higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 3

XX February 2020

This marking guideline consists of 10 pages.

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QUESTION 1

1.1
1.1.1 E
1.1.2 K
1.1.3 A
1.1.4 J
1.1.5 B
1.1.6 I
1.1.7 H
1.1.8 D
1.1.9 G
1.1.10 F

(10 × 1) (10)

1.2 Abuse is a set of harmful behaviour✓ used by someone to control or have power over✓ someone else. (2)

1.3
- Emotional
- Verbal
- Physical (Any relevant 3 × 1) (3)

1.4
- Chlamydia
- Gonorrhoea
- HIV
- HPV
- Genital warts
- Pubic lice
- Herpes
- Hepatitis B
- Trichomoniasis (Any relevant 6 × 1) (6)

1.5
- Monogamy✓
  Staying faithful to one partner after both partners have been tested and found to be negative.✓

OR

- Abstinence✓
  Not engaging in sexual activity will make it highly unlikely that a person will contract an STI.✓ (Any relevant 2 × 1) (2)

1.6
- STIs are caused by pathogens.
- These pathogens are transmitted by body fluids and through unprotected contact with an infected person.
- Abstinence protects from STIs through lack of contact.
- Condoms protect by being a barrier to contact.
- Other methods of contraception allow for contact with contaminated individuals and their body fluids and thus do not provide protection.

(Any relevant 4 × 1) (4)

1.7
- They are at a stage in life in which they are curious and likely to experiment, engaging in unsafe sex
- or substance abuse, which can lower inhibitions and affect their judgement, resulting in more risky behaviour.
- They are susceptible to peer pressure and sometimes engage in bahaviour to feel part of a group.
- Sexual abuse is prevalent.
- This age group often lacks adequate knowledge, information or understanding about safe sex and prevention of STIs, or are misinformed.
- This age group often feels invincible, believing 'it won't happen to me'.
- Popular culture may glamorise unsafe behaviour. (Any relevant 3 × 1) (3)

[30]

QUESTION 2

2.1
- Self-directed violence
  Cutting yourself/abusing alcohol or drugs
- Interpersonal violence
  Domestic abuse, assault
- Collective violence
  war, violent protests (Accept any correct example 3 × 2) (6)

2.2
- Walking surfaces should be even and non-slippery
- Floors should be free of loose carpets or wires from for example heaters, which may cause tripping and falling.
- Stairs should be avoided or replaced by a ramp and handrail if possible
- Bathrooms and passages may be fitted with handrails to minimise falls
- A separate shower may be easier to get into than a bath.
- A panic button may be useful to call for help if needed.
- Mobile phones may be set up to enable the older person to call for emergency services if necessary.
- Educate the elderly on how to protect themselves and who to report crimes to in order to help minimise violence by known perpetrators.

(Any relevant 5 × 1) (5)

2.3 2.3.1 First trimester (1)

2.3.2 Primigravida✓ because she is pregnant for the first time✓ (2 × 1) (2)

2.3.3
- Stretching to accommodate the growing uterus
- Stretch marks
- Acne
- Spider veins
- Itching
- Patches of flushed skin
- Enlargement of existing moles
- Pigmentation of the face (chloasma)
- Dark line in the centre of the abdomen (linea nigra)

(Any relevant 4 × 1) (4)

2.3.4
- Constipation
- Haemorrhoids
- Nausea
- Vomiting
- Heartburn
- Gum sensitivity/bleeding
- Tooth problems (Any relevant 4 × 1) (4)

2.3.5
- It can result in foetal alcohol syndrome (FAS)
- Irreversible brain damage
- Growth restriction
- Microcephaly
- Genito-urinary defects
- Skeletal abnormalities
- Psychological problems later on
- Behavioural problems
- Learning problems (Any relevant 5 × 1) (5)

2.3.6 Amy is allowed to get a legal abortion in South Africa✓ according to the Choice on Termination of Pregnancy Act No. 92 of 1996✓ as she is still in her first trimester (first 12 weeks).✓

(Any relevant 3 × 1) (3)

[30]

QUESTION 3

3.1
3.1.1 True
3.1.2 False
3.1.3 False
3.1.4 True
3.1.5 True

(5 × 1) (5)

