



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

JUNE EXAMINATION

CHILD HEALTH N4

30 MAY 2016

This marking guideline consists of 8 pages.

SECTION A

QUESTION 1

1.1	1.1.1	Characteristics	(20 × 1)	(20)
	1.1.2	Baby		
	1.1.3	Holistic		
	1.1.4	Incubation period		
	1.1.5	Diarrhoea		
	1.1.6	Colic		
	1.1.7	Joint		
	1.1.8	Protein		
	1.1.9	Nervous system		
	1.1.10	Thrush		
	1.1.11	Undernourished		
	1.1.12	Artificial feeds		
	1.1.13	Epidural		
	1.1.14	Allergy		
	1.1.15	Constipation		
	1.1.16	Waterproof		
	1.1.17	Towelling		
	1.1.18	Rachitis		
	1.1.19	Cotton		
	1.1.20	Wool		
1.2	1.2.1	A	(20 × 1)	(20)
	1.2.2	D		
	1.2.3	B		
	1.2.4	D		
	1.2.5	A		
	1.2.6	B		
	1.2.7	A		
	1.2.8	A		
	1.2.9	C		
	1.2.10	B		
	1.2.11	D		
	1.2.12	D		
	1.2.13	A		
	1.2.14	B		
	1.2.15	C		
	1.2.16	A		
	1.2.17	C		
	1.2.18	B		
	1.2.19	C		
	1.2.20	A		

1.3	1.3.1	B		
	1.3.2	E		
	1.3.3	A		
	1.3.4	D		
	1.3.5	C		
			(5 × 2)	(10)
				[50]
			TOTALS ECTION A:	50

SECTION B

QUESTION 2

2.1	Needs of the baby:			
	• Proper feeding • Cord care • Mental comforting • Personal care • Immunisation • Emotional care			
	Needs of the mother:			
	• Stitches in vulva or abdomen and for bleeding. • Adequate diet and constipation medicine. • Rest and exercise. • Breast care – hygiene and clothing. • Complete post-natal check-up.		(5 + 5)	(10)
2.2	Disasters✓			
	• Man-made and natural elements can change circumstances around the child.✓ • Drastic changes create distrust in the community and the future.✓ • Shocking events create doubt in the future.✓			
	Economic well-being of the parents✓			
	• Results in care and support systems like food and clothes.✓ • Education is possible.✓ • Medication is administered.✓ • Proper rest is possible for the family.✓			
	Pollution✓			
	• Clean environment✓ • Noise free✓ • Drinking water available✓ • No dangerous fumes✓		(Any 8 × 1)	(8)

- 2.3
- Proteins
 - Vitamins and minerals
 - Fats and oils
 - Water and fibre
 - Carbohydrates
- (5)
- 2.4
- First the cup or glass will be introduced to the toddler.✓
 - As long as the caregiver holds the cup it may be any suitable utensil.✓
 - When the toddler wants to hold the cup themselves,✓ a plastic cup with a spout is best.✓
 - From two to three years of age they should be able to handle the cup well.✓
 - The muscles should be developed✓ and have enough practice to do so.✓
 - The child should always sit still when eating.✓
 - Supervision is always needed.✓
 - The need to hold all utensils by themselves sets in at ten to twelve months.✓
 - Keep the utensils clean.✓
 - Allow experimentation and a little messiness.✓
- (Any 10 × 1) (10)
- 2.5
- Fever strip
- The plastic tape is the safest.
 - Placed on the forehead for a couple of seconds indicates the temperature.
 - Not precise, only an indication.
 - Cheap and easy to replace.
 - Quick and less disturbing for the baby.
 - Laymen can use it with ease.
 - Small and compact for storage.
- (Any 3 × 1)
- Mercury
- Marked in degrees Celsius.
 - Through expansion of the mercury in the hollow glass tub.
 - Oral and rectal types.
- (3 × 1)
- Digital
- Looks like an ordinary thermometer.
 - but has no mercury/quicksilver.
 - Put it in the mouth or ear and the reading appears on the screen.
- (3 × 1) (9)
- 2.6
- | | | |
|---------------------|---|-------------|
| Uterus | Incubation of the unborn baby. | |
| 2 × Fallopian tubes | Track for eggshells moving to the uterus. | |
| Vagina | Birth channel for the baby. | |
| 2 × Ovaries | Discharges the female eggshells. | (4 × 2) (8) |
- [50]

QUESTION 3

- 3.1 It is not merely the absence✓ of a disease,✓ but the complete state✓ of total health;✓ physical✓, social✓ and mental✓ well-being and the possibility of inclusion✓ of the human being✓ in the community through activities and responsibilities.✓ (10)
- 3.2 3.2.1
- Mention that the talk is linked to the WHO.
 - 4-7 August is breastfeeding week worldwide.
 - The local clinic sister/doctor will be presented for Q & A.
 - Aftercare and support will be offered.
 - The topic could be how most women could improve breastfeeding with the right support.
- (5)
- 3.3.2 It is the ideal food for maximum growth,✓ contains antibodies,✓ is easily digestible✓ and there is no need for bottles and proper attachments.✓ The mother is bonding with the baby✓ and it promotes the development of the teeth and jaw of the baby.✓ There is a lower rate of breast cancer,✓ the mother is less prone to depression✓ and the milk is the right temperature.✓ It saves money,✓ saves time as there is no preparing of feeds✓ and the mother's uterus returns to normal quicker.✓ (Any 7 × 1) (7)
- 3.3
- Mouth
 - Throat cavity
 - Oesophagus
 - Stomach
 - Duodenum
 - Colon
 - Rectum
 - Anus
 - Salivary glands
 - Liver
 - Gall bladder
 - Pancreas
- (Any 7 × 1) (7)

