higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 3

8 December 2020

This marking guideline consists of 9 pages.

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QUESTION 1

1.1
1.1.1 F
1.1.2 B
1.1.3 A
1.1.4 H
1.1.5 I
1.1.6 E
1.1.7 D
1.1.8 C

(8 × 1) (8)

1.2 Basic activities of daily living are the basic self-care tasks or most basic activities that must be performed daily. Instrumental activities of daily living are more complex skills not necessary for fundamental functioning, but that allow one to live independently. (2 + 2) (4)

1.3 1.3.1
- Bathing/Washing
- Getting dressed
- Bowel and bladder management/Going to the toilet
- Functional mobility (walking with a walking stick) (Any 3 × 1) (3)

1.3.2
- Preparing meals/Cooking
- Doing housework/Cleaning
- Taking medication as prescribed/When she should (3)

1.3.3
- Her family can place her in a nursing home.
- Her family can provide a home-carer/live-in nurse to assist her.
- Rose could move in/live with family who are able to assist her.

(Any relevant 1 × 2) (2)

1.3.4
- Rose is experiencing financial/material abuse.
- Her son is taking most of her pension to support his family. (2)

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1.4
- Women who experience sexual violence may
  - contract STIs
  - suffer urinary tract infections
  - experience pelvic pain
  - suffer genital injury
  - have unwanted pregnancies
  - become pregnant at a young age
  - have a baby with a low birth weight
  - suffer miscarriage
  - seek abortions
- Physical violence may result in injuries that require medical intervention.
- Children of victims often suffer violence✓ or become perpetrators.✓
- Mental health-related consequences may include post-traumatic stress disorder (PTSD), depression, anxiety, suicidality and sleep disturbances.
- Victims may engage in substance abuse✓ or other forms of self-harm.✓
- Survivors of gender-based violence may face stigma or rejection from their family or community. (Any relevant 8 × 1) (8)

[30]

QUESTION 2

2.1 Mental health is a state of wellbeing✓ in which an individual realises his/her own abilities,✓ copes with the normal stresses of life,✓ works productively and fruitfully✓ and contributes to his/her community.✓ (5)

2.2
- Psychodynamic/Psychoanalytical theories
- Cognitive-behavioural theories
- Existentialist theory
- Developmental theories
- Attachment theories
- Biopsychosocial model
- Evolutionary psychology theories (Any 3 × 1) (3)

2.3
- Mammogram
- Pap smear
- Bone-density test (3)

2.4
- Cervical cancer
- Breast cancer
- Ovarian cancer
- Uterine/Endometrial cancer
- Vaginal cancer
- Vulvar cancer
- Fallopian tube/Tubal cancer (Any 4 × 1) (4)

2.5 2.5.1

- Raises head and chest/shoulders while on tummy
- Follows moving objects with eyes
- Lost the Moro, rooting and grasp reflexes
- Recognises familiar objects and people at a distance
- Makes cooing sounds and turn head towards some sounds
- Develops a social smile
- Opens and shuts hands
- Produces real tears (Any 3 × 1) (3)

2.5.2

- The baby's head and neck control have developed enough.
- The baby shows readiness to chew and does not automatically push food from his/her mouth with his/her tongue./The tongue-thrusting reflex is fading.
- The baby can sit up.
- The baby is trying to put things into his/her mouth or chews his/her hands excessively.
- The baby has doubled its birth weight.
- The baby is on formula feeds and wants to feed every few hours.
- The baby demands to be breastfed more than eight to ten minutes a day and still seems hungry. (Any 4 × 1) (4)

2.5.3

- Most babies are only developmentally ready for solids from four to six months,✓✓ as a complement to breast milk or formula.
- Starting solids before the age of four months risks
  - food being aspirated (sucked into the airway)✓✓
  - the baby being malnourished (too many or too few calories or nutrients)✓✓
  - obesity later✓✓
- Introducing solids too early has been associated with the development of allergies.✓✓ (Any 2 × 2) (4)

2.6

- It is a strategy to improve health by monitoring development.
- Monitoring child health reduces the risk of child morbidity and mortality.
- It ensures screening and health management for the child./It allows for early identification and management of problems to avoid complications later on.
- It promotes and facilitates communication and patient tracking between healthcare providers and facilities.
- It is a guide to routine healthcare.
- It provides the child's medical history, growth and development.