3.2
- Good nutrition facilitates the development of a stronger immune system✓, the body's ability to fight disease is improved✓ and children are less prone to allergies.✓
- Good nutrition reduces the risk of developing type-2 diabetes.✓
- Longer-term benefits include lower blood pressure✓ and a better cholesterol profile.✓
- There is reduced likelihood of becoming overweight or obese.✓

(Any relevant 3 × 1) (3)

3.3
- Breast milk is the best available option for babies.
- It contains all the nutrients babies need in correct proportions, antibodies, hormones and other growth-promoting factors and protection from allergies.
- Breastfed babies have stronger immune systems due to antibodies and immunity passed from the mother to the baby.
- Breastfeeding may cause certain inconveniences for the mother, but it has many advantages for the baby.
- Breastfeeding mothers do not have to wash and sterilise bottles and prepare a formula and the milk they feed is always available and at the right temperature.
- The nappies of breastfed babies are less smelly and more pleasant to change.
- Breastfeeding protects mothers from certain cancers.
- Breastfeeding mothers regain their normal weight more easily, the uterus contracts more quickly.
- Breastfeeding promotes better bonding between mother and baby.
- Breastfeeding reduces the risk of SIDS/cot death. (Any relevant 5 × 1) (5)

3.4 3.4.1
- Breast examination
- Mammogram
- Biopsy (Any relevant 2 × 1) (2)

3.4.2
- A lump in the breast
- Clear or bloody nipple discharge
- Change in the appearance of the nipple
- Pain
- Skin dimpling
- Change in skin texture or colour (Any relevant 3 × 1) (3)

3.4.3
- Chemotherapy
- Radiotherapy
- Surgery (Any relevant 2 × 1) (2)

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3.5 3.5.1 Dehydration (1)

3.5.2
- She has had diarrhoea for the past 2 days
- Her urine output is little
- The urine is dark (2 × 1) (2)

3.5.3
- Listlessness
- Sleepiness
- Sunken fontanel
- Sunken eyes
- Absence of tears
- Dry mouth (Any relevant 3 × 1) (3)

3.5.4
- Explain dehydration to Thandi.
- Advise trying to keep Abongile hydrated.
- Advise on administering oral rehydration fluid (sugar, salt and water solution).
- Explain how to make oral rehydration fluid.
- Advise her to give small amounts of fluid regularly.
- Advise her to bring Abongile to the clinic as soon as possible.

(Any relevant 2 × 2) (4)
[30]

QUESTION 4

4.1 Rape is sexual assault/ intercourse✓ that is forced/coerced/without consent.✓
(Any relevant 2 × 1) (2)

4.2
- Impulsivity
- Low educational attainment
- Substance use
- History of aggression and abuse (Any 3 × 1) (3)

4.3
- Tuberculosis
- Polio
- Measles
- Rubella/German measles
- Diphtheria
- Tetanus
- Hepatitis A
- Hepatitis B
- Influenza
- Pneumococcal disease
- Mumps
- Chickenpox
- Rotavirus
- Pertussis/Whooping cough (Any 5 × 1) (5)

4.4

BASIC	INSTRUMENTAL
• Help Mrs K get dressed • Check wheelchair tire pressure • Empty Ms D's catheter bag • Feed Mr N • Bath Mrs X	• Cook for Mr B • Ensure that Mrs P takes her medication • Make the beds • Shop for Mrs K • Help Mr B pay his bills

(5 × 2) (10)

4.5
- He/she may suffer from depression.
- He/she may suffer from anxiety.
- It may result in post-traumatic stress disorder.
- He/she may experience dissociation.
- He/she may feel anger/guilt/fear.
- The person may experience difficulty in processing their emotions.
- He/she may find it difficult to trust others and build or maintain relationships in future. (Any relevant 5 × 1) (5)

4.6
- Victims believe that the police will not do anything✓ about the incident and that there will be no justice✓ if the incident is reported.
- Victims feel embarrassed or ashamed.✓
- Fear✓ of the consequences of reporting the incident, especially if the perpetrator is known.✓
- Victims want to forget✓ what has happened to them, or prefer to pretend that it did not happen at all.✓
- Victims might feel confused✓ about what happened, or incorrectly believe that they might have been to blame✓ for what happened.✓
- Victims don't want to relive the experience. ✓ (Any relevant 5 × 1) (5)

