higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CHILD HEALTH N4

24 May 2021

This marking guideline consists of 8 pages.

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SECTION A

QUESTION 1

1.1 D
1.2 C
1.3 D
1.4 C
1.5 B
1.6 A
1.7 B
1.8 B
1.9 D
1.10 C
1.11 B
1.12 C
1.13 C
1.14 C
1.15 A

(15 × 1) **[15]**

QUESTION 2

2.1 False
2.2 True
2.3 True
2.4 False
2.5 False
2.6 True
2.7 True
2.8 False
2.9 True
2.10 True

(10 × 1) **[10]**

QUESTION 3

3.1 C
3.2 F
3.3 E
3.4 B
3.5 A

(5 × 2) **[10]**

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QUESTION 4

4.1 Supplementary feed
4.2 Community
4.3 Layette
4.4 Genetics
4.5 Metabolism
4.6 Environmental health
4.7 Colostrum
4.8 Poliomyelitis
4.9 Upright method
4.10 Safety grip
4.11 Nervous system
4.12 Express
4.13 Top-and-ail
4.14 Passive immunity
4.15 Olfactory

(15 × 1) **[50]**

TOTAL SECTION A: 50

SECTION B

QUESTION 5

5.1 5.1.1
- Changing mat or bed for baby
- A towel for baby to lie on
- Clean nappy
- Face cloth for washing baby's face
- Cloth for washing baby's bottom
- Basin of tepid water
- A towel for drying baby
- Cotton wool to clean eyes
- A small bowl with tepid water for cleaning eyes
- Baby soap, barrier cream (Any 8 × 1) (8)

5.1.2
- Use a mild detergent to prevent rashes or allergic reactions.
- Fabric softeners are not recommended as they can also cause rashes and allergic reactions.
- Extra care should be taken with woollen garments.
- Dry in the sun. (Any 3 × 1) (3)

5.1.3
- To keep baby warm and cosy on cold days
- To protect the baby from the sun and elements
- To look attractive (3 × 2) (6)

5.2
- Change baby's nappy regularly.
- Use a mild soap for washing the nappy area.
- Do not use strong detergents for washing nappies.
- Use a barrier cream.
- Let baby lie without a nappy to expose to fresh air.
- Wipe nappy area after changing with tepid warm water and let it dry. (6)

5.3
- Always keep the baby warm and comfortable.
- Avoid crowded areas.
- Do not entrust the baby to strangers.
- Take time to bond with the baby.
- Ask for help or support if you are struggling.
- Report any problems to medical staff.
- Take baby to the clinic for first check-up, and ensure healthy development is taking place.
- Get baby into a routine. (Any 6 × 1) (6)

5.4
- Solids food are normally introduced at above 4 months of age (4–6 months).
- New foods should be introduced one at a time, with at least 3 to 4 days elapsing before new brand is introduced.
- If a reaction such as vomiting, rashes, sore bottom or swelling of the face is noticed, discontinue until the infant is older.
- Cereal, porridge, pureed fruit or vegetables may be used as starter foods.
- Salt, sugar, butter, margarine, and spices should be used sparingly.
- New food is given for the first time in the morning.
- Suitable fruits include mashed ripe banana, stewed apples or pears, mashed pawpaw.
- Vegetables such as carrots, peas, green beans, pumpkin and squash can be given, cooked and rubbed through a sieve or mashed.
- When teething begins, the infant may be given finger foods.
- Egg yolk can be given from more or less 5 months: 1 teaspoon, 3 times a week.
- In the first 6 months, offer milk before solids because milk is still the most important food in the diet. (Any 10 × 1) (10)

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5.5
- Adjust skin cleanliness routine to fit in with the changes occurring due to hormonal changes.
- Do not use harsh chemicals on your hair without advice from your doctor.
- Visit the dentist for a thorough check-up.
- Ensure good dental health and ask your doctor for a calcium supplement.
- Get plenty of rest. Feet tend to swell. Elevate them as much as possible.
- If there is excessive swelling, see a doctor.
- Use a tissue oil to help with stretch marks or itching skin.
- Keep the navel (belly button) dry.
- Use breast cream to rub on breasts.
- Wear a well-fitting bra.
- Rest more during the day.
- Try and keep a straight posture to prevent backache.
- Wear comfortable clothing.
- Shoes may need to be a bigger size than normal. Wear a low heal.

