higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

# NATIONAL CERTIFICATE (VOCATIONAL)

## PUBLIC HEALTH
## NQF LEVEL 3

(9020023)

**6 March 2020 (X-paper)**
**09:00–11:30**

**This question paper consists of 7 pages.**

293Q1S2006

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**TIME: 2½ HOURS**
**MARKS: 180**

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**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 blue or black pen.
5. Write neatly and legibly.

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## QUESTION 1

1.1 Choose an age-related condition from COLUMN B that matches a description in COLUMN A. Write only the letter (A–K) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

| COLUMN A | | COLUMN B |
|---|---|---|
| 1.1.1 | Blockage due to a blood clot in the brain | A osteoporosis |
| 1.1.2 | Reduced sensitivity to sound | B Parkinson's disease |
| 1.1.3 | Porous bones due to loss of calcium | C Alzheimer's disease |
| 1.1.4 | Inability to control urination | D rheumatoid arthritis |
| 1.1.5 | Progressive brain disorder causing a loss of muscle control leading to shaking and poor balance | E stroke |
| 1.1.6 | A serious loss of memory that worsens over time | F osteoarthritis |
| 1.1.7 | Clouding of the lens of the eye | G hypertension |
| 1.1.8 | A chronic autoimmune disorder that causes inflammation of the lining of the joints | H cataracts |
| 1.1.9 | 145/100 mmHg | I dementia |
| 1.1.10 | The wear and tear of the cartilage lining of the joints | J urinary incontinence |
| | | K hearing loss |

(10 × 1) (10)

1.2 Define the term *abuse*. (1 × 2) (2)

1.3 Name THREE types of abuse. (3)

1.4 Name SIX common STIs. (6)

1.5 Name and explain ONE method by which a person can have protection from STIs without condoms. (2 × 1) (2)

1.6 Explain why most contraceptives do not protect individuals against STIs. (4 × 1) (4)

1.7 Why are adolescents and young adults at high risk of contracting STIs? (3 × 1) (3)

**[30]**

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## QUESTION 2

2.1 Name THREE types of violence and give ONE example of each. (3 × 2) (6)

2.2 Give FIVE precautions that may be taken to help ensure safety of the elderly at home. (5)

2.3 Read the scenario below and answer the questions:

> Amy is 16 years old and pregnant for the first time. She is 10 weeks pregnant and has hated every minute of it. She has come to her nearest clinic to enquire about getting an abortion. She loves drinking alcohol and refuses to give up her vodka.

2.3.1 In which trimester is Amy? (1)

2.3.2 Is Amy a primigravida or a multigravida? Explain your answer. (2 × 1) (2)

2.3.3 State FOUR skin changes Amy may experience during pregnancy. (4)

2.3.4 Name FOUR gastrointestinal changes Amy may experience during pregnancy. (4)

2.3.5 Give FIVE physical or mental defects that may be suffered by a baby whose mother drinks alcohol during pregnancy. (5)

2.3.6 Explain whether Amy is allowed to get a legal abortion in South Africa or not. (3 × 1) (3)

**[30]**

## QUESTION 3

3.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

3.1.1 It is people's duty to report any suspected elder abuse.

3.1.2 Anaemia is an eating disorder characterised by body dysmorphia.

3.1.3 Women tend to get better pay than men in the workplace.

3.1.4 Obesity is a form of malnutrition.

3.1.5 Avoiding smoking can help to reduce the risk of cot death. (5 × 1) (5)

3.2 Give THREE long-term benefits of good nutrition in childhood. (3)

3.3 State FIVE advantages of breastfeeding. (5)

3.4 Describe breast cancer under each of the following headings:

3.4.1 Screening and testing (2 × 1) (2)

3.4.2 Signs and symptoms (3 × 1) (3)

3.4.3 Treatment (2 × 1) (2)

3.5 Read the scenario below and answer the questions:

> Thandi phones her nearest clinic worried about her baby, Abongile, who is on formula feeding. Abongile has developed a fever and had diarrhoea for more than 2 days. Her urine output is little and the colour is very dark.