[30]

QUESTION 5

5.1
5.1.1 60
5.1.2 Postpartum depression
5.1.3 Developmental theory
5.1.4 Endometriosis
5.1.5 Menarche

(5 × 1) (5)

5.2
- Disturbance in thinking
- Disturbance in emotion
- Disturbance in behaviour (Any 2 × 1) (2)

5.3 Mental health is the state of well-being✓ in which the individual realises his/her own abilities✓, can cope with the normal stresses of life✓, can work productively and fruitfully✓ and is able to make a contribution to the community/society.✓ (5 × 1) (5)

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5.4 5.4.1
- Genetics✓
- Trauma to the brain/head injury/severe infection of the brain✓

(Any relevant 2 × 1) (2)

5.4.2
- Coping with past or current traumatic experiences such as abuse, bereavement or divorce
- Important early loss e.g. of a parent
- Neglect
- Poor ability to relate to others (Any relevant 2 × 1) (2)

5.4.3
- Living conditions
- Social isolation/lack of a support system
- Highly stressful job
- Poverty
- Substance abuse
- Divorce
- Unemployment (Any relevant 4 × 1) (4)

5.5
- Immunisation refers to the process of acquiring immunity towards a disease and may occur after actually getting the disease or after receiving a vaccination against a disease.
- Vaccination refers to the administration of weak or deadened pathogens, usually by injection, to develop antibodies and confer immunity towards a disease. (Any relevant 2 × 2) (4)

5.6
- Vaccination is one of the most powerful and
- cost-effective ways to prevent diseases.
- Vaccination has helped to eliminate diseases that used to be life-threatening to children.
- Vaccination reduces morbidity and mortality in children.
- Vaccination reduces the need to miss valuable school time due to illness.
- The benefits of vaccination outweigh the risks. (Any relevant 6 × 1) (6)

[30]

QUESTION 6

6.1
6.1.1 Intentional
6.1.2 Unintentional
6.1.3 Unintentional
6.1.4 Intentional
6.1.5 Unintentional

(5 × 1) (5)

6.2 Infertility is the inability to fall pregnant✓ after one year✓ of regular sexual intercourse.✓ (3 × 1) (3)

6.3
- Primary infertility is the inability to become pregnant at all/infertility with no previous pregnancies.
- Secondary infertility is the inability to become pregnant or carry a baby to term after previously having been pregnant or having had a baby.

(2 × 2) (4)

6.4
- Exercise
- Nutrition
- Faith/Spirituality
- Sexual relationships
- Beliefs relating to sex
- Interpersonal relationships and social support
- Socioeconomic status/Financial stability
- Employment status
- Access to reliable health services
- Emotional and mental stability
- Physical environment
- Education
- Genetics
- Cultural beliefs
- Political climate in which she lives (Any relevant 8 × 1) (8)

6.5
- The modern diet/poor nutrition
- Lifestyle factors
- and associated illness conditions
- Increased BMIs
- The increasing use of certain medications
- Extended use of hormonal birth control
- Increase in hormonal imbalance due to lifestyle and environment
- Conditions such as endometriosis, PCOS, autoimmune disorders
- Smoking, alcohol, and drug use
- Environmental factors
- Excessive, chronic stress
- Increasing rates of STIs
- Many couples are trying to start a family later in life than before
- Male infertility is on the rise
- Genetics
- The use of modern devices such as laptops and cellular phones have been implicated in contributing to infertility (Any relevant 4 × 1) (4)

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6.6
- Ensure adequate nutrition for the child
- Breastfeed for at least 6 months if possible
- Ensure that food and water is safe to consume
- Ensure that the child receives the necessary vaccinations
- Reduce household air pollution
- Do not use substances (cigarettes, alcohol, or drugs) while pregnant, breastfeeding or around the child
- Have regular antenatal and postnatal checkups
- Be aware what to do when in an emergency situation
- Learn infant CPR
- Learn how to avoid SIDS/cot death and create a safe sleeping environment
- Ensure adequate hygiene and sanitation
- Teach older children about safety precautions (Any relevant 6 × 1) (6)

[30]

TOTAL: 180

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