- 3.4
- Include a variety of needed nutrients per day.
 - Ensure and protect her own health.
 - Cover the five basic food groups.
 - Provide sufficient carbohydrates and maintain energy levels.
 - Proteins for building of tissue.
 - Protection gained from minerals and vitamins.
 - Portions should be correct and the amount of food intake must be controlled for normal growth of the foetus.
 - Be aware of possible allergies causing immune level deterioration.
 - Being overweight is taxing on the health, movement and alertness of the mother and baby.
 - Roughage helps control digestion.
 - Intake of enough water.
- (Any 10 × 1) (10)
- 3.5
- Wash your hands.
 - Put on a clean nappy for the baby's comfort.
 - Wipe the face and hands of the baby.
 - Baby should not be insufficiently or too warmly dressed.
 - Prepare the bottle feeds and all equipment you should need for feeding.
 - Check the heat of the bottles before you start feeding.
 - Get a comfortable chair to sit in.
 - Make sure there is no draft while you are busy feeding.
- (Any 7 × 1) (7)
- 3.6 The stools are:
- Soft
 - Yellow
 - Not bad-smelling
 - Regular (6–10 dirty nappies per day)
- (4 × 1) (4)
[50]

QUESTION 4

- 4.1
- Personal associations with food.
 - Social adherence within the family like fixed eating times.
 - Emotional tension and instability.
 - Environmental elements like extreme temperatures.
 - Physical defects of the child.
 - Biological influences like bacteria.
 - Cultural requirements like fasting.
 - Economic stability and affordability.
- (Any 7 × 1) (7)

- 4.2 4.2.1 • Disposable
 • Flannelette
 • Towelling material (3)
- 4.2.2 • Disposable
 Hygienic, ✓ saves time and labour, ✓ and is cheap in bulk.
 • Flannelette
 Thin, ✓ soft, ✓ and good for when the child is potty-training.
 • Towelling material
 Thick, ✓ absorbent ✓ and good for nightly use. (3 × 2) (6)
- 4.3 Clothing should:
- Be socially acceptable and respectable
 - Be comfortable
 - Be non-restrictive
 - Be machine washable
 - Be non-flammable
 - Be soft and non-irritating
 - Have no hard seams and rough stitching
 - Have a front opening for easy dressing
 - Be an easy, appropriate fit
 - Be colourfast (still look neat with regular washing)
 - Give protection against natural elements like sun and rough surfaces.
- (Any 10 × 1) (10)
- 4.4 • Rinse clothes and nappies immediately after taking them off.
 • Soak in sterilised solution prepared in a bucket with a lid.
 • Nappy liners may promote hygiene – throw them away after use.
 • If washings are done at a centre, do so daily.
 • Use good quality soaps and softeners.
 • Rinse thoroughly with clean water.
 • Rather iron clothes, especially in tropical weather.
 • If washing is sent home from the centre, rinse and pack carefully with the necessary precautions.
 • Mark the clothes and nappies clearly not to mix them with others.
 • Laundry contracts are better for hygienic purposes.
 • Special care makes the kids look neat, proud and looked after.
- (Any 8 × 1) (8)

- 4.5 Room:
- Even temperature✓
 - No electrical equipment✓
 - No keys in door✓
 - Close door when leaving room✓
- Equipment:
- Keep oils out of children's reach✓
 - Keep sharp/dangerous object out of reach✓
 - Luke warm water✓
 - Keep water shallow✓
 - Keep taps firmly shut✓
 - Station bath high for mother's back✓
 - All clothing and accessories ready and in reach✓
- Handling the baby:
- Firm, safe surfaces✓
 - Soap body before putting baby in the bath✓
 - Use mat for slip-free bottom✓
 - Rest baby's head in corner of the arm in nestling position✓
 - Hold baby under the arms and support back and head✓
- (Any 10 × 1) (10)
- 4.6
- Restrict fluid intake after the evening meal.✓
 - Before going to bed yourself, take the child to the toilet.✓
 - Never scold or punish the child.✓
 - Praise the child for the good and dry nights.✓
 - See that pyjamas can easily be pulled off and dressed again in new ones.✓
 - Make sure the toilet is near the child's room.✓
 - Determine if the child is afraid of getting up alone at night.✓
 - Is there light for good visibility.✓
 - See the doctor if the:
 - Situation persists after all possible treatments are implemented.✓
 - Child is unnaturally anxious or unhappy.✓
 - Bedwetting still occurs after six years of age.✓
- (Any 6 × 1) (6)
[50]
- TOTAL SECTION B:** 150
GRAND TOTAL: 200