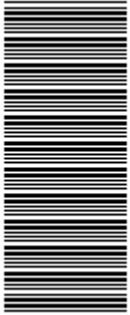


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higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

**N110(E)(M30)H
JUNE EXAMINATION
NATIONAL CERTIFICATE
CHILD HEALTH N4**

(9070244)

**30 May 2016 (X-Paper)
09:00–12:00**

This question paper consists of 10 pages.

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.
-

SECTION A**QUESTION 1**

- 1.1 Complete the following sentences by using the words provided in the list below. Write only the word(s) next to the question number (1.1.1–1.1.20) in the ANSWER BOOK.

baby; toddler; characteristics; holistic; incubation period; colic; diarrhoea; infant; joints; nervous system; foetus; undernourished; artificial feed; allergy; protein; vitamins; rachitis; beriberi; thrush; immunity; mastitis; episiotomy; caesarean; epidural; waterproof; towelling; flannelette; cotton; nylon; wool

- 1.1.1 Distinctive traits refer to the ... of the topic under discussion.
- 1.1.2 The development stage from birth to one year old.
- 1.1.3 Development of the child in totality.
- 1.1.4 The period from when the disease carrying organism enters the body until the first symptoms appear.
- 1.1.5 This condition is when very loose and frequent stools are passed.
- 1.1.6 Stomach-ache occurring in spasms and with high levels of pain.
- 1.1.7 This is where two bones in the body are connected by a ligament.
- 1.1.8 This nutritional element builds and repairs body tissue.
- 1.1.9 The ... allows the body to react to internal and external conditions.
- 1.1.10 A fungal infection presenting in the mouth and/or nappy area.
- 1.1.11 An apathetic baby that sucks poorly is ...
- 1.1.12 A feed manufactured by man from natural milk.

- 1.1.13 Paralysis from the waist down during child birth.
- 1.1.14 Abnormal reaction of the body to specific foods.
- 1.1.15 Passing of hard stools while experiencing pain around the anus.
- 1.1.16 Worn over the baby's nappy to protect bedding and clothes and keep them dry.
- 1.1.17 Thick, absorbent material used for baby nappies.
- 1.1.18 A disease caused by a lack of vitamin D.
- 1.1.19 Natural, cool and washable fibre fabric ideal for babywear.
- 1.1.20 Natural fibre that is sweat absorbent and ideal for warm baby jerseys and blankets.

(20 × 1) (20)

1.2 Various answers are provided for the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.2.1–1.2.10) in the ANSWER BOOK.

1.2.1 Cleft pallet is a ... condition

- A hereditary
- B environmental
- C social
- D behavioural

1.2.2 A characteristic of a healthy child.

- A To prefer playing alone
- B Poor eating habits
- C Swollen glands
- D Being proud of their own achievements

1.2.3 SANCA is the acronym for the ...

- A South African National Culture Association.
- B South African National Cancer Association.
- C South African National Child Association.
- D South African National Communication Association.

1.2.4 This structure contains the vocal cords.

- A Pharynx
- B Lungs
- C Brain
- D Larynx

1.2.5 The nervous system is divided into the ...

- A brain and spinal cords.
- B ball and socket system.
- C voluntary and involuntary cords.
- D hard and soft cords.

1.2.6 The lungs are situated in the ...

- A scalp.
- B breast cavity.
- C bone structure.
- D between the eyes.

1.2.7 Head lice cling to the ...

- A hair.
- B bloodstream.
- C nails.
- D feet.

1.2.8 The function of the ovaries is ...

- A to produce female eggshells
- B storing blood.
- C to promote digestion.
- D to house the foetus.

1.2.9 Nappy rash can be prevented by ...

- A excessive ammonia production in the urine.
- B thrush present in the nappy area.
- C sufficient rinsing of the nappies.
- D the use of hard, strong soaps.

