higher education & training

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REPUBLIC OF SOUTH AFRICA

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PUBLIC HEALTH
NQF LEVEL 3

(9020023)

19 November 2019 (X-Paper)
09:00–11:30

This question paper consists of 9 pages.

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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. Write neatly and legibly.

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QUESTION 1

1.1 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 (1.1.1–1.1.6) in the ANSWER BOOK.

1.1.1 … is an auto-immune disorder causing chronic inflammation of the joints.

A Osteoarthritis
B Rheumatoid arthritis
C Osteoporosis
D Cellulitis

1.1.2 The following symptoms are characteristic of babies with foetal alcohol syndrome:

A Overweight at birth
B Large head circumference
C Smooth philtrum, thin upper lip and flat midface
D Downturned nose

1.1.3 The inability to focus on reality is an example of …

A disturbed thought.
B disturbed behaviour.
C disturbed feelings.
D disturbed emotions.

1.1.4 … is an eating disorder in which the sufferer is extremely fearful of gaining weight and a disturbed self-perceived body weight or shape.

A Anaemia
B Bulimia nervosa
C Rickets
D Anorexia nervosa

1.1.5 South Africans are eligible for old-age grants from the age of ... years old.

A 50
B 60
C 65
D 70

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1.1.6 Intentional injuries include ...

A traffic-related incidents.
B accidental burns.
C drowning.
D aggravated assault.

(6 × 1) (6)

1.2 Read the scenario below and answer the questions.

Grace is 16 years old and has just discovered that she is 28 weeks pregnant. She has been caring for her two younger brothers since their parents passed away in a car accident.

Stephany is 28 years old and, following a blood test, has discovered that she is 11 weeks pregnant with her second baby. She has been married to Richard for five years, and both work for the city of Cape Town as administrative clerks. She is a member of GEMS medical aid.

1.2.1 In which trimester is Grace? (1)

1.2.2 In which trimester is Stephany? (1)

1.2.3 Which hormone has been tested in Stephany's blood to confirm her pregnancy? (2)

1.2.4 Explain whose pregnancy is currently viable, based on the information provided. (2)

1.2.5 Name SIX physical changes both women may have experienced during the 1st trimester. (6)

1.2.6 Construct and complete a table such as the one below to compare how the two women's experience of pregnancy might different on account of their personal circumstances.

	Grace	Stephany
Access to medical care		
Complications of pregnancy		
Effect on child		
Effect on mother's future		

(8)

1.3 Is physical abuse always intentional? (4)

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QUESTION 2

2.1 Choose the correct word or words from those given in brackets. Write only the word or words next to the question number (2.1.1–2.1.10) in the ANSWER BOOK.

2.1.1 The (blastocyst/zygote) implants in the endometrium of the uterus.

2.1.2 The situation when a person who is not able to stop drinking alcohol once he/she has started drinking is known as (loss of control/tolerance).

2.1.3 The (Act for the Elderly No 9 of 2003/Older Persons Act No 13 of 2006) obligates everyone to report the abuse of the elderly.

2.1.4 (Primary/Secondary) infertility is the inability to fall pregnant after previous pregnancies.

2.1.5 Feeling an extreme sense of loneliness is an example of a disturbance in (behaviour/emotion).

2.1.6 (Parkinson's disease/Stroke) is a progressive nervous system disorder that often presents with tremors or shaking.

2.1.7 Rape is an (intentional/unintentional) injury.

2.1.8 Psychological after-effects of abuse may include (PTSD/PCOS).

2.1.9 (Pre-menstrual syndrome/Postpartum depression) is commonly mistaken for 'baby blues' but is more severe and lasts longer.

2.1.10 (Existentialist/Developmental) theory explains that a person's attachment and initial separation from the primary caregiver influences how the person deals with anxiety throughout life.