(Any 2 × 2) (4)
[30]

QUESTION 3

3.1 3.1.1 Abuse is a set of behaviours/actions✓ used by someone to control or have power over✓ someone else. (2)

3.1.2 Violence is the intentional✓ use of physical force or power,✓ threatened or actual,✓ against oneself, another person or a group or community,✓ that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation.✓ (Any 4 × 1) (4)

3.2
- Self-directed violence: Violence in which the perpetrator and the victim are the same individual (suicide).
- Interpersonal violence: Violence between individuals (domestic violence).
- Collective violence: Violence committed by larger groups of individuals (political riots or war). (3 × 2) (6)

3.3 3.3.1
- Male condom
- Female condom
- Cervical diaphragm
- Spermicide (Any TWO)

3.3.2
- Abstinence
- Rhythm method
- Coitus interruptus (Any TWO)

3.3.3
- Oral contraceptive pill
- Injection
- Intrauterine device (Any TWO)

(3 × 2) (6)

3.4
- Highly effective if used correctly
- Convenient
- Allows for spontaneity in lovemaking
- Offers a range of benefits besides pregnancy prevention, including regulation of menstrual cycles, etc.
- Effects are reversible – can stop if pregnancy is desired (Any 2 × 1) (2)

3.5
- Must be taken regularly depending on the type
- Must take continuously
- Expensive
- Requires doctor's visit and prescription
- Will not protect against STIs
- Must be used in advance to be effective
- Unpleasant side effects or increased health risks
- Not necessarily safe for use by everyone, depending on medical history

(Any 2 × 1) (2)

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3.6
- Delays a first pregnancy
- Prevents unwanted or unplanned pregnancies
- Spaces pregnancies
- Regulates menstrual cycles
- Makes periods less painful
- Controls hormonal acne
- Helps manage endometriosis
- Reduces the risk of certain health conditions, such as ovarian cysts

(Any 4 × 1) (4)

3.7 Family planning refers to actions✓✓ a couple takes to avoid a pregnancy, while contraception refers to the variety of methods available✓✓ to avoid a pregnancy. (Any relevant 2 + 2) (4)

[30]

QUESTION 4

4.1
4.1.1 Unintentional
4.1.2 Intentional
4.1.3 Intentional
4.1.4 Intentional
4.1.5 Unintentional
4.1.6 Intentional
4.1.7 Intentional
4.1.8 Unintentional
4.1.9 Unintentional
4.1.10 Intentional

(10 × 1) (10)

4.2
- Abdominal soreness and cramping
- Vaginal bleeding
- Vomiting or nausea
- Complications/Infection may be indicated by heavy bleeding, fever, severe pelvic pain, severe stomach pain
- Death

(Any 5 × 1) (5)

4.3 A range of mixed emotions would be normal. A woman may:
- feel tearful, moody and emotional
- experience the stages of grief
- suffer shock✓ and denial✓ or disbelief
- become angry✓ and try to blame God, her doctor, others or herself✓
- experience feelings of guilt
- suffer depression
- struggle or try to find peace and accept what has happened to move on
- feel relief if the pregnancy was unwanted or if she felt unready

(Any relevant 5 × 1) (5)

4.4
- Ensure clean hands./Wash your hands before picking up your baby.
- To prevent cradle cap, wash the baby's hair every other day using a mild baby shampoo.
- Bath the baby daily to increase circulation,✓ protect against harmful microorganisms✓ and increase/strengthen bonding.✓
- Clean the umbilical cord when the nappy is changed, using surgical spirits or alcohol swabs to reduce the risk of infection.
- Use small nail scissors to trim the nails. This can be done after bathing, when the nails are softer.
- Keep the baby's nose unclogged and clean dried mucous with a wipe or soft damp cotton cloth.
- Change nappies regularly,✓ clean the buttocks and genitalia with a clean wipe, cloth or cotton wool and water✓ wiping from top to bottom/front to back.✓ Apply a barrier cream where needed.✓
- Keep toys clean. (Any relevant 5 × 1) (5)

