higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N110**(E)**(J1)H

NATIONAL CERTIFICATE

CHILD HEALTH N4

(9070244)

1 June 2018 (X-Paper)
09:00–12:00

This question paper consists of 8 pages.

Copyright reserved

DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
CHILD HEALTH N4
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. Write neatly and legibly.

Copyright reserved

SECTION A

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 (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 A symptom of constipation is …

A frequent slimy, large stools.
B irregular and delayed stools.
C loose stools.
D a runny tummy.

1.1.2 In which labour stage does the mother experience a desire to push:

A First stage
B Second stage
C Third stage
D Fourth stage

1.1.3 Which one of the following is NOT a cause for a baby's crying:

A The baby might be hungry.
B The baby might need loud music or bright light.
C The baby might feel lonely or bored.
D The baby might feel discomfort.

1.1.4 The olfactory organ is the …

A tongue.
B nose.
C skin.
D ear.

1.1.5 Educarers can protect themselves against illness at the day-care centre by …

A regular contact with sick children.
B allowing sick children to share their toys with others.
C feeding sick children with others from the same bowl using the same utensils.
D excluding sick children from the day-care centre.

1.1.6 Which one of the following is NOT a symptom of pregnancy:

A Tiredness
B Haemorrhoids
C Excessive foetal movement
D Increased weight

Copyright reserved

1.1.7 Environmental preparation for bathing a baby includes …

A allowing hot water to run first.
B using an open-bar heater in the room.
C closing the windows and doors to prevent a draught.
D leaving the door of the bath area open while preparation takes place.

1.1.8 Which one of the following is NOT needed to clean or sterilise bottles?

A Salt
B Detergent
C Bottle brush
D Teat brush

1.1.9 The average pregnancy lasts approximately …

A 6 weeks.
B 40 weeks.
C 90 weeks.
D 60 weeks.

1.1.10 Treatment for engorged breasts is to …

A apply nipple cream.
B expose the nipples to direct sunlight.
C apply spinach leaves.
D apply cabbage leaves.

(10 × 2) (20)

1.2 Choose an item from COLUMN B that matches a description in COLUMN A. Write only the letter (A–F) next to the question number (1.2.1–1.2.5.) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.2.1	The genetic constitution of an individual	A	vitamin A
1.2.2	The essential clothing and linen to cater for initial needs of a new-born	B	weaning
1.2.3	Washing of the face, hands, and nappy area without washing the whole body	C	topping and tailing
1.2.4	A result of too little or no vitamins in a diet	D	heredity
1.2.5	Introduction of solid foods to an infant	E	layette
		F	Avitaminosis

(5 × 2) (10)

Copyright reserved

1.3 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.3.1–1.3.5) in the ANSWER BOOK.

1.3.1 Creamers and dairy blends are suitable for infant feeding.

1.3.2 All children with conjunctivitis (pink eyes) must stay at home until they have recovered.

1.3.3 Weaning is necessary if the mother of the baby has a mental problem and she can hurt the baby.

1.3.4 Educarers may diagnose or treat any illness in infants or toddlers.

1.3.5 Jewelleries must be removed when bathing a baby.

(5 × 2) (10)

1.4 Give ONE word/term for each of the following descriptions by choosing a word/term from the list below. Write only the word/term next to the question number (1.4.1–1.4.5) in the ANSWER BOOK.

encopresis (bed soiling); episiotomy; enuresis; allergy; incubation period; liver

1.4.1 Detoxifies substances such as alcohol

1.4.2 The period from penetration by a disease-carrying organism until the symptoms appears

1.4.3 Inability to control urination, especially at night or when the child is sleeping

1.4.4 The cut in the tissue between the vagina and anus to enlarge the vaginal opening

1.4.5 The response of the body to a specific irritant

(5 × 2) (10)

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Advise the mother of a baby on how to clean and handle genitals during the bathing process of a:

2.1.1 Baby girl (6)

2.1.2 Baby boy (8)

2.2 List any THREE functions of the heart. (6)

2.3 Explain how the following environmental health factors can be taken care of to protect people against contagious diseases:

2.3.1 Food and milk hygiene (4)

2.3.2 Housing (2)

2.3.3 Refuse and sewerage removal (6)

2.4 Explain the risks of leaving a baby to sleep with a feeding bib. (2)

2.5 Advise a pregnant woman on how to take care of her skin and face. (8)

2.6 The toxin chemicals in third-hand smoking stick around even after the smoker have put out the cigarette, cigar or pipe; the smoke gets trapped in hair, skin, fabric, carpet, furniture and toys.

Source:*[www.timetostart.co.za]*

2.6.1 Suggest a way to protect yourself, pregnant women, your children and your family from second- and third-hand smoke. (2)

2.6.2 Mention FOUR diseases that can be caused by exposure to second-hand smoke. (4)

2.6.3 Which respiratory organ is highly affected by smoking? (2)

[50]

Copyright reserved

QUESTION 3

3.1 Families with school-age children have more flu infection than others. On average, one-third of family members are infected with flu passed on by a child each year.

[Source: *www.medinformer.co.za*]

3.1.1 List FIVE flu symptoms. (5)

3.1.2 Suggest any THREE precautionary measures that can be applied to avoid spreading flu and colds. (3)

3.1.3 Explain FIVE procedures to be followed when measuring the temperature with a mercurial thermometer. (10)

3.2 List EIGHT disadvantages of artificial (formulae) feeding. (16)

3.3 State the reason why an educarer must disinfect the bath before using it for another infant or toddler. (2)

3.4 Give THREE functions of clothing. (3)

3.5 There are social problems that may force mothers to wean their babies during the early weeks after birth.

Source: *[Child Health N4 manual]*

3.5.1 Describe the situations that will enforce weaning. (8)

3.5.2 Explain the risk of breastfeeding while living with HIV/AIDS and not taking treatment. (2)

3.6 How many times should towelling nappies be rinsed to prevent nappy rash? (1)

[50]

QUESTION 4

4.1 People were displaced due to terrorism; they were forced to run from their homes. These people have left everything behind to flee to safety; they end up living in camps. They need assistance such as healthcare, water, hygiene and sanitation. They have to rely on a river, a well or one or two taps to get their water for drinking, washing, cooking and laundry.

[Source: *www.msf.org.za/pushthelimits*]

4.1.1 Why is it necessary for children to get immunisation? (2)

4.1.2 Give TWO South African welfare organisations that can provide supportive services to these affected people. (2)

4.1.3 Cholera can cause serious diarrhoea.

Explain the mixture for the electrolyte solution. (4)

4.2 What are the benefits for the mother when breastfeeding? (10)

4.3 Suggest THREE ways to prevent food allergies. (6)

4.4 List FIVE general signs and symptoms of feeding problems in babies. (5)

4.5 Explain why a pregnant woman must not bath in very hot water. (2)

4.6 Provide TWO reasons why face towels are no longer used at day care centres (4)

4.7 List FIVE common food allergies. (5)

4.8 Explain FIVE ways in which nappy rash can be treated. (10)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

Copyright reserved