higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 3

(9020023)

19 November 2018 (X-Paper)
09:00–11:30

This question paper consists of 9 pages.

NCV

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. Write neatly and legibly.

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QUESTION 1

1.1 Classify the following as problems relating to male or female, or male and female reproductive health:

ectopic pregnancy; herpes; HIV; orchitis; phimosis; syphilis; PCOS; balanitis; gonorrhoea; dysmenorrhoea

Tabulate your answer in the ANSWER BOOK as follows:

MALE REPRODUCTIVE HEALTH PROBLEMS	FEMALE REPRODUCTIVE HEALTH PROBLEMS	MALE AND FEMALE REPRODUCTIVE HEALTH PROBLEMS

(10 × 1) (10)

1.2 Give some of the main symptoms experienced or changes that happen to the body of a pregnant woman in each of the following systems:

1.2.1 Skin and integumentary system (4)

1.2.2 Urinary system (1)

1.2.3 Digestive system (3)

1.2.4 Reproductive system (2)

1.3

Julia is a 19-year-old college student. She likes to party a few nights every week, smoking cigarettes and consuming alcohol. She found out last week that she is pregnant, but she was seen partying again last night, smoking and drinking.

Explain how Julia's lifestyle and behaviour can affect her pregnancy and her baby. (5 × 2) (10)

[30]

QUESTION 2

2.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (2.1.1–2.1.10) in the ANSWER BOOK.

2.1.1 Emotional abuse is bullying behaviour towards another person.

2.1.2 Many women are abused in South Africa every day.

2.1.3 Infertility is the ability to fall pregnant after one year of regular sexual intercourse.

2.1.4 The circumstances that a woman is in when she falls pregnant affect her pregnancy, her wellbeing and the wellbeing of her child.

2.1.5 Under-nutrition causes many health problems, including low immunity and infections.

2.1.6 Cancer can only develop in certain areas of the body.

2.1.7 Bone density tests are used to detect osteoporosis.

2.1.8 Emotional effects of an abortion may include feelings of guilt, depression, tearfulness and/or moodiness.

2.1.9 Exposure to the human papillomavirus causes breast cancer.

2.1.10 Menstruation is controlled by oestrogen and progesterone.

(10 × 1) (10)

2.2 Give the FOUR core factors that influence health. (4)

2.3 Explain how the following issues influence women's health:

2.3.1 The political and financial stability of a country

2.3.2 Living conditions

2.3.3 Access to health and social services

(3 × 3) (9)

2.4 Summarise the role of a woman in preventing health issues that affect women. (7)

[30]

QUESTION 3

3.1 Define the following terms:

3.1.1 Infant

3.1.2 Child

3.1.3 Immunisation

3.1.4 Dehydration

3.1.5 Oral rehydration

(5 × 2) (10)

3.2 Name TWO developmental milestones for each of the age groups listed below:

3.2.1 The three-month old baby

3.2.2 The six-month old baby

3.2.3 The nine-month old baby

3.2.4 The one-year old infant

3.2.5 The toddler

(5 × 2) (10)

3.3 3.3.1 List FIVE signs of dehydration. (5)

3.3.2 When will you seek medical help when dehydration occurs in a baby? (5)

[30]

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QUESTION 4

4.1 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 (4.1.1–4.1.10) in the ANSWER BOOK.

4.1.1 In South African, you are eligible for an old age grant at the age of … years old.

A 65
B 60
C 75
D 64

4.1.2 ... is the most common form of dementia in older people.

A Rheumatoid arthritis
B Osteoarthritis
C Alzheimer's disease
D Parkinson's disease

4.1.3 ... is a chronic autoimmune disorder that causes inflammation in the joints.

A Rheumatoid arthritis
B Parkinson's disease
C Alzheimer's disease
D Osteoporosis

4.1.4 Parkinson's disease …

A affects the person only physically.
B affects the person only mentally.
C affects the person physically and mentally.
D does not affect humans.

4.1.5 It is important to assess the activities of daily living in the elderly because …

A it helps us to determine when older people have reached old age.
B it helps us to determine how much assistance an older person might need.
C it allows an older person to preserve their sense of dependence.
D older people get a pension.

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4.1.6 It is difficult to assess elderly abuse in South Africa because …

A it happens too often.
B it does not happen often.
C it often goes unreported.
D there are more important crimes.

4.1.7 The … Act provides for the mandatory reporting of abuse.

A Elderly
B Older Person's
C Pension
D OHSA

4.1.8 The fertilised cell resulting from the union of the sperm and the ovum is called a(n) ...

A ovarian cyst.
B endometrium.
C embryo.
D zygote.

4.1.9 Ovulation should occur on the … day of a 28-day menstrual cycle.

A 1st
B 12th
C 14th
D 21st

4.1.10 The ... protects against STIs.

A condom
B rhythm method
C IUD
D Injection

(10 × 1) (10)

4.2 Nomsa, a 62-year-old woman, is visiting the community centre that you work at. She complains of not being able to do some of the things she could do when she was younger.

4.2.1 Name the TWO categories of activities of daily living that you will assess during the visit. (2)

4.2.2 List and explain FOUR physical changes that affect people as they age. (4 × 2) (8)

4.3 As a community member, what are your responsibilities with regard to ensuring a safe environment for an elderly family member or neighbour?

(5 × 2) (10)

[30]

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QUESTION 5

5.1 Choose a term from COLUMN B that matches a statement in COLUMN A. Write only the letter (A–K) next to the question number (5.1.1–5.1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
5.1.1	The intentional use of physical force against your own body or someone else's	A	injury
5.1.2	Includes harmful acts or thoughts against the self	B	primary prevention
5.1.3	The damage to a body caused by some external means	C	abuse
5.1.4	Rehabilitating perpetrators of violence	D	war
5.1.5	Ignoring the needs of your child	E	interpersonal violence
5.1.6	Abusive behaviour by one or both partners in an intimate relationship	F	self-directed violence
5.1.7	Set of behaviours used by someone to control or have power over someone else	G	corporal punishment
5.1.8	An example of collective violence	H	violence
5.1.9	Aim is to prevent violence before it occurs	I	neglect
5.1.10	Physical punishment inflicted, usually by authority, as retribution for an offence	J	secondary prevention
		K	tertiary prevention

(10 × 1) (10)

5.2 Explain the difference between *intentional* and *unintentional injuries*. (2 × 2) (4)

5.3 List FOUR types of intentional injuries. (4)

5.4 List FOUR types of unintentional injuries. (4)

5.5 Give FOUR reasons a woman might choose to use contraception. (4 × 2) (8)

[30]

QUESTION 6

6.1 List FOUR signs or symptoms of alcohol abuse and briefly explain each one. (4 × 2) (8)

6.2 Give THREE benefits of good nutrition. (3)

6.3 Give THREE benefits of good exercise. (3)

6.4 Name THREE types of mental health disturbances. (3)

6.5 List FOUR social or environmental causes of mental disorders. (4)

6.6 Amy is a college student who sometimes struggles to balance her studies, looking after her 2-year-old son, and volunteering at the local shelter. During exams, she experiences some anxiety, but she still manages to obtain good marks. She has learned to ask for help from her family and to say no to requests when things become too much for her.

6.6.1 From the scenario above, do you think Amy experiences good mental health? (1)

6.6.2 Using the World Health Organisation's definition of mental health, explain the answer in QUESTION 6.6.2. (4 × 2) (8)

[30]

TOTAL: 180

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