(10 × 1) (10)

2.2 What is the medical term for the start of sperm development in boys when they enter puberty? (1)

2.3 What are *undescended testes*? (2)

2.4 Give ONE function of each of the following:

2.4.1 Penis

2.4.2 Prostate gland

2.4.3 Sperm

(3 × 1) (3)

2.5 Name SIX physical changes boys experience during puberty. (6)

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

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QUESTION 3

3.1 Define the following terms:

3.1.1 Injury (2)

3.1.2 Violence (3)

3.2 Name THREE individual factors that increase the risk that an individual may commit acts of violence. (3)

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

3.4 Name SIX basic activities of daily living. (6)

3.5 Read the scenario below and answer the questions.

Betty is 85 years old and has Alzheimer's disease. She lives with her grandson, Pete. Pete struggles to cope looking after her and helping her with her daily needs, and has asked a care agency for help. The agency assesses the situation and presents the following findings:

- Betty has cataracts.
- She has to use a walker to move around.
- She has urinary incontinence.
- She forgets to eat and drink.
- She finds it difficult to prepare her own food when she remembers to eat.
- She forgets to brush her teeth and comb her hair.
- She has crippling osteoarthritis.
- She is unable to bathe or dress herself.
- The care agency finds her morning medication still next to her bed at 2pm in the afternoon.

3.5.1 What is *Alzheimer's disease*? (3)

3.5.2 Name THREE physical changes or conditions Betty experiences due to her age. (3)

3.5.3 Identify TWO instrumental activities of daily living Betty needs help with. (2)

3.5.4 What do you think the care agency should recommend? (2)

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QUESTION 4

4.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

4.1.1 Cutting yourself with a razor is an example of disturbed thinking.

4.1.2 A pregnant woman should determine her HIV status as soon as possible.

4.1.3 You are at higher risk of developing a mental illness than the rest of the population if your mother was diagnosed with mental illness.

4.1.4 A mammogram detects cervical cancer in women.

4.1.5 Population ageing refers to the increasing proportion of people shifting from puberty to adulthood in a population.

4.1.6 Using drugs such as tik (methamphetamine) can cause disorientation in a person.

4.1.7 Pregnancy can increase a woman's risk of anaemia.

4.1.8 Osteoporosis is more common in men.

4.1.9 Smoking while pregnant can lead to foetal death.

4.1.10 Obesity is a form of malnutrition.

(10 × 1) (10)

4.2 State FIVE guidelines for introducing solid foods to a baby. (5)

4.3 Read the scenario below and answer the questions.

> A female student took her own life after learning that she would no longer receive the bursary she needed to continue her studies. She suffered from depression and anxiety, and had attempted suicide before. Her foster parents commented that she recently expressed extreme anger and fear, became more withdrawn, and the news that she would no longer receive a bursary seemed to have been the reason her mental health deteriorated even further.

4.3.1 Define *mental health*. (5)

4.3.2 Identify the type of disturbance the female student suffered from in 'expressing extreme anger and fear'. (2)

4.3.3 Which factors do you think contributed to her poor mental health and eventual suicide? (4 × 2) (8)

[30]

QUESTION 5

5.1 Choose a contraceptive method from COLUMN B that matches a description 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	Polyurethane pouch that lines the vagina and is inserted prior to coitus	A	cervical diaphragm
5.1.2	The entire penis is withdrawn from the vagina before ejaculation	B	vasectomy
5.1.3	Oral medication taken daily to stop ovulation	C	hormonal pill
5.1.4	Foam, cream or jelly preparation inserted into the vagina prior to coitus	D	coitus interruptus
5.1.5	Abstaining from coitus around ovulation when the woman is most fertile	E	female condom
5.1.6	A small copper device inserted into the uterus by a health professional	F	tubal ligation
5.1.7	Cutting and tying off the fallopian tubes	G	depo-provera
5.1.8	A contraceptive injection containing a synthetic hormone	H	intrauterine device
5.1.9	A dome-shaped device which is placed over the cervix prior to coitus	I	spermicide
5.1.10	Cutting and tying off the vas deferens	J	male condom
		K	periodic abstinence

(10 × 1) (10)

5.2 Name FOUR reflexes present in newborns. (4)

5.3 List SIX findings recorded for monitoring in the Road to Health booklet. (6)

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5.4 Arrange the following skills in the order in which they should be achieved:

saying one- and two-syllable words; running; following objects with eyes; controlling elimination; sitting for short periods of time; first steps

(6)

5.5 Why do you think some communities seem to suffer more violence than others? (4)

[30]

QUESTION 6

6.1 Define *ectopic pregnancy*. (2)

6.2 What are the emotions a woman might experience following an abortion? (3)

6.3 What are the physical effects of abortion a woman might experience? (6)

6.4 Name FIVE ways in which children benefit from physical exercise. (5 × 2) (10)

6.5 Explain why it may be difficult for elderly people to ensure that children in their care adhere to the vaccination schedule. (4)

6.6 Why is vaccination a public health issue? (5)

[30]

TOTAL: 180

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