higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

CHILD HEALTH N4

(9070244)

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This question paper consists of 9 pages.

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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. Start each question on a new page.
5. Use only a black or blue pen.
6. Write neatly and legibly.

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SECTION A

QUESTION 1

Various options are given as possible answers to the following questions. Choose the correct answer and write only the letter (A–D) next to the question number (1.1–1.15) in the ANSWER BOOK.

1.1 A characteristic of a healthy child

A weighs more than is normal for the age of the child
B pale in colour, especially the inside of the eyes
C normal skin colour with spots or rashes
D body mass is within normal range

1.2 The reaction to the newly introduced food must be observed …

A during the night
B during the afternoon
C during the morning
D immediately after the food has been consumed

1.3 One of the following is the method of test weighing.

A Weigh baby before being fed and after changing baby's nappy.
B Weigh baby after being fed and change baby's nappy.
C Test weigh baby first thing in the morning after nappy change.
D Weigh baby before and after the feed without changing baby's clothes.

1.4 A sign of inadequate feeding/underfeeding is where …

A baby wets at least 6–10 nappies per day.
B the stools are regular, of loose consistency and bright yellow in colour.
C baby cries continuously between feeds.
D baby is content between feeds and usually sleeps after a feed.

1.5 Insufficient milk supply may be influenced by the mother(’s) …

A eating a balanced diet.
B emotional state.
C taking part in mild exercise.
D not consuming alcohol.

1.6 The role of the educarer as one of the health team is to ….

A provide any necessary first aid and emergency care in the centre.
B diagnose or treat any disorders of the children.
C report any suspicious abuse to the parents.
D give medical treatment without the parent's permission; they will be informed later.

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1.7 The liver …

A serves as the temporary storage for urine.
B detoxifies substances such as alcohol.
C excretes toxins and surplus substances.
D excretes surplus mineral salts.

1.8 A sign and symptom of the second stage of labour is …

A the breaking of the bag of water that holds the baby in the womb.
B when the mother experiences a desire to push.
C when there is a separation of the placenta from the uterine wall.
D when the placenta is expelled from the uterus.

1.9 A disadvantage of artificial feeding is that it is …

A easy and convenient to prepare.
B easy to mix.
C easy to transport.
D It does not have the mother's antibodies the baby requires.

1.10 Obesity is caused by …

A the introduction of solids.
B demand feeding when baby is breast fed.
C high intake of junk food.
D getting sufficient kilojoules related to energy expended.

1.11 Complementary feeding refers to …

A only breastfeeding.
B formula is given as a top-up to breastfeeding.
C only bottle feeding.
D bottle feeding while introducing solids.

1.12 Solids can be introduced …

A any time after 2 months.
B from 9 months.
C from 4 months.
D any time as cereal can be added to the bottle.

1.13 Swaddling a baby refers to …

A overprotecting the baby.
B wrapping baby lightly in a blanket.
C wrapping baby securely in a blanket.
D dressing the baby warmly.

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1.14 The health team provides programs at the day care centre such as …

A financial support to needy parents.
B first aid in an emergency.
C basic health services.
D adult basic education.

1.15 Iron deficiency anaemia is caused by …

A too little iron in the diet
B too much iron in the diet
C too much consumption of maize in the diet
D diet rich in vitamin C

(15 × 1) **[15]**

QUESTION 2

Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (2.1–2.10) in the ANSWER BOOK.

2.1 In order to improve the taste, add salt or sugar to the baby's food.

2.2 Never heat up either breast milk or formula milk in the microwave.

2.3 Immunisation should be in line with the World Health Organisation policy.

2.4 Nicotine increases the delivery of oxygen to the body and to the unborn baby.

2.5 A school cannot accept a child with a cleft palate.

2.6 Medicine taken by the mother can also affect milk supply.

2.7 A greenish tinge to the amniotic fluid can mean the baby is in distress.

2.8 Test the milk on the elbow to ensure the correct temperature.

2.9 Wool must not be worn directly next to the skin.

2.10 The normal gestation period for human babies is 40 weeks.

(10 × 1) **[10]**

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QUESTION 3

Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–F) next to the question number (3.1–3.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1	A burn from hot water or steam.	A	prop-feeding
3.2	The union of the sperm and egg creating the beginning of the new life	B	in loco parentis
3.3	A reaction to a certain foods causing the neck area to swell and restricting breathing	C	scald
3.4	A teacher or adult who is taking care of children in the absence of their parents	D	graze
3.5	Feeding the baby with a bottle resting on a pillow or another item	E	food allergy
		F	conception

