higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CHILD HEALTH N4

1 JUNE 2018

This marking guideline consists of 7 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	B		
	1.1.2	B		
	1.1.3	B		
	1.1.4	B		
	1.1.5	D		
	1.1.6	C		
	1.1.7	C		
	1.1.8	B		
	1.1.9	B		
	1.1.10	D		
			(10 × 2)	(20)
1.2	1.2.1	D		
	1.2.2	E		
	1.2.3	C		
	1.2.4	F		
	1.2.5	B		
			(5 × 2)	(10)
1.3	1.3.1	False		
	1.3.2	True		
	1.3.3	True		
	1.3.4	False		
	1.3.5	True		
			(5 × 2)	(10)
1.4	1.4.1	Liver		
	1.4.2	Incubation period		
	1.4.3	Enuresis		
	1.4.4	Episiotomy		
	1.4.5	Allergy		
			(5 × 2)	(10)
				[50]

SECTION A: 50

SECTION B

QUESTION 2

2.1 2.1.1 Little girl's genitals

- To avoid possible bladder infections.
- Wipe from front to back so that bacteria from the anus are not introduced into the urinary passages.
- Lift the infant's hips, holding the feet and wipe the anus, the buttock area and the thighs. (6)

2.1.2 Little boy's genitals

- Lift up the testicles and wash gently under them.
- Clean the testes and under the penis with fresh cotton wool.
- Clean the penis but do not pull the foreskin back over the glans or head of the penis until it loosens itself.
- Lift the infant's hips, holding the feet and wipe the anus, the buttock area and the thighs. (8)

2.2

- The heart receives oxygen-rich blood from the lungs.
- It pumps oxygen-rich blood to the body.
- It receives carbon dioxide-rich blood from the body.
- It pumps carbon dioxide-rich blood to the lungs so that the carbon dioxide can be exhaled. (6)

2.3 2.3.1

- Food must be properly refrigerated.
- Always use pasteurised milk.
- Meat must be inspected.
- Avoid food and milk which have been contaminated by bacteria. (4)

2.3.2 Adequate ventilation, sunshine and fresh air must be available. (2)

2.3.3

- Daily removal of garbage is important.
- Children must be taught to cultivate healthy toilet habits.
- Garbage must not be buried, it can pollute the soil and expose children playing in the soil to health hazards. (3 × 2) (6)

2.4 The infant may suffocate, which may lead to death. (2)

2.5

- Do not use scented bath oil or bath salts. It may cause infection.
- Use a moisturising cream to keep your skin supple.
- Drink sufficient water.
- Bath or shower daily. (4 × 2) (8)

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2.6 2.6.1 Keep your family away from any place where people usually smoke. (2)

2.6.2
- Asthma
- Bronchitis
- Cough
- Cancer (4 × 1) (4)

2.6.3 Lungs (2)
[50]

QUESTION 3

3.1 3.1.1
- Temperature above 37 ˚C
- Runny nose
- Cold shivers
- Sore muscles
- Sweating
- Weakness and sluggishness
- Diarrhoea, vomiting or nausea
- Sore throat
- Headache
- Cough (Any 5 × 1) (5)

3.1.2
- Give extra liquids to drink.
- Keep the child in bed.
- Keep child at home to avoid the spread of infections.
- Wash your hands frequently with soap and water.
- Destroy all used tissues immediately by flushing them down the toilet to avoid the spread of the virus. (Any 3 × 1) (3)

3.1.3
- Shake thermometer down with four or five short jerking movements of the wrist so that the mercury falls to below 34 degrees.
- Place the point of the thermometer in the child's armpit and put his arm against his body.
- Keep the thermometer there for two minutes.
- Take the reading in good light by holding the thermometer horizontally with the white side behind.
- Record the temperature on a temperature chart. (The normal body temperature is 36,5 to 37,5 degrees). (5 × 2) (10)

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3.2
- It is not natural and not best suited to human needs.
- It is not as easily digested as breast milk.
- Feeds can be made up incorrectly because of a lack of knowledge.
- Infections can develop as a result of contamination of bottles and/or teats.
- There is a risk of over-feeding the infant through over-concentrated feeds.
- Adding cereals, sugar or honey to the milk feed may results in obesity, constipation and/or diarrhoea.
- There are risks associated with prop-feeding, for example choking and middle-ear infections.
- The expense may tempt the mother to over-dilute the feed which may cause weight loss. (8 × 2) (16)

3.3 To avoid the circulation of bacteria and germs. (2)

3.4
- To maintain body temperature
- To protect sensitive skin areas against sunburn and chafing
- To comply with socially acceptable norms (3 × 1) (3)

3.5 3.5.1
- Adoption
- Specific medication for severe diseases
- Where breastfeeding may worsen the mother's condition
- Where a mother with a mental problem may harm her infant

(4 × 2) (8)

3.5.2 The HIV/AIDS virus might be found in breast milk and infect the infant. (2)

3.6 Three times (1)
[50]

QUESTION 4

4.1 4.1.1 To build up enough antibodies to fight against infectious diseases. (2)

4.1.2
- South African Red Cross
- The South African Association for Child and Family Welfare
- The Salvation Army
- The Gift of the Givers Foundation (Any 2 × 1) (2)

4.1.3
- 2 ℓ boiled water
- 16 level teaspoons glucose/sugar
- 1 level teaspoon salt
- Mix all ingredients together and give a minimum of 100 ml

(4 × 1) (4)

4.2
- Temporary lowered fertility
- No unnecessary blood loss, therefore less anaemia
- No premenstrual tension (PMT) because of no periods
- Less depression because prolactin – the hormone released when breastfeeding – has a relaxing effect on the mother.
- When baby suckles, the uterus contracts and returns to normal sooner than a non-breastfeeding mother's uterus.
- Breastfeeding mothers regain their figures sooner because the body breaks down accumulated fat faster.
- A lower incidence of breast cancer.
- The high levels of prolactin have a positive influence on bonding between mother and baby.
- It is practical and convenient even when travelling, on holiday or at night.
- It is economical but requires the mother to have an adequate, balanced diet.
- It is always fresh, the right temperature and in sterile containers.

(Any 5 × 2) (10)

4.3
- Follow the diet which has been prescribed by the doctor.
- Study the labels on products.
- Completely eliminate the foods which cause the allergy. (3 × 2) (6)

4.4
- Restlessness
- Continuous crying
- Poor sleeping patterns
- Vomiting
- Abnormal stools (5 × 1) (5)

4.5 She will be dizzy and eventually faint. (2)

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4.6
- Face towels are always wet and keep the germs and bacteria.
- The wrong towel can be used to wipe a child, which will cause the transmission of diseases. (2 × 2) (4)

4.7
- Milk and milk products
- Egg white (the albumin, a protein)
- Citrus fruits
- Wheat, mealies, fish, tomatoes or chocolate
- Food colourants and preservatives like tartrazine (5 × 1) (5)

4.8
- Change the nappies frequently.
- Wash the area well with a mild soap and lukewarm water after each stool, dry gently.
- Use a one-way nappy liner and change nappies as often as possible.
- Rub a barrier cream which contains zinc and castor oil on the area.
- Expose the baby's bottom to warm air.
- Wash nappies with non-biological washing powder. (Any 5 × 2) (10)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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