4.5
- Feelings like love, shame and anger can become mixed up as a result of abuse and confused with sexual feelings later on and misinterpreted as love and passion.
- This type of relationship feels familiar and they might believe abusive relationships are normal.
- They may idealise their partner, having learnt to cope by retreating into fantasy, not recognising the reality of their situation and not acknowledging that their relationship is abusive.
- They may have feelings of inadequacy and low self-esteem, believing this is what they deserve.
- They may engage in an abusive adult relationship to relive their childhood relationship and try to fix the problems this time around in an attempt to heal.
- They may become the abuser in their adult relationships in an attempt to overcome the powerlessness they felt as children.
- They may believe abuse is inevitable and try to hurt others before they get hurt. (Any 5 × 1) (5)

[30]

QUESTION 5

5.1
5.1.1 B
5.1.2 D
5.1.3 B
5.1.4 A
5.1.5 B
5.1.6 B
5.1.7 D
5.1.8 D

(8 × 1) (8)

5.2 5.2.1 Foetal alcohol syndrome (2)

5.2.2
- Small head
- Small, wide-set eyes
- Thin upper lip
- Short, upturned nose
- Broad nasal bridge
- Smooth skin surface between the nose and upper lip
- Skeletal abnormalities/deformities of joints, limbs and fingers
- Below average height and weight (Any 4 × 1) (4)

5.2.3 Multigravida (1)

5.2.4 Third trimester (1)

5.2.5 It should be viable✓ because she is 38 weeks pregnant and pregnancies are usually viable after 26 weeks.✓ (Any 1 × 2) (2)

5.2.6
- Craving: A strong need or urge to drink
- Loss of control: Not being able to stop drinking once drinking has begun
- Physical dependence: Withdrawal symptoms, such as nausea/ sweating/shakiness and anxiety after drinking stops
- Tolerance: The ability and need to drink greater amounts of alcohol to get the same feeling again (4 × 2) (8)

5.2.7 Mary has not acted responsibly because her first child has been diagnosed with FAS, meaning that she likely drank alcohol during the pregnancy✓✓ and now she is only going for her first antenatal appointment towards the end of her second pregnancy at 38 weeks.✓✓ (2 × 2) (4)

[30]

QUESTION 6

6.1 6.1.1 incontinence
6.1.2 Anorexia nervosa
6.1.3 population
6.1.4 Immunisation
6.1.5 Secondary
6.1.6 hearing
6.1.7 thrush
6.1.8 Spontaneous

(8 × 1) (8)

6.2 Excessive loss of fluid from the body (2)

6.3
- Diarrhoea
- Vomiting
- Sweating
- Lack of fluid intake (Any 3 × 1) (3)

6.4
- Listlessness
- Sunken fontanel
- Sunken eyes
- Reduced urine output/Wetting nappy less frequently
- Dry mouth
- Rapid breathing
- Less elasticity in the skin
- Fewer or no tears when crying
- Irritability
- Sleepiness (Any 3 × 1) (3)

6.5
- 1 litre cooled boiled water
- Six level teaspoons of sugar
- ½ level teaspoon of salt (3)

6.6
- Diarrhoea for more than two days
- Fever
- Vomiting for more than one day
- Decreased urine production (Any 3 × 1) (3)

6.7 Family can have a positive or negative effect on mental health:
- Family violence/Domestic violence and abuse can have detrimental effects on mental health later on, resulting in poor self-esteem, disorders such as depression and anxiety, problems maintaining healthy relationships, etc.
- Learned behaviour from parents can affect how one handles everyday stressors and can affect mental health and wellbeing.
- Children may inherit genetic predispositions from parents having a higher risk for certain mental illnesses.
- Healthy, positive, stable and supportive family relationships with healthy attachments and bonding early on in life can help to transfer skills that assist individuals in maintaining healthy adult relationships and coping better with daily stressors, resulting in better mental health and wellbeing.

(Any 4 × 2) (8)
[30]

TOTAL: 180

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