3.5.1 What condition might Abongile suffer from? (1)

3.5.2 Give TWO reasons for the answer to QUESTION 3.5.1. (2)

3.5.3 Name THREE signs or symptoms of this condition that are not mentioned in the scenario. (3)

3.5.4 What advice do you think the nurse should give to Thandi? (2 × 2) (4)

**[30]**

## QUESTION 4

4.1 What is *rape*? (1 × 2) (2)

4.2 Give THREE factors that can increase the risk that someone may carry out an act of violence. (3)

4.3 Name FIVE diseases for which vaccines for babies are available. (5)

4.4 Categorise this caregiver's to-do list of tasks for one day as either BASIC or INSTRUMENTAL activities of daily living with which she will be assisting her clients:

| |
|---|
| help Mrs K get dressed; check wheelchair tire pressure; cook for Mr B; empty Ms D's catheter bag; ensure that Mrs P takes her medication; make the beds; feed Mr N; bath Mrs X; shop for Mrs K; help Mr B pay his bills |

Tabulate your answer in the ANSWER BOOK as follows:

| BASIC | INSTRUMENTAL |
|---|---|
| | |

(10 × 1) (10)

4.5 How might sexual abuse affect a young person emotionally and mentally?
(5 × 1) (5)

4.6 Why do you think incidents of sexual assault are often not reported? (5 × 1) (5)
**[30]**

**QUESTION 5**

5.1 Choose the correct option from those given in brackets. Write only the answer next to the question number (5.1.1–5.1.5) in the ANSWER BOOK.

5.1.1 Population ageing refers to the increasing proportion of people who are (30/60) years and older in the population.

5.1.2 (Postpartum depression/Bipolar disorder) is common in women who have just had a baby.

5.1.3 (Cognitive-behavioural theory/Developmental theory) explains that a person's attachment and initial separation from the primary care giver can have a significant influence on how the person deals with anxiety throughout his or her life.

5.1.4 (Uterine fibroids/Endometriosis) is when a tissue that normally lines the inside of the uterus is found elsewhere in the pelvis or abdomen.

5.1.5 The term (spermarche/menarche) refers to the first occurrence of menstruation in a female.

(5 × 1) (5)

5.2 Name TWO types of mental health disturbances. (2)

5.3 Define the term *mental health*. (5 × 1) (5)

5.4 State the causes of mental disorders in each of the following categories:

5.4.1 Physical/ biological (2 × 1) (2)

5.4.2 Psychological (2 × 1) (2)

5.4.3 Social and environmental (4 × 1) (4)

5.5 Explain the difference between *immunisation* and *vaccination*. (2 × 2) (4)

5.6 Why is it important that children are vaccinated? (6 × 1) (6)

**[30]**

**QUESTION 6**

6.1 Indicate whether the following are examples of INTENTIONAL or UNINTENTIONAL injuries or harm by writing only 'Intentional' or 'Unintentional' next to the question number (6.1.1–6.1.5) in the ANSWER BOOK.

6.1.1 Committing suicide following a divorce

6.1.2 Slipping on the floor at the workplace

6.1.3 Driving into a car you did not see on the road

6.1.4 Domestic violence

6.1.5 Burning yourself with a paraffin lamp

(5 × 1) (5)

6.2 Define the term *infertility*. (1 × 3) (3)

6.3 Explain the difference between *primary infertility* and *secondary infertility*. (2 × 2) (4)

6.4 Name EIGHT aspects of a woman's life that affect her health. (8)

6.5 Why do you think an increasing number of couples seem to be struggling with infertility? (4 × 1) (4)

6.6 What can a mother do to reduce the risk of child mortality? (6 × 1) (6)

**[30]**

**TOTAL: 180**

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