- 1.2.10 What does the term *let-down reflex* refer to?
- A For the mother to relax when breastfeeding.
 - B The automatic process where milk is available in the breasts.
 - C The sucking reflex of the baby.
 - D That the baby identifies with the mother.
- 1.2.11 An unacceptable reason to stop breastfeeding.
- A The baby loses interest in breastfeeding.
 - B The critical first six months are completed.
 - C The mother works and cannot cope with breastfeeding.
 - D The father feels neglected.
- 1.2.12 Blocked milk ducts are cured by ...
- A overfilling of the breasts.
 - B the incomplete emptying of the breasts.
 - C wearing a too tight bra causing a build-up of milk.
 - D feeding the baby more often.
- 1.2.13 What is a modified baby milk formula?
- A Cow's milk changed to represent breast milk.
 - B Evaporated cow's milk.
 - C Coffee creamers.
 - D Solids added to bottle formula milk.
- 1.2.14 Food dyes and preservatives ...
- A add nutritional value to the food.
 - B is an important cause of allergies.
 - C cures constipation in babies.
 - D makes food cheap to buy.
- 1.2.15 The role of the educator is to ...
- A only keep the children safe.
 - B treat all children strictly the same.
 - C report findings to the principal and parents.
 - D ignore the children's needs.

1.2.16 Breastfed babies ...

- A enjoy a digestible, balanced diet.
- B are restless.
- C are overfed.
- D are constipated.

1.2.17 Cradle hold is when ...

- A the baby's head is rested on your shoulder.
- B the baby is lying on your lap.
- C the baby's head is rested in the bend of your elbow.
- D the baby's head is rested in your hand.

1.2.18 Disposable nappies ...

- A are washable.
- B reduces washing and electricity usage.
- C are biodegradable.
- D can be left on the baby for 24 hours.

1.2.19 Woolen clothes are ...

- A machine washable.
- B easily washable.
- C made of natural fibres.
- D used for vests.

1.2.20 Ironing baby clothes ensures ...

- A the killing of possible germs.
- B the removal of odours.
- C stains are removed.
- D that the clothes stretch.

(20 × 1) (20)

- 1.3 Choose an item from COLUMN B that matches a description in COLUMN A. Write only the letter (A–E) next to the question number (1.3.1–1.3.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.31.1	Vaccine for mumps, rubella and measles	A	BCG
1.3.2	Germs multiply and cause diseases	B	MMR
1.3.3	Vaccine preventing TB	C	HBV
1.3.4	HIV/AIDS test	D	eliza test
1.3.5	Hepatitis B vaccine	E	infection

(5 × 2)

(10)

[50]

TOTAL SECTION A:

50

SECTION B

QUESTION 2

- 2.1 Discuss postnatal care of the mother as well as the baby for the first six weeks after confinement. (5 + 5) (10)
- 2.2 Discuss environmental factors that influence the health of the children in the daycare centre. (8 × 1) (8)
- 2.3 Name FIVE nutritional elements required for babies. (5)
- 2.4 State TEN steps to simplify the change-over from using a bottle to a cup for toddlers. (10)
- 2.5 Name and explain THREE different types of thermometers used to measure the temperature of a sick baby. (3 × 3) (9)
- 2.6 Tabulate the structure and function of FOUR of the internal female genital organs. (4 × 2) (8)
- [50]**

QUESTION 3

Carefully study the poster below and answer the questions that follow.



[Source :WHO & Breastfeeding 15 december 2014]

- 3.1 Explain the concept *health* as put forth by the world health organisation. (10)

- 3.2 Provide a management plan on your breastfeeding support day for the parents in the community at the daycare centre regarding the following:
- 3.2.1 Identify FIVE important points you will include on the invitation to motivate the parents to attend the information session. (5)
- 3.2.2 In your presentation you discuss the importance of breastfeeding.
Write a speech and refer to SEVEN of these points of importance. (7)
- 3.3 Name SEVEN structures/organs in the digestive system. (7)
- 3.4 Describe what the correct, healthy and balanced eating habits for a pregnant woman are. (10)
- 3.5 Explain the procedure to follow when preparing the baby for bottle-feeding. (7)
- 3.6 Identify FOUR characteristics of what the stools of a breastfed baby should look like. (4)
- [50]**

QUESTION 4

- 4.1 State SEVEN general causes for nutritional problems in toddlers. (7)
- 4.2 Different fabrics are available for the use of baby nappies.
- 4.2.1 Name THREE suitable types of fabric. (3)
- 4.2.2 Name TWO ideal applications of each fabric named in QUESTION 4.2.1. (2 × 3) (6)
- 4.3 Explain TEN important reasons why a baby should be correctly dressed. (10)
- 4.4 Discuss EIGHT points to keep in mind when washing and caring for babywear. (8)
- 4.5 State TEN general safety factors to consider when bathing a baby. (10)
- 4.6 Describe SIX guidelines to follow when treating enuresis. (6)
- [50]**

TOTAL SECTION B: 150
GRAND TOTAL: 200