets. Write only the answer next to the question number (6.1.1–6.1.8) in the ANSWER BOOK.

6.1.1 Urinary (incontinence/retention) refers to the involuntary leakage of urine.

6.1.2 (Anaemia/Anorexia nervosa) is an eating disorder that causes individuals to obsess about weight and what they eat.

6.1.3 The term ageing (population/process) refers to an increasing average age in a region due to declining fertility rates and/or rising life expectancy.

6.1.4 (Immunisation/Vaccination) may be acquired naturally after getting a disease.

6.1.5 (Primary/Secondary) infertility refers to a couple who have been able to get pregnant before, but are now unable to do so again.

6.1.6 Presbycusis is a loss of (hearing/vision) that gradually occurs in individuals as they grow older.

6.1.7 Candidiasis is commonly known as (bacterial vaginosis/thrush).

6.1.8 (Induced/Spontaneous) abortion is the natural loss of a pregnancy without outside intervention before the embryo or foetus can survive independently.

(8 × 1) (8)

6.2 Define *dehydration*. (2)

6.3 Give THREE causes of dehydration. (3)

6.4 List THREE signs or symptoms of dehydration in a baby. (3)

6.5 List the THREE ingredients for a simple solution that can be made to treat dehydration at home. (3)

6.6 Which THREE signs will indicate to parents or caregivers that they need to seek medical assistance for a dehydrated baby? (3)

6.7 Explain how one's family can impact one's mental health. (4 × 2) (8)

[30]

TOTAL: 180

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