higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 4

(9020034)

1 December 2020 (X-paper)
09:00–12:00

This question paper consists of 6 pages.

165Q1N2001

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TIME: 3 HOURS
MARKS: 200

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

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QUESTION 1

Read the case study below and answer the questions.

Mr Jackson (39 years) lives with his wife and disabled daughter. He suffered a stroke due to chronic high blood pressure. He must learn to walk again.

1.1 State FIVE advantages a dog would have for Mr Jackson's health. (5 × 2) (10)

1.2 Which factors should Mr Jackson consider when selecting a pet? (5 × 2) (10)

1.3 Mr Jackson's daughter was diagnosed with cerebral palsy at birth.

1.3.1 Define the term *cerebral palsy*. (3)

1.3.2 Name and explain THREE reasons why a pet can be beneficial to Mr Jackson's daughter. (3 × 2) (6)

1.4 State and explain FIVE disadvantages of having a pet. (5)

1.5 State SIX important points the Jackson family should do or not do, in order to reduce health risks once they have acquired a pet. (6)

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QUESTION 2

2.1 State and explain SEVEN points of things that can be done to promote a healthy environment. (7 × 2) (14)

2.2 How would deforestation affect climate change? (4 × 2) (8)

2.3 Copy and complete the table below in the ANSWER BOOK and give THREE points to differentiate between *biodegradable waste products* and *non-biodegradable waste products*.

BIODEGRADABLE	NON-BIODEGRADABLE
(3)	(3)

(Any relevant 3 × 2) (6)

2.4 Name FOUR stages in the waste management hierarchy from the best method to the least desired method. Provide an example of each stage. (4 × 2) (8)

2.5 State FOUR points of what families or individuals can do to reduce their own waste production. (4)

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QUESTION 3

3.1 Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–F) next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1.1	Health promotion focusing on the prevention of oral disease	A	oral health
3.1.2	High number of deaths among mothers and children	B	occupational health
3.1.3	Promotion of planning the number of children	C	family planning
3.1.4	Protection and promotion of workers' health and safety	D	health education
3.1.5	Blood pressure monitoring programmes	E	mortality rate
		F	cancer awareness programmes

(5 × 1) (5)

3.2 Discuss FIVE reasons why a handwashing awareness campaign forms part of health promotion. (5 × 2) (10)

3.3 Draw a mind map illustrating the key action areas of the health promotion practice. (5)

3.4 Read the case study and answer the questions.

A trained first aider is the first person at a road accident scene. Upon investigation a woman is lying unconsciously, but still breathing. Her husband is groaning about a light bleed to his leg, their son is dead on arrival and their daughter sustained a fracture to her arm.

3.4.1 Triage the family in the case study from the highest priority to the least important. Substantiate each choice. (4 × 2) (8)

3.4.2 Give the numbers of the following emergency services:

(a) Ambulance service

(b) National emergency response

(c) South African Emergency Services

(3 × 1) (3)

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3.4.3 Describe the role of a trained first aider and the first person at the accident scene, in dealing with the unconscious woman in the above case study. (4)

3.4.4 When calling emergency services in relation to the accident in the case study, state the information the first aider should give them. (5)

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QUESTION 4

4.1 Define the term *noise pollution*. (3)

4.2 Which unit is used to measure sound? (1)

4.3 Indicate the number of units and the duration of noise which can damage hearing. (2)

4.4 Answer the questions regarding Mr Bailey in the image below.



[Adapted from: *http://www.google image – iPod hearing loss on 2 September 2019*]

4.4.1 Explain to Mr Bailey what the effects of chronic exposure to noise would be on his hearing. (5)

4.4.2 Explain to Mr Bailey how he can avoid hearing loss while using earphones. (5 × 2) (10)

4.4.3 Describe how you would identify that Mr Bailey suffers from hearing loss. (5)

4.5 The best way to clean your ears is to insert a cotton bud to remove the wax.

State whether you 'Agree' or 'Disagree' with this statement and give THREE reasons for the answer. (1 + 3) (4)

4.6 Name and explain FIVE effects of inadequate housing on personal health. (5 × 2) (10)

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QUESTION 5

5.1 Answer the questions with regard to the picture.



[Adapted from: *http://www.cei-international.org/learners-with-disability/ on 3 July 2019*]

5.1.1 Provide THREE reasons why students with physical disabilities should have access to education? (3 × 2) (6)

5.1.2 What advice should be given to the family of the disabled child? (5)

5.2 Complete the table below by writing the missing information regarding disabilities next to the question number (5.2.1–5.2.10) in the ANSWER BOOK.

TYPES OF DISABILITIES	DEFINITION	EXAMPLE
Physical disabilities	5.2.1	Paraplegia
5.2.2	Person has trouble to take in information.	Dyslexia
Sensory disabilities	5.2.3	5.2.4
5.2.5	Mental illness	5.2.6
Neurological	5.2.7	5.2.8
Non-visible disabilities	5.2.9	5.2.10

(10)

5.3 Name the THREE workplace legislation acts. (3)

5.4 Health and safety in the workplace are a team effort.

Give your opinion regarding this statement. (5 × 2) (10)

5.5 Name the FOUR sets of categories of OHSA's regulations. (4)

5.6 Name TWO diseases which a person can contract in the workplace. (2)

[40]

TOTAL: 200

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