(5 × 2) **[10]**

QUESTION 4

Choose ONE term from the list below for each of the following descriptions and write it next to the question number (4.1–4.15) in the ANSWER BOOK.

metabolism; poliomyelitis; community; tactile; nervous system; top-and-tail; upright method; passive immunity; colostrum; expressing; genetics; safety grip; olfactory; environmental health; layette; supplementary feed

4.1 A bottle feed in given in place of a breast feed.

4.2 Refers to a group of people living in close proximity to one another.

4.3 The first wardrobe or drawer of clothing prepared for the new-born baby.

4.4 Characteristics passed down from one generation to the other.

4.5 When the body processes substances and breaks them down to be used in the body as energy.

4.6 Refers to the healthy state of the one's physical surroundings.

4.7 The first thick and nutrient-rich milk produced by the pregnant woman.

4.8 Spread from person to person via faecal or oral transmission and through contaminated water and food.

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4.9 The mother holds the baby against the shoulder and rubs the baby's back up towards the neck, encouraging the baby to burp.

4.10 To hold the neck and head with left forearm and hold the fingers of the right hand between the infant's legs so that the baby is secure.

4.11 It regulates all the body's reaction to stimuli presented to it.

4.12 Using a pump to obtain milk from the breasts.

4.13 Washing baby's face, head and nappy area.

4.14 It is passed on to the baby from the mother during pregnancy and breastfeeding.

4.15 The sense of smell perceived by the nerve endings situated in the nasal mucous membrane.

(15 × 1) **[15]**

TOTAL SECTION A: 50

SECTION B

QUESTION 5

5.1 5.1.1 Name EIGHT items required when top-and-tailing baby. (8)

5.1.2 Explain how you would take special care when washing baby's clothing. (3 × 2) (6)

5.1.3 Discuss THREE functions of clothing for the baby. (3 × 2) (6)

5.2 Name SIX ways to prevent nappy rash. (6)

5.3 Describe SIX general guidelines for taking care of the baby during first weeks after birth. (6)

5.4 Discuss TEN guidelines that should be followed when introducing solids during weaning. (10)

5.5 What advice could you give to a mother-to-be regarding personal care? (8)

[50]

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QUESTION 6

6.1 6.1.1 Identify TEN signs and symptoms of postnatal depression. (10)

6.1.2 How would you advise a mother who is experiencing postnatal depression? (5)

6.1.3 Name FIVE major causes of postnatal depression. (5)

6.2 6.2.1 Explain what sudden infant death syndrome (SIDS) or cot death is. (2)

6.2.2 List FIVE ways to prevent SIDS. (5)

6.2.3 Discuss THREE correct positions for laying the baby down. (3 × 3) (9)

6.3 Name SIX points in preparing chemical sterilisation of nappies. (6)

6.4 List FIVE different kinds of finger foods suitable for the young child. (5)

6.5 Describe stools of breastfed infants. (3)

[50]

QUESTION 7

7.1 Name FOUR functions of the nasal cavity. (4)

7.2 Baby bottles and teats must be properly cleaned and sterilised after feeds, in order to prevent infections such as gastro-enteritis.

Name SEVEN points regarding the hygiene of feeding bottles, accessories and dummies. (7)

7.3 List THREE different types of artificial formula suitable for babies. (3)

7.4 Babies are born with certain automatic reflexes to help them with life outside the womb.

Identify THREE different types of reflexes. (3)

7.5 Explain the requirements for suitable footwear for toddlers. (4 × 2) (8)

7.6 Name SIX factors that can affect the health of the child. (6)

7.7 Identify THREE different types of nappies. (3)

7.8 Tabulate FIVE advantages and FIVE disadvantages of disposable nappies. (5 + 5) (10)

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7.9 Explain the different roles of the following members of the health team:

7.9.1 Social workers

7.9.2 Health inspectors

(2 × 3) (6)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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