(Any 8 × 1) (8)
[50]

QUESTION 6

6.1 6.1.1
- Appetite disturbances and disinterest in food
- Sleep disturbances unrelated to baby's sleep needs
- Fear of being alone
- Chronic exhaustion or hyperactivity
- Anxiety
- Memory difficulties and loss of concentration
- Loss of interest in sex
- Loss of confidence and self-esteem
- Crying and feeling sad without apparent reason
- Irritability, often without a cause
- Feeling guilty and inadequate
- Negative, obsessive or morbid thoughts
- Inability to cope with daily chores and demands
- Fear of social contact (Any 10 × 1) (10)

6.1.2
- Counselling and psychotherapy
- Ask for support from the family members and friends.
- Consult the doctor and get prescribed medication.
- Get enough sleep and good food.
- Surround yourself with loving people who have your best interest at heart.
- Hire nanny or a day mother. (Any 5 × 1) (5)

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6.1.3
- New mothers are unprepared for psychological and physical changes that persist after having given birth.
- Mothers may feel uncomfortable because of stitches.
- Physical changes from pregnancy and labour.
- Mothers may feel overwhelmed by the great task of raising a child.
- Hormonal fluctuations and physical discomfort may add to feelings of despair. (5)

6.2 6.2.1
- SIDS is the unexplained✓ and sudden death of a healthy infant✓
- under the age of 12 months✓ (2)

6.2.2
- Always lay the baby on its back to sleep, with its feet touching the bottom of the cot.
- Do not have pillows, blankets and soft toys in the cot.
- Swaddle the baby tightly to prevent the blanket from covering the baby's face.
- Never put a baby on their stomach to sleep.
- If putting a baby to sleep on its side, use rolled-up blankets or wedges to prevent them from rolling over onto their face.
- Avoid overheating. (Any 5 × 1) (5)

6.2.3
- Sleeping on the back✓

Hold the baby securely and lower him gently into the cot or onto the mattress.✓ Once the baby is secured on the surface, remove your hand from the back and neck.✓

- Sleeping on the side✓

Lower the infant slowly and gently, turning him onto his left side.✓
Whilst nestled in the carer's arms, remove the hand that is supporting the legs and buttocks.✓

- Sleeping on the tummy✓

Turn the baby on his tummy while he is still in your arms.✓
Place one arm lengthwise under the body, supporting the chin simultaneously.✓ (3 × 3) (9)

6.3
- Scrape or shake the stool off into a toilet first.
- Then rinse the nappy in water.
- If there is a stain on the nappy, rub Sunlight soap or any other detergent onto the stain before you put into the bucket to soak.
- Urine-stained nappies need no special treatment.
- Add the nappy to the prepared solution, making sure it is covered by solution, and soak nappies for at least 2 hours, preferably overnight.
- Spin or wring, shake out and hang out to dry. (6)

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6.4
- Rusks
- Biscuits
- Fruit sticks
- Vegetable sticks
- Biltong (5)

6.5
- Yellow in colour
- Loose or partially loose consistency
- Odourless (3)

[50]

QUESTION 7

7.1
- Permits air entering and leaving.
- The hairs serve as filter and catch dust particles.
- Serve as olfactory organ (organ of smell).
- The mucous membrane makes the air moist and warm. (4)

7.2
- Wash hands.
- Rinse the bottle, teats and teat cover under cold water to remove any milk residue.
- Wash well in hot, soapy water, using a bottle brush to clean the inside of the bottle.
- Squeeze water through the hole in the teat to open it.
- Rub the inside and ouside of the teat with dry salt.
- Rinse all the equipment.
- Sterilise the equipment by means of either the boiling/hot method or cold/chemical method. (Any 7 × 1) (7)

7.3
- Cow's milk-based formula
- Hydrolysed protein formula
- Soya-based formula (3)

7.4
- Rooting reflex
- Grasping reflex
- Suckling reflex (3)

7.5
- Babies only need shoes when they start walking.
- Soles of soft shoes like slippers must be non-slip.
- Measure feet carefully to ensure a good fit.
- Shoes should be soft but give adequate support. (4 × 2) (8)

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7.6
- Prenatal care of the mother
- Genetics/heredity – a baby can inherit good or bad health genes from parents
- Unhealthy environment
- Poor diet
- Poor choices
- Social factors – parents smoking/drug abuse etc (6)

7.7
- Towelling napkins
- Flannelette napkins
- Disposable napkins (3)

7.8

ADVANTAGES OF DISPOSABLE NAPPIES	DISADVANTAGES DISPOSABLE NAPPIES
Tapes can be refastened.	Expensive
The baby's skin stays dry for longer and the risk of nappy rash is reduced.	Harmful to the environment due to not being biodegradable.
Convenient and useful when travelling or in emergencies.	Can only be used once and must be thrown away afterwards.
Available in different sizes and made differently for boys and girls.	Elastic may make marks around baby's legs and cause irritation.✓
No waterproof needed and easy to use.	Some babies are sensitive to the gel or material used in the nappy.
Usually absorbs well.	They can become lumpy and uncomfortable when wet.

(5 + 5) (10)

7.9 7.9.1
- Ensuring the health and wellbeing of the child
- Providing support where needed
- Protecting the interests of the child
- Providing support to families dealing with social problems such as substance abuse, family violence and so on
- Providing support to day care institutions when necessary

(Any 3 × 1)

7.9.2
- Inspecting day care centres
- Ensuring that health standards are met
- Can close down a centre if the centre does not comply with health regulations and standards

(3 × 